



Meditation with R&R Therapy

A Rainbow of Colour

You will need a blanket and a cushion or pillow.

- Let's begin by getting comfortable, if you're lying down make sure your legs are nice and straight and your hands are by your side.
- If you're sitting you can either cross your legs or if you're on a chair make sure your back is nice and straight with your hands resting in your lap and your feet touching the ground.

Are you cosy? Are you ready to be still and relax?

Take a nice deep breath in through your nose and fill your lungs....now slowly breathe out through your mouth..... Let's do that again, breathe in through your noseand slowly out through your mouthwhen you're ready gently close your eyes.

We're going on a journey, so when your eyes are closed you can use your imagination to make pictures in your mind. Here we go.

Peeping through a hole in a hedge you see a great, big field, full of long, long green grass. The grass is slowly swaying backwards and forwards in the gentle warm breeze and as you start walking through it you can hear it making a quiet swishing sound swish,....swish....swish....

The sun is shining ever so brightly, the sky is so, so blue and there's not a cloud in the sky. You feel lovely & warm on this bright Summer day. Overhead you can hear birds singing sweetly high up in the trees. As you walk to the other side of the field you can see a wooden gate.

Maybe on the other side of the gate there are cows or sheep so you walk over to have a look.

When you reach the gate it slowly opens and you walk through closing it behind you.

In front of you, you can see a giant parachute with all of the colours of the rainbow. there is red..and yellow.. pink ..and green..purple..orange... and blue... beautiful colours, the brightest colours you have ever seen.

As you walk towards the edge of the parachute it lifts up enough for you to squeeze underneath. Once inside there are enormous cushions, all soft and fluffy, all the same colours as the parachute, choosing your favourite colour you climb onto it and flop down, it's just how you'd imagine sitting on a cloud, you lie back carefully and as you do it's the softest, most comfortable feeling in the world.



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A little **bird** flutters down and settles itself beside you, you're surprised when it suddenly whispers quietly to you 'You are safe, you are happy and you are healthy.'

Inside your body you start to feel very relaxed, from the very top of your head... down through your neck...through your shoulders.....and down into your arms....into your hands....all the way down to your fingertips... Down through your back....and your chest...down into your tummy,...your legs..... feet and into your toes. You are safe! You are happy, you are healthy. You hear the whisper again.

'You are safe, you are happy and you are healthy.'

You know you are safe at home with your family, you are loved and cared for.

You are happy, you are at home with all of the things you love all around you. You can talk and see your friends and know one day soon you'll be playing with them again.

You are healthy at home with your family.

Very quietly the little **bird** flies to the top of the parachute and disappears from view and for a little longer you lie quietly, listening to all of the sounds you can hear. when you're ready begin to gently wiggle your toes, then your fingers and when you are ready gently open your eyes.

Tips for reading

Read through the script a few times first to familiarize yourself with it

Ensure you are comfortable & cosy too

Slow your pace & quieten your tone when reading

The indicates the need to take longer pauses & the bold **words** can be changed to something your child may prefer

Enjoy this quality time with your child



I would be super grateful if you would let me know what you & your child thought about this meditation please send me a text on 07546527004 or email to randrholistic@gmail.com, also if you'd like to receive further meditations from R&R Therapy

