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## The Magical Color Shower

The first thing to do is to become conscious of your breath. Inhale ... and exhale.

Inhale, feel the air fill your body, and exhale, feel your body release tension and stress. Feel the air fill your body, and feel your body release all of the energy that no longer serves you.

Our next step is to become aware of your physical body. If you need to adjust your position to be most comfortable do so now. Scan your body looking for areas of tension. Look for areas of concern; Areas that cause pain. Visualize the breath filling the problem area, and on the outbreath, visualize all the tension and stress leaving your body.

Starting from your crown – feel the stress and tension melt away. Your forehead, your eyebrows, your eye, your cheeks, your jaw, your tongue, the back of your head and your neck. Feel the tension just melt away.

Over your shoulders, into your upper arms, down past your elbows, into your forearms, past your wrists, into your hands and fingers. Feel the energy flow through your crown, down your arms and out your hands.

Immediately you should feel more relaxed, more at peace, and more in tune with yourself. Stay aware of your breathing as we continue with the physical relaxation.

The front of your chest, the back of your chest, your solar plexus, and your lower back, your stomach, your groin, your hips and upper legs. Feel the tension melt away.

Over your thighs, to your knees, front and back. Your calf muscles and your ankles. Feel the flow of energy, flow smoothly from your crown, encompassing your arms and torso, legs and ankles, and finally your feet. Feel the energy flow freely from your toes.

And while aware of your breath, you should now feel complete, relaxed, and in tune with yourself.

From this position, we begin the guided imagery.

Imagine stepping into your shower. But know this time, the shower is magical. The water comes out at the perfect temperature. Just stand there and feel the warm water run over you. Keep your breathing relaxed, so it's nice and deep and slow.

The warm water has now washed away all stress and all tension. Look down to your feet, and see all of your tension and stress simply be washed away.

And now the water starts to change color. Firstly, the water turns into a beautiful vibrant red. The red water pours down and energizes you, right to your core. Just stand there a moment and feel yourself infused with the beautiful vibrant red. Now feel this color washing away all of your fears. Without any resistance, they are simply washed down the drain and taken away, it's that easy. Release your fears to the warm red water. And you are now free from fear.

After a moment, the water starts to change color again, and this time, it becomes a brilliant shade of orange. Orange opens you to experience joy and allows you to release shame and guilt. Feel the orange wash over you. Feel the orange color wash through you, washing away all that no longer serves, making more space for joy.

And then the water becomes a bright shade of yellow. Feel the yellow water cleanse emotional pain. Realize that some things are out of your control and you can best handle them when you are calm and collected. Feel your body strengthen and become more secure. Yellow clears the mind and invigorates the digestive system. Take a nice deep breath and feel the clarity within.

Now the water turns to a brilliant shade of green – balancing and restoring the physical body. Green purifies the whole system, renewing your expression of love and forgiveness. Just as you love – you are loved. Feel the green water open your heart to all the love you deserve. Know that you are connected to all.

Then the water changes to a beautiful, cooling, magical blue. This blue enhances self-expression, allowing you to speak your truth, the universal truth. Feel the blue all around you, allowing you to express yourself, according to your true-self. Tilt your head back so that the blue water falls right on your throat. Let the warm water relax all the muscles of your neck. Breathe in and out freely.

The water changes color again. It now changes to a color containing indigo and purple. Feel it land on your crown and wash all over you. Indigo and purple stimulates your own healing power and wisdom. Indigo stimulates your third eye and intuition, and purple increases your cosmic connection. Feel the calming influence of the velvet dark colors of indigo and purple.

And finally, the water turns to a brilliant glowing white light. Feel it embrace you, warm and pure. This heavenly white takes away any pain and heals any

