

My Body is a rainbow, filled with colour from head to toe,
There's red and orange, yellow and green, blue and indigo,
Finally there 's wise violet, you'll find it right on top
There's so much colour zooming around, like a rainbow that
won't stop.

Red is at the root of my spine, reliable, safe and sound,
Red is happiest when standing, firmly on the ground.

Orange is so sacral, living at the bottom of my bubbly belly
bun
It's a loving creative colour, like a zesty orange sun.

Yellow is her neighbour and is full of strength and energy
Yellow lives in solar plexus, and feeds my body with vitality

Green fills my heart, it's the colour of the grass beneath my
feet
It is calm, loving and super friendly, green is really kinda'
neat.

Blue hangs out in my throat, content, calm and at peace
Blue likes to speak and tell the truth and helps me to release.

Indigo shows me what's possible, but I must close my eyes
It spends lots of time, in my dreams and likes to visualise.

And last of all is violet, filled with magic and connection
It unites lots of opposites, it fills the world with affection.

This colour energy fills me, from my feet up to my eyes ,
I like to keep it moving to keep me strong and wise.
But sometimes it gets stuck and I feel heavy sad and sore
And if that ever happens, I go knocking my friends door.

I check in first with my red, then orange, yellow, green and
blue,
Working right on up to indigo, where I take in that world view.
Finally, I reach for Violet, who always helps me see...
It's important to care for rainbow energy, because it's part of
me.