

## Colour Anchor

I want you to imagine feeling completely relaxed..... completely happy.....you might like to use a happy memory to do this.....Take your mind to a place where you always feel safe....calm....relaxed.

Maybe it's a place you know well.....or maybe this is a pleasant relaxing scene in your imagination.

Make the feelings vivid....you feel safe....calm.....relaxed

Now bring into your mind a colour.....a colour that represents those feelings for you.

Usually the first colour that comes into your mind will be the right one.....sometimes though another one will appear and feel even better.....if that happens then choose to stay with that one.

If you have trouble seeing the colour clearly, don't worry, just know that it's there and feel it.

Now see if you can make the colour and the feelings stronger.  
The safe feeling....the calm feeling....the relaxed feeling.....and let the colour grow and see or feel it surround you.....warm.....comforting.....like a light soft blanket.

Imagine you can breathe the colour in.....feel it filling you....moving all through you.....calming, relaxing, comforting you.

Now that you have your colour you could practise this exercise at home, just a couple of times for a few minutes, by settling yourself comfortably into a chair or lying on your bed and allow your eyes to close as you imagine bringing your colour around you, letting it surround you, seeing it or feeling it, or both.

Now breathe it in, imagine it entering every cell, every cell in your body, then imagine in between every cell, feeling it calm you, feeling it relax you, letting it comfort you, a beautiful colour chosen by you, exactly right for you.

Each time you practise, you'll find that the feelings get stronger, that you can feel them more quickly and deeply until you find that you can do it anywhere, in an instant, without even having to close your eyes, you will bring back those safe, calm, relaxing feelings in any situation...