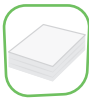


Tea Light Holder

YOU WILL NEED:



+ Tissue paper, tealight & empty glass jar

Cover your jar with a piece tissue paper for the background. Cut tissue and coloured paper with your own design, using the template sheet for inspiration. Stick them down with glue and draw in extra details. Add your tealight and take a moment of reflection to watch the flames dance and colours flicker!



REMEMBER to leave a gap at the top of your jar as not to cause a fire hazard.



Take a Mindful Moment

Find a comfortable seated position in a quiet place. Put one hand on your chest, and the other on your lower ribs (diaphragm). Breathe in through your nose, and out through your mouth.

Choose a colour from our guide that represents the mood you wish to feel - see our guide opposite.

Begin by closing your eyes and take 3 deep slow breaths. Breathe in through your nose and slowly out of your mouth. Focus on the out breath and the in breath will come naturally.

Visualise the colour of your choice. Imagine you're breathing the colour into your body every time you inhale.

Imagine the colour spreading through your body, all the way to your fingers and toes with every exhale. If you notice your mind wandering, this is normal, simply come back to the colour.

Keep visualising the colour, and notice any sensations or new feelings that arise. Repeat for two minutes or longer, if you'd like to. There is no minimum time to achieve the benefits of this practice – any amount of time can cultivate relaxation in your body.

When you are ready, open your eyes and come back into the room.

If you light a lamp for someone else, it will also brighten your path.

Buddha

Colour Guide

Red - Strength

Orange - Confidence

Yellow - Happiness

Green - Healing

Blue - Calm

Pink - Kindness

Purple - Ambition



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