



Rainbow Jumping Energy Exercise by Deb Rowley

This is a really great exercise for getting you BACK into your own energy zone, for clearing you and boosting how you feel.

You can do it by using your imagination, OR you could even paint some fabric and put it on the floor. (Don't do it with paper because it might be slippery!)

We're using the colours of the rainbow of course, red, orange, yellow, green, blue, indigo or violet.

THE PROCESS:

First you create (with your mind) a circle of **RED** on the ground in front of you and either step or jump into it.

Stay in your circle for as long as you feel like your body needs to.

Imagine it is drinking up the colour and filling your body up wherever it needs the colour to go.

Take a few good deep breaths in the **RED** and then imagine (or create) an **ORANGE** circle on the floor and JUMP or STEP into that!

Do the same thing again. Imagine your body is filling up with orange and it's going everywhere it needs to go in your body.

When you are ready, imagine or create a **YELLOW** circle and JUMP or STEP into yellow.

Let your body recharge and fill up with yellow until it feels full and THEN...

JUMP or STEP into **GREEN!**

Feel the green charging you up and making you feel clear until you are ready to jump into...

BLUE! Stay in the blue until your body is all topped up then JUMP or STEP into... what colour is next?

INDIGO!!! JUMP or STEP into indigo (it's like a dark blue colour) and stay there until your whole body feels full and ready to move again and LAST COLOUR....

JUMP or STEP into **VIOLET** (that's PURPLE).

Feel your energy and your body soaking up all the violet/purple and just let yourself BREATHE and hang out in that space for a while.

2. FEEL THE WHOLE RAINBOW THROUGH YOU MAKING YOU FEEL BETTER:

Imagine all your cells in your body enjoying the colour, and tell them to remember the feeling for you so it stays with you. (You can practice this, it might take a few goes to get it to feel like it's staying.)

3. Then, lay down on the floor and imagine you are being very connected to the earth.

Practice it again tomorrow.

BIG LOVE!

Debx

Deb Rowley aka. The Miracle Lady
1 Seagers Close,
Kinloch
RD 1
Taupo, New Zealand
www.debx.co.nz



AN EXTRA TIP FOR EASING A SINGLE PARENT'S LOAD:

Parents if you are navigating a relationship split and notice your child feels heavy coming home from your ex, you can imagine you have a thick curtain of rainbow light at your main entry door to home. Everyone who passes through that light, receives a little healing and drops heaviness that doesn't belong to them. It will help children to feel less stressed about carrying parents emotions and more like themselves when they come home.