

# Rainbow relaxation

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*English version: Help for English – [www.englishme.cz](http://www.englishme.cz)*

Find a comfortable position.

If you'd like, you can gently close your eyes.

Draw your attention to your breathing. Breathe in... deeply ... and breathe slowly out. Continue breathing slowly and calmly.

Now let's imagine the colors of the rainbow, one by one.

With a deep inhale, imagine the color RED. Breathe in... and out ...

You will now relax your body step by step.

Take your time. Focus on your feet, legs, back, belly, chest, arms, hands, shoulders, neck and head.

Your body is now perfectly relaxed.

Take a deep breath and continue with ORANGE.

Now relax your mind.

Your mind is calm. Let any thoughts flow freely; simply watch them float by.

Orange leaves you in a perfect state of soft relaxation.

Now your mind and body are in harmony with YELLOW. Allow yourself to bask in the warm, bright glow.

Notice your breath. Deep inhale. Slow, deep exhale...

Now you are filled with the energy of GREEN.

Your whole body is in perfect harmony. You are healthy, full of energy and vitality.

Take another deep breath.

Feel a wave of soothing LIGHT BLUE wash over you.

You are calm and peaceful. Imagine swimming among the clouds, or in the calming, cleansing ocean waters. You are weightless and free.

Enjoy this moment.

Deep breath in. Imagine a beautiful swirling mist of dark blue and purple—the color INDIGO. It kindly embraces you, bringing love into your life. You are perfect as you are.

And now, filled with peace and relaxation, imagine the color PURPLE.

Bring to mind something you enjoy and are good at. Immerse yourself in this wonderful feeling.

Notice the peace.

Allow your body to absorb the energy of the whole rainbow.

You are now in harmony with life energy.

Now gently prepare to come back. Take a deep breath and gradually imagine the colors in the opposite order.

Begin with purple, indigo, light blue. Continue with green and yellow. Now imagine orange and red.

Your body is perfectly relaxed, pleasantly refreshed and at ease. Take a deep breath and open your eyes.