

## Compassionate Colour Script

Engage in your soothing rhythm breathing and, when you're ready, imagine a colour that you associate with compassion, or a colour that conveys some sense of warmth and kindness. Again, it might only be a fleeting sense of colour but when you are ready, imagine your compassionate colour surrounding you. Then, imagine this entering through your heart area and slowly through your body. 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 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 soothing rhythm breathing, and try to stay with the exercise as best you can.