

## **Stress Management and Mindfulness**

### *Guided Imagery – Color – INSTRUCTOR SCRIPT*

This Guided Imagery practice includes a short meditation based on exploring color. Mindfulness practices are not intended to empty the mind of all thought, rather focus our minds on specific images and sensations to create an immersive experience. Guided imagery will leave you feeling refreshed, calm and ready for whatever comes next, whether it's a busy day or a good night's sleep.

Find a space that is private and free from interruption. If you are practicing guided imagery during the day, it can be helpful to sit in a chair in order to remain more awake and aware, but if you choose to make guided imagery part of your routine before going to sleep, feel free to lie down to practice.

Make yourself comfortable, adjusting your clothing or your position until you feel more settled. You can choose to soften and un-focus your gaze, or you can close your eyes as you continue to draw your attention inward. Take a moment to notice your body. How are you feeling right now?

Tune in to the flow and cadence of your breathing.

The next time you inhale, try sending your breath to the lowest part of your belly – feel it expand. As you exhale, gently draw your belly in. Inhale and relax the stomach muscles – exhale and draw them gently toward your spine. Slow your breathing down to the point where it feels deeper and more expansive, yet still relaxing – without tension.

Begin to feel heaviness in your body – shoulders down, jaw relaxed. Slow, even breathing.

Create a picture in your mind of a rainbow. See the vivid colors - red, orange, yellow, green, blue and violet. Colors so vibrant, they almost glow. Imagine the smell of grass after a gentle rain, the pleasant coolness of the air, the gentle breeze that touches your skin.

Now, picture the color red. Imagine all shades of red – from fiery to cool. You can picture red objects, like a beautiful red glass vase or lava flowing from a volcano – or just think of the color red filling your mind. Apples, bricks, roses, brilliant sunsets...

Allow the color to fade to orange. The color of orange sherbet, carrots, pumpkins and autumn leaves. Allow the color orange to completely fill your mind. Explore the color orange.

Begin to feel the warmth and friendliness of the color yellow. All shades, all intensities. Yellow is the color of sunshine, daffodils, butter, baby chicks and bananas. Feel uplifted and open as you observe all the tones of yellow.

Green begins to fill your thoughts. Let all the tints and tones of green grow in your mind's eye. Forests are filled with green. Grassy meadows, croaking frogs, avocados and emeralds. Enjoy the color green.

Allow your mind to drift to the coolness of the color blue. Every shade and intensity from light powder blue to royal & from cobalt to navy blue. Picture the blue waves of the ocean, cobalt-colored glass, ripe blueberries, or a blue sky without a cloud in sight. Fill your mind with images or simply let the color blue draw your entire attention.

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Moving through shades of indigo toward violet or purple hues. See tones from deep inky, bluish-indigo to the almost pink tone of mauve. Aromatic lavender, beautiful wisteria and delicate African violets. Fresh purple grapes, deep, dark eggplant. Imagine the violet cast to the sky as it turns to dusk. Allow your mind to really see the color violet.

Touch each color again, focusing on them one at a time:

Red

Orange

Yellow

Green

Blue

Violet

What color suits your mood right now. As you think about that color, allow your mind to focus. Feel calm and relaxed.

As we come to the end of this session, it might feel good to move and stretch your body as you open your eyes, becoming alert and refreshed.

I hope you enjoyed this guided imagery practice. Take a moment to notice how you feel right now. The more you practice mindfulness techniques like guided imagery or breath awareness, the easier it will become to focus and calm the mind.