

Compassionate Colour Script

Engage in your soothing rhythm breathing.

And then when you're ready, imagine a colour that you associate with compassion, ... or a colour that conveys some sense of the qualities of compassion, a sense of warmth and kindness, wisdom, inner strength, patience and understanding.

It might only be a fleeting sense of colour ... that's okay ... just stay with the exercises as best you can and when you are ready, as best you can imagine your compassionate colour surrounding you.

Then, imagine this colour entering through your heart area and slowly making its way through your body. Infusing your body with the safe and supportive quality of compassion. Or you might prefer to think of colour like a mist or light that just flows through you. As this happens try to focus on this colour as having wisdom, strength and warmth, with a key quality of total kindness. Create a facial expression of kindness on your own face as you do this exercise.

Now, as you imagine the colour flowing through you focus on the feeling that the sole purpose of this colour is to help you, to strengthen you and to support you.

Learning to focus on these experiences can be very helpful. If blocks and barriers arise (especially those linked to ideas that you don't deserve it in some way) just recognise these 'distractions' and go back to focusing on your safe place or compassionate colour.

Remember that we are trying to stimulate certain brain areas for you in these exercises – that is the point of the exercise. Don't worry if your 'distractions' seem overwhelming at times, just gently smile to yourself, go back to your soothing rhythm breathing, and try to stay with the exercise as best you can.