

# Rainbow Angels

## healing meditation

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Find a comfortable place to sit or lie down, and get yourself all nice and cosy... ..

Let your body begin to relax as much as possible...

As you breathe, in and out, try to breathe deeply, all the way down into your belly, and then breathe all the way out again, emptying your lungs completely...

Focus on your breathing for a while, letting it slow down, as your body becomes more and more relaxed... ..

Your angels know that you need some healing and nurturing, and they have come to support you...

Can you see them surrounding you?...

They love you very much and want you to be well and happy...

They are now surrounding you completely with a beautiful gold shield, like a blanket made of golden light, wrapped all around you, bringing wonderful healing energy into your body...

Outside of that golden shield, many angels spread their wings around you, creating a beautiful bubble of white light that surrounds you completely...

You feel so warm and loved and protected, within this safe space...

Ahead of you, in the distance, you can see a rainbow of colours moving towards you... As it gets nearer, you see that it is actually a group of seven angels, bringing you the healing lights of the rainbow...

Each angel is wearing a different colour of the rainbow and is glowing with the light of that colour...

When they reach you, they pause and line up beside you, like a rainbow, with the red angel at your legs, and next to it the orange angel at your hips, then the yellow angel, and the green, the pale blue, the indigo, and the violet angel up by your head...

Then, one by one, each angel holds its arms out towards you, with palms facing your body, one hand above you and one hand below you, and sends its beautiful healing light into your body...

The red angel sends powerful grounding red light into your legs and pelvis and bottom... ..

The orange angel sends warm uplifting orange light into your tummy area and into your lower back... ..

The yellow angel sends bright cheery yellow light into your middle, between your belly button and chest, and into the middle part of your back... ..

The green angel sends wonderful emerald green light into your chest and arms and upper back... ..

The pale blue angel sends gentle blue light into your jaw and throat and neck and shoulders... ..

The indigo blue angel sends sparkling indigo light into the front and back of your head...

And the violet angel sends lovely white light into the top of your head... ..

In a few moments, you will have some time to tell the angels how you want them to help you...

If you have a specific problem, such as an injury or some kind of illness, or a pain somewhere in your body, you can tell the angels all about it...

If you are upset, hurt, or feeling afraid about something, you can share all these feelings with your angels...

As you tell them about your problems, you may find that they change places and begin to send their special healing light into different parts of your body...

You may also find that the angels give you advice about what you can do in your daily life to help change your situation or fix your problem... While your angels support you, pay attention to any thoughts and ideas which come to you...

Now, tell your angels all about what you need their help with... then simply rest for a while in the glow of all their lovely healing support... and be open to hear any advice that they may give you... ..

As you continue to relax and allow your angels to heal you and nourish your body, the beautiful rainbow lights flow through you, helping every cell and tissue in your body feel more healthy and happy...

Any parts of your body that might have been unwell or in pain, are starting to feel better already...

Any upset or hurt feelings that you had are starting to release a little bit already...

You are beginning to feel stronger and more at peace...

As your angels now continue to heal you wherever you need it, you feel their energizing light refreshing and replenishing your body, helping you feel stronger, and more at peace, with every breath you take... ..

Stay here, and let your angels heal you for as long as you like...

You may wish to tell them more about your pain and discomfort, or you may just want to fall asleep, knowing that your angels will keep healing you...

Let yourself be comfortable, and feel better and better, as you enjoy being taken care of by your loving angels...

End the session whenever you feel ready by thanking your angels for their lovely support, and gently opening your eyes...