



# SEATTLE NATURAL HEALTH LLC

## CHIROPRACTIC AND NATUROPATHIC CLINIC

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### Rainbow breathing

Rainbow breathing is a simple, guided meditation that helps relieve stress and can release tension that is being held in the body. It helps you find inner peace, personal power, experience love, aids in personal expression and helps achieve an overall sense of calm. Rainbow breathing brings breath to the various energy systems throughout the body, which are represented by colors. Each color has a meaning and purpose.

Red: Root Chakra "I'm here. I have"

Orange: Sacral Chakra "I feel"

Yellow: Solar Plexus "I am"

Green: Heart Chakra "I love"

Blue: Throat Chakra "I speak"

Indigo: Third eye/brow: "I see/ I know"

Purple: Crown Chakra/top of head: "I am connected"

1. Get into a comfortable relaxed position and begin to breathe in and out rather deeply
2. Start to notice your body relaxing
3. With every inhale, visualize each color, starting with red, flowing through your body like a wave or relaxation starting from your feet up to the top of your head. Exhale the color back down through your body and out of your feet.
4. With each inhale and exhale soften into the rainbow and let the colors take you over, stimulating your mind and body during the gentle rainbow meditation.

The benefits of rainbow breathing are limitless. The most powerful benefit being the inner peace and releasing the stress and worry. Your mind becomes more relaxed and at peace, your thoughts become more confident, loving, and more supportive of yourself and others around you.