Rainbow Meditation with a Pot of Gold at the end.

Find a peaceful place, turn off your phone, hand out your “Do not Disturb” sign on the door, and really give yourself over to peace and serenity that is always ready and waiting for you deep within.

Be comfortable, in chair or bed. If you are sitting in a chair...sit up straight, shine your heart out. Let go of your busy thoughts. You will find your essence.

Observe your breathing, take 3 nice deep breaths and feel very comfortable. With each breath, let go of your “busy” thoughts. You can guide yourself:

- Breathe in
- Relax and sink deeply into your chair
- Make a mental scan of your body, notice any tension areas
- Go back to any tension area and allow it to melt away like melting ice.
- Relax the top of your head and scalp.
- Feel the skin of your forehead, relax this with your temples
- Move through your face and soften your jaw, even let your ears, nose, chin, teeth, tongue and gums relax. Feel all go lower.
- Let peace flow down your neck, soothing your throat, and glide to your shoulders, upper arms, forearms, wrists and hands. Your fingers tingle with the release.
- Going to your torso, feel your chest relax, giving your heart more room to expand to give and receive love. Soften your belly muscles, and allow for deeper release of tension.
- Feel the loving energy wrap around your back and how it peacefully softens all the back muscles, as you breathe in deep fluid breaths. Visualize health, happiness, and harmony...breath out anything that does not serve you well.
- Relax your hips, buttocks and then flow down to your knees, calves, ankles and feet. Then flow any remaining tension to your toes, leaving your whole body feeling very comfortable, peaceful and relaxed.

Take 3 deep breaths and enjoy the feeling of calm relaxation. Know that you can come to this place whenever you want. When you are ready, blink your eyes open and be present.