



Find a comfortable space where you can practice this deep breathing exercise for a few minutes each day. In this exercise you will concentrate on breathing color into the corresponding chakra in your body.

First, close your eyes and picture the color **RED**. Visualize breathing *in* this color. Move down through all of your chakras. Begin with the Crown Chakra (7th) and move down through each corresponding chakra until you reach the Root Chakra (1st). Focus on breathing *into* the 1st chakra for a few moments. Once you can fully see **RED** in this area, you are ready to move on.

Next, picture the color **ORANGE**. Visualize breathing *in* the color, moving down through all of your chakras until you reach the Splenic Chakra (2nd). Focus on the 2nd chakra for a few moments. Repeat this process with all the remaining chakra centers.

You may find it difficult to focus a color on its corresponding chakra. If this happens, purchase the same color light bulb and shine this light over the chakra center area for at least 10 minutes a day. Call the clinic if you can't find the appropriate color bulb, we carry all 7 colors.

If you have no difficulty with any of the colors, continue with this breathing exercise as part of your daily routine.