

Color Yourself into a Calm Imaginal Massage

Sitting at a desk or table in a quiet room spread your pastels, crayons or paints out around a piece of paper.

- With your **eyes closed** inhale for 4 seconds, hold, then exhale for 6 seconds.
- **Take note of all the areas of tension in your body**, don't judge, see them as helpful data.
- **Imagine** all the tension **gathering and forming a ball in your centre** with each inhalation, on the exhalation, **envision this ball rolling down your arm** and into your drawing hand.
- Using the color that **feels 'just right'** to express this tension **flow it onto the paper**. Let your hand do what it wants to – **rub, blend, tap** -- as you **imagine each movement massaging the inner tension** points right out of you.
- **Breathe deeply** into the tension areas and **feel them soften and release** with the movements of your colors. If you want a new color or feel you need to add another paper to 'hold' all the released tension do so.
- Continue until **you feel you have completely shifted your tension out**. Fold, tear or throw the paper away and **feel your inner massage continue working** through you as you continue to **breathe deeply while you move** through your moments.
- Remember, **you can do this anytime you need to soften and release** tension out of you. If you don't have a paper and pen, then **your imagination will create the same effect for you**. Try it and see! You can do it!



Enjoy and always remember - you ARE the Master Creator of your LIFE!



Big Love,
XC

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MacDonald