

The Rainbow Method: Prayer



Version 3.4

Rev. Barbara Marie Babish, Ph.D.

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About the Author



Reverend Barbara Marie has been on her conscious spiritual journey for more than 30 years.

Her life purpose is to assist others to explore, expand and express their Divine Essence by providing Divinely Inspired Services.



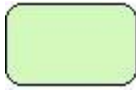






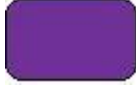

Over the years these services have evolved. Since March of 2008 Barbara Marie has been receiving information on the Rainbow Methods from her own angels and guides. This includes the Rainbow Method of Personal Transformation, The Rainbow Method of Meditation and the Rainbow Method of Prayer. She has been shown that the Rainbow Method of Business Transformation, will be coming soon.






Using all of her spiritual gifts and intuition to help others, makes Reverend Barbara Marie a perfect choice when looking for a spiritual guide for you and your family. She is constantly growing in her spiritual gifts and continues to evolve as a spiritual teacher and guide.

Having an online presence has been a benefit to many clients all around the world. The telephone lines and conference rooms on the internet are always buzzing with activities facilitated by Reverend Barbara Marie.

Reverend Barbara Marie has the gift of “bringing spirituality down to earth”. She hopes you enjoy the Rainbow Method of Prayer and use it often.

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Introduction

It seems all of my life I was aware of Prayer. By going to church on Sundays and attending Catholic schools, I was immersed in the Catholic way of prayer. My mother and grandmother, who both had a devotion to Mother Mary, used their rosaries to assist them during their prayers. This all satisfied me as a child and some of my adult life, but I always wondered if there was more.

As an adult on my spiritual journey, I learned to make my own spiritual connections and prayer became very important. A new way of praying evolved for me. It was a method that took me away from “begging” God for things, or begging God to keep my children safe. It became a way of connecting with God in an atmosphere of gratefulness. It became a way of asking for the outcome of situations to be what God wanted, not just what I wanted. Lately it has become a way for me to work with God and my spiritual team on the concerns I am having.

What has been developed now is the Rainbow Prayer Method. It has evolved from what I have learned from other sources as well as from my own Divine Guidance. This method of prayer can be adapted to your specific needs, and even adapted to your own spiritual beliefs. It may be used when we have a conflict with someone, and that person is not open to communication, but it can be applied to all situations.



The reason why I am writing this prayer method e-book, and sharing it with you, is because I have seen a real need for it. Many of my clients have needed it. Many of my friends on Facebook have expressed situations in their own families, where I could see this prayer method would be a benefit to them. People everywhere are stuck. They want to DO something. It is hard to just sit and trust, as humans, we want to take action. Using this prayer method is the perfect way to take action.

In this short e-book I will give you the basics of the Rainbow Method of Prayer and some examples to help it make sense in your own life. Using this method of prayer has created miracles in my own life. I have personal experiences of miracles, but I will not use my own life examples here, to protect the privacy of those involved. I will use examples that are more generic and that can be applied to your own life.

You would use this type of prayer when you have any type of worry about a person or a situation. Even the toughest situations can be helped, especially where you have exhausted all other possibilities of communication.

I believe that as humans we have three parts or aspects to us. This being the “Body, Mind and Spirit.” I will be using the words “spiritual self,” “higher self” and “spiritual aspect” throughout the book. By this I mean, that part of you that is connected to God. Some may call this aspect of our self, “our higher self”. When writing about the spiritual self of others I will use the words “spiritual selves”, “higher selves” or “spiritual aspects”.



In this book I will also be using the phrase “your spiritual guidance team.” By this I mean, God or your creator, your angels, guides and saints, and possibly even others who have passed away, that are here sometimes to help you.

You may also like to start the prayer with words similar to “Dear Lord.” This will depend on what your own preference is and what your spiritual background is. I will use it in some of the examples. Saying “Thank you” or “Amen” is a great way to end the prayer. It is suggested to say one or the other, or even both, to finish the prayer.



