



Colour Breathing

Colour breathing is a simple and pleasant visualization exercise that you can do anywhere. It can help to reduce stress and encourages relaxation.

Start by finding a position you feel comfortable and relaxed in. You could be laid down or sat up. Let your hands rest wherever they're comfortable.

Close your eyes and bring your attention to your breathing. Spend a couple of minutes just focusing on this. Breathe in to a count of 4, pause for a moment, and breathe out to a count of 4. At this point, you may wish to pick a colour you would like to focus on. Let this colour fill your mind.

Breathe in....2...3...4....Hold 1...Out...2...3....4.....

Anytime that any other thoughts, images, sounds or sensations come to mind, allow yourself to just notice them, and then gently bring your attention back to your breathing, and your colour.

Try to focus your breathing lower down in your belly, as though you have a balloon in your stomach. Notice how the balloon inflates as you breathe in, and deflates as you breathe out. You may even want to check this by putting your hand on your stomach and seeing if it moves when you breathe in. Notice the sensations in your abdomen as your belly rises as the balloon inflates, and falls as the balloon deflates when you breathe out.

Now visualise your colour, it could be in the form of light, or mist covering you. If it's difficult to visualise that colour, it can help to imagine something that is that colour, for example green grass or a blue sea, an orange sunset or a pink dawn. See it in front of you, over you, all around, surrounding you.

As you slowly breathe, become aware of breathing in your colour, into your nose, your throat, your chest and abdomen. Imagine now that colour spreading out within you, into every part of your body, and notice the effects that it has.

Notice the sensations in your body, as this coloured light or mist flows into and spreads throughout your body and mind.

Notice how the colour is affecting your body, and your mind, as you allow it to gently flow and infuse your body and mind.

Allow yourself to notice the colour and the sensations that it brings.

Anytime that your attention wanders, simply notice that it's wandered, then gently bring your focus back to your colour.

Whenever you're ready, start to bring your attention back to the here and now, where you are. Open your eyes and look around, noticing what you see and what you hear.

