



Rainbow Wash Meditation

“I now come home to my heart.”

(While touching your heart.)

“I am now grounded.”

(Seeing your roots go into the ground.)

“My tube of light is now clear.”

(Seeing your tube of light from the top of your heart to the base of your root chakra clearing any energy.)

“I am now in the seat of my soul.”

(Touching your third eye with your fingertips.)

“I am now operating from my higher self.”

(Touching your crown chakra.)

“I now sever all emotional and energetic cords and send them back with love.”

(Envisioning all energy cords being disconnected from your being.)

“I now send back all scattered and fragmented pieces that are not mine.”

(Envisioning all energy that is not yours being removed from your field.)

“I now call back all scattered and fragmented pieces that are mine.”

(While envisioning all energy that is yours coming back into your field.)

“My auric field, perispirit, and all aspects of my being are now washed and cleansed with rainbow light.”

Envisioning rainbow light, and even colors you’ve never seen, washing over and cleansing every layer and aspect of your field.)