Please use what resonates with you and leave out what does not. This book is based on what has been shown to me, outside of any religion. It is based on the spiritual tools that have been given to me and I am sharing them with you.

At first this all might seem quite mechanical. This is okay. In a short time, you will become familiar with this method of prayer. Your heart will be more involved, and you will feel a little better each day.

My intention for this book is to be of assistance to you, by providing you with a practical and powerful way to relieve your stress and build your own faith in spirituality.

Blessings, Reverend Barbara Marie



Quick Overview of the Method

Each color of the rainbow is a step in the Rainbow Method of Prayer. A brief outline is given here and further in the book you will be given much more detail for each step.

Preparation - Before you start it is wise to have some preparation time. If you are full of anger and resentment, let this all out, as much as you are able, at the moment. You might need to release by screaming, begging or do some type of releasing your anger here, before starting The Rainbow Prayer Method. (This step is not needed by everyone.)

Red - When you are ready to start, center yourself and bring yourself to a reverent state of being. Call in your spiritual guidance team such as God, angels, guides, and your spiritual self. Call in the spiritual aspects of the people involved.

Orange – In this next step, you would take yourself into a state of gratitude. You can do this by bringing to your mind all the good things in your life that you are truly grateful for.

Yellow – Now is the time to release anything negative that you are feeling in this moment. Breathe in love and breathe out all that is negative. State that you wish to work with God on finding a solution to your current situation.

Green – It is very important to come from a loving heart. State your love for the ones that are involved in this situation, and then give the details of the situation.

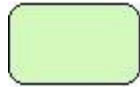
Blue – At this point you speak your desire for a win/win situation and for the results to be for the highest good for all concerned. You may even make suggestions of possible positive outcomes.

Indigo – Now it is time to ask for guidance and be open to hearing the guidance. There may be something you can do now to ease the situation.

Violet – Release it all to the spiritual world, to God, to work on and trust that your prayer is being answered. Say “thank you,” in advance for what you will receive.

Repeat this once a day until the answer is clear or that the situation has been resolved. Take the time to feel it in your heart and be sincere on the situation being handled for the highest good of all concerned.

What follows next is the detailed description and some examples of how to use the Rainbow Prayer Method, by Barbara Marie Babish.



Preparation:

If you are full of anger and resentment, let this all out here. Do your screaming, begging or your releasing of anger at this point before you begin this prayer method.

Sometimes we just need some space to vent. Honor yourself and your feelings and release as much as you can before going into the Rainbow Method of Prayer. You have reasons for how you feel and it makes sense that as a human being, you go over and over all of this in your mind. It probably gets worse the more you think about it.

Go ahead and release as much as you can now. You might need to shout, scream, yell, cry or even punch a pillow. Just do the best you can with this step.

Once you have vented and released and you can feel the pent-up energy inside of you lessened, then proceed to the red step.

(This preparation step may not be needed but it is placed here for those that have a lot of emotion, anger ,and resentment regarding the situation.)



Chapter 1: Red Color Band

Consciously bring in the energy of the RED color band. You can just say “I now bring in the energy of the RED color band.”

Prepare for the prayer session by centering yourself and bring yourself to a reverent state of being. This calms you down and brings the issue into focus. Call in your spiritual guidance team.

This method can be used at any time of the day or night. Treat this with reverence. Do whatever you need to do, to get yourself into a quiet state of being. Some might light a candle. Some might like to go into a meditative state. Some might like to do this just before going to sleep. Do whatever is comfortable for you. I personally recommend doing this at bedtime. At some point in your prayer journey, it will help you sleep better.

Call in your spiritual guidance team.



In this step you may use whatever guidance team that you have or that you now acknowledge. This can be your God, creator, angels, guides, your higher self, your spiritual self, anyone that has passed away, anyone that is here for your highest good. The goal is to get this team together to help and guide you. They have a higher perspective than we do. They see and know things that we do not see or know.

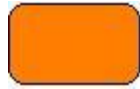
Also call in the spiritual self of the others concerned with the situation. It will be the spiritual aspects of everyone involved that will resolve this for

you. They will handle this with love, and they will help create a positive outcome for you. They will send love and healing where it is needed.



