

Breath Colorization – Prep Tool for Creating Your 2020 Vision

Instructions:

1. Choose a peaceful color. It can be any color. Your peaceful color is yours.
2. Choose a stressful color. It can be any color. Your stressful color is yours.
3. Choose a quiet spot and create a comfortable position.
4. Close your eyes.
5. Breathe in slowly through your nose to a count of five.
6. Exhale slowly through pursed lips for a count of 10.
7. As you prepare to breathe in the next breath, visualize your peaceful color.
8. As you breathe in through nose, envision yourself breathing in your peaceful color and your total body releasing and allowing your peaceful color to move through your lungs, into your heart and through all of your body to your finger tips and toes.
9. Exhale slowly through pursed lips for a count of ten.
10. Now, visualize your stressful color throughout your body.
11. Repeat steps 6 and 10. This time, visualize your peaceful color pushing your stressful color gently through body, through your blood vessels, back through your heart and through exhalation of 10 seconds. Breathe in your good color for five seconds. Breathe out your stressful color over 10 seconds.
12. Repeat five times.
13. Open your eyes. Take pause. Choose your life moment and go.