

Rainbow Net Meditation

Find a comfortable place to sit or lie down.

Achieve as much comfort as you can, then allow your eyes to close.

Breathe deeply. As you breathe, allow your attention to come to the very top of your head, or your crown.

As you breathe, imagine the skies opening and rays of sunshine streaming down through your head. Feel your relaxation deepen with every breath.

Now imagine a filter, much like a pool filter on the end of a short pole. The filter is magical and can move through your body collecting up energetic junk that is no longer useful to your being. Each filter used will pick up energy that matches its color or frequency. Go as slow as you need to and repeat if you do not feel lighter or clearer after the first round with any filter color.

Now imagine that from the skies, a filter appears that is **black**.

Take the filter and hold it above your head. Pull it down through your head, then neck, torso, abdomen, pelvis, legs, calves, and feet. The filter is collecting all the black gunk that you have accumulated that is no longer useful to you. When you pull it off your feet, you can shake it off into the magma in Mother Earth below you, and let it be consumed.

Take a deep breath.

Imagine a **grey** metallic filter appearing.

Pull the grey filter down through your head, then neck, torso, abdomen, pelvis, legs, calves, and feet. The filter is collecting all the grey gunk that you have accumulated that is no longer useful to you. When you pull it off your feet, you can shake it off into the magma in Mother Earth below you, and let it be consumed.

Take a deep breath.

Imagine a **brown** filter appearing.

Pull the brown filter down through your head, then neck, torso, abdomen, pelvis, legs, calves, and feet. The filter is collecting all of the brown gunk that you have accumulated that is no longer useful to you. When you pull it off your feet, you can shake it off into the magma in Mother Earth below you, and let it be consumed.

Take a breath.

Imagine a **rust** filter appearing.

Pull the rust filter down through your head, then neck, torso, abdomen, pelvis, legs, calves, and feet. The filter is collecting all of the rusty gunk that you have accumulated that is no longer useful to you. When you pull it off your feet, you can shake it off into the magma in Mother Earth below you, and let it be consumed.

Take a breath.

Imagine an **orange** filter appearing.

Pull the orange filter down through your head, then neck, torso, abdomen, pelvis, legs, calves, and feet. The filter is collecting all of the orange gunk that you have accumulated that is no longer useful to you. When you pull it off your feet, you can shake it off into the magma in Mother Earth below you, and let it be consumed.

Take a breath.

Imagine a **pink** filter appearing.

Pull the pink filter down through your head, then neck, torso, abdomen, pelvis, legs, calves, and feet. The filter is collecting all of the pink gunk that you have accumulated that is no longer useful to you. When you pull it off your feet, you can shake it off into the magma in Mother Earth below you, and let it be consumed.

Take a breath.

Imagine a **deep red or maroon** filter appearing.

Pull the deep red or maroon filter down through your head, then neck, torso, abdomen, pelvis, legs, calves, and feet. The filter is collecting all of the deep red or maroon gunk that you have accumulated that is no longer useful to you. When you pull it off your feet, you can shake it off into the magma in Mother Earth below you, and let it be consumed.

Take a breath.

Imagine an **indigo blue** filter appearing.

Pull the indigo blue filter down through your head, then neck, torso, abdomen, pelvis, legs, calves, and feet. The filter is collecting all of the indigo blue gunk that you have accumulated that is no longer useful to you. When you pull it off your feet, you can shake it off into the magma in Mother Earth below you, and let it be consumed.

Take a deep breath.

Imagine a **deep green** filter appearing.

Pull the deep green filter down through your head, then neck, torso, abdomen, pelvis, legs, calves, and feet. The filter is collecting all of the deep green gunk that you have accumulated that is no longer useful to you. When you pull it off your feet, you can shake it off into the magma in Mother Earth below you, and let it be consumed.

Take a deep breath.

Imagine a **golden yellow** filter appearing.

Pull the yellow filter down through your head, then neck, torso, abdomen, pelvis, legs, calves, and feet. The filter is collecting all of the yellow gunk that you have accumulated that is no longer useful to you. When you pull it off your feet, you can shake it off into the magma in Mother Earth below you, and let it be consumed.

Take a deep breath.

Now imagine a **platinum** filter appearing that shimmers with every passing second. This filter is filled with Source energy and will cleanse and invigorate every cell that it touches.

Pull the platinum filter down through your head, then neck, torso, abdomen, pelvis, legs, calves, and feet. The filter is clearing and awakening all your cells as it passes through them. When you pull it off your feet, return it Heavenward.

Take a deep breath.

Recognize that you are clear and at peace.

Take a deep breath and allow your eyes to flutter open.