It is powerful to have three or more working with you. If you are in conflict with only one other person, call in your higher self, their higher self and one other. This could be someone from your guidance team specifically or a close friend that knows of the situation. Again, this is calling in their spiritual self to be part of this prayer.

If there are several people involved, then call in each of their higher selves, your God and an angel or guide for the best results possible.



Chapter 2: Orange Color Band

Consciously bring in the energy of the ORANGE color band. You can just say “I now bring in the energy of the ORANGE color band.”

Bring yourself into a state of gratitude by bringing to your mind, all of the people, places or things that you are grateful for, in your life right now. It is best to create a list in writing, if you are able to. If this is not convenient just bring them to your mind and let yourself FEEL grateful for each of these things.

This will bring your vibration to a higher state and you will feel your energy change from the “begging” energy to an energy of joy.

This step has a lot to do with your own vibration and your own state of mind. This is simple and easy, and it works!



Your gratitude list can consist of people, places, or things. It can include even the smallest thing that you are grateful for, like flowers and, birds, or even ice cream! This is YOUR list, and you can put whatever you want on it, as long as the gratitude energy starts to rise within you.



Chapter 3: Yellow Color Band

Consciously bring in the energy of the YELLOW color band. You can just say "I now bring in the energy of the YELLOW color band."

Release all negativity and fear so that you create a space to receive the love that will come from this prayer.

Release anything negative that you are feeling in this moment. Give it all to God. It may be the details of this situation or any other situation that may be a part of your life right now. It may be a judgement that you hold of the person or the situation. You may do this by stating quietly to yourself, something like this: "I now release everything negative that I have stored up inside of me. I release all fear and judgement of the situation." Take the time to FEEL this, if you are able to. You may need to say this several times.



Acknowledge the creative power you have with God and with the spiritual selves that are concerned here. God made us and we are a part of God. We can work together with God to resolve any issue.

Align yourself with the will of your God/Creator. State that you have the desire to work with God and the spiritual aspects of the others in this situation. You cannot do this alone and you are requesting help. You are aligning yourself with the other spiritual selves involved. It is from this perspective that this will start to be resolved.



Chapter 4: Green Color Band

Consciously bring in the energy of the GREEN color band. You can just say “I now bring in the energy of the GREEN color band.”

State your love for the ones that are involved in this situation. “Love” is the point at which healing takes place. It is best to come from a place of love, as best we can, to feel better more quickly.

This might be the hardest part for you. When you know that God is a part of all of us, it might be easier for you. We may love the person but not love their actions or their words.

Give the details of the situation. What was said and what was done is a good place to start. Your point of view and their point of view can be mentioned.

These details will come from your feelings, your heart, and the facts as you see them. State that you have a conflict with a person or situation that you cannot handle by yourself. State that you



have tried to talk to the other with no success, or it has gone past the point of talking. Use whatever is true in your situation.

State that you have the desire to really love this person, or to accept the situation but it is hard to do that, under the present circumstances. Even if you cannot truly feel love for them, have the desire to want to love them.



Chapter 5: Blue Color Band

Consciously bring in the energy of the BLUE color band. You can just say “I now bring in the energy of the BLUE color band.”

Speak your desire for a win/win situation and for the highest good for all concerned. Our goal would be that we are happy but that the other people involved are happy too.

Give examples here of possible outcomes that would be a win/win situation for you and for them. Think of all the ways that this might happen, for your highest good and for their highest good as well. We know that this is the result that God/Creator would want. Some examples might be:

“Please help us all be happy with this resolution.”

“Please let us both see each other’s side, so that we understand each other’s point of view.”



“Please let us both appreciate each other’s side so we can start speaking again.”

You might also like to make requests here. Asking for guidance you might use words like:

“Please show me how they must feel.”

“Please show them my side and show me their side.”

“Please show them where they can do better.”

“Please show me where I can do better.”

“Please show me how I can improve the situation.”



Chapter 6: Indigo Color Band

Consciously bring in the energy of the INDIGