

Breathing “Colours” for Balance & Focus: Meditation Script

Intro:

- Sit comfortably, feet on the ground
- Close your eyes & concentrate on your breathing, consciously relaxing all your body
- Breathe deeply through the nose, hold, breathe out through the mouth
- As you breathe out, imagine expelling all the stress & negative energy

Breathing from the ground up:

Vitality:

- Red is associated with vitality, strength & courage
- Imagine the colour rising and filling your body
- Allow the colour to travel up through the body to your head and back down to earth, holding it briefly in the area where your womb is/ would be

Joy:

- Orange relates to freeing the emotions and alleviating feelings of low self esteem
- Again, allow the colour to travel up through the body and back down to the earth, holding it briefly in the area of your tummy button

Good judgement & self-confidence:

- Yellow is a happy and uplifting colour
- Again, allow the colour to travel up through the body and back down to earth, holding it briefly in the area of your diaphragm

Breathing from front to back:

Empathy, comfort & relaxation:

- The colour Green has a strong affinity with nature
- Absorb this colour horizontally into the solar plexus
- Let it fill your body, holding it briefly in the area of your heart, then let it leave through your back

Breathing from the head downwards:

Calming:

- The colour Blue inspires mental clarity & creativity
- It connects with our intuitive energies
- Breathe it in through the top of your head, down your body and back up again, holding it briefly in your throat before letting it go

Power, intuition & imagination:

- Now breathe in Indigo, a powerful colour
- Breathe it in from the sky

- Feel it travelling down your body and back up again, holding it briefly in your forehead

Transformation:

- Breathe in Violet, a peaceful and cleansing colour
- Violet is a protective colour and gets rid of emotional distress
- Breathe it in through the top of your head, down your body and back up again, holding it briefly at the top of your head before letting it go back up to the sky

Slowly come to & open your eyes:

- Keep breathing gently
- Check your body to make sure it is still relaxed
- Concentrate on your breathing, relaxing your body
- Now take a deep breath in and breathe out
- Repeat two more times & slowly open your eyes
- Take time for yourself and drink some water before going back (on court/ day-to-day activities)

Warm up/ post-activity warm down exercise sequence:

- Works all parts of the body
- Regular breathing patterns = keep you calm & focused
- Bring your attention back to your breathing



Tips on getting the most from mindfulness exercises

When you do any mindfulness exercise, the key steps are:

- **Pay attention** – for example, when you shower in the morning, make a special effort to really pay attention to the feel of the water on your skin
- **Notice** – when your mind wanders, which is just what minds do, simply notice where your thoughts have drifted to
- **Choose and return** – choose to bring your attention back to the present moment, usually by focusing on your breathing or another sensation in your body
- **Be aware and accept** – notice and be aware of emotions you are feeling or sensations in your body. Try to observe and accept these feelings with friendly curiosity and without judgement
- **Be kind to yourself** – remember that mindfulness is difficult to do and our minds will always wander. Try not to be critical of yourself. When you notice your mind wandering, you can just gently bring yourself back to the exercise

It can also help to:

- **Set aside regular time to practise.** Regular short periods of mindful meditation can work better than occasional long ones. If you struggle to find the time, you might want to decide on one or two routine activities which you will try to do mindfully each day
- **Make yourself comfortable.** It can help to do mindfulness in a space where you feel safe and comfortable and won't be easily distracted
- **Go slowly.** Try to build your practice slowly. Remember, you're learning a new skill, so it'll take time to develop. Most people find it hard to sit and meditate for long periods of time at first, so try to do a few minutes and gradually build up to more
- **Be patient.** There's no need to set ambitious goals or put pressure on yourself. Many people find it takes a while to feel comfortable doing mindfulness exercises

The Three Minute Breathing Space

Unlike meditations or a body scan, this exercise is quick to perform and easy to get started with a mindfulness practice in your busy life or that of your clients. With meditations and the body scan thoughts often pop up and **keeping a quiet and clear head** can be a challenge.

This exercise of **Three Minute Breathing Space** can be the perfect technique for those with busy lives and minds. The exercise is broken into three sections, one per minute, and works as follows:

1. The first minute is spent on answering the question, “how am I doing right now?”, while focusing on the feelings, thoughts, and sensations that arise and trying to give these words and phrases.
2. The second minute is spent on keeping awareness on the breath
3. The last minute is used for an expansion of attention from solely focusing on the breath, feeling the in’s and out’s and how they affect the rest of the body.

This exercise can be rather challenging for keeping a quiet mind and often thoughts can pop up. The idea is not to block them, but rather just let them come into your mind and then disappear back out again. Try to just observe them.

The Mini-Mindfulness Exercise

Another great exercise to try if you are strapped for time is **the mini-mindfulness exercise**. In this lesson, there are only three steps:

Step 1: step out of “automatic pilot” to bring awareness to what you are doing, thinking, and sensing in this moment

- Try to pause and take a comfortable but dignified posture. Notice the thoughts that come up and acknowledge your feelings but let them pass. Attune yourself to who you are and your current state

Step 2: bring awareness to the breathing for six breaths or a minute

- The goal is to **focus attention on one thing**: your breath. Be aware of the movement of your body with each breath, of how your chest rises and falls, how your belly pushes in and out, and how your lungs expand and contract. Find the pattern of your breath and anchor yourself to the present with this awareness

Step 3: expand awareness outward, first to the body then to the environment

- Allow the awareness to expand out to your body. Notice the sensations you are experiencing, like tightness, aches, or perhaps a lightness in your face or shoulders. Keep in mind your body as a whole, as a complete vessel for your inner self
- If you wish, you can then expand your awareness even further to the environment around you. Bring your attention to what is in front of you. Notice the colours, shapes, patterns, and textures of the objects you can see. Be present in this moment, in your awareness of your surroundings

*“When you are ready to finish the exercise, allow your eyes to open slowly and try to **carry that mindfulness** with you as you go about your day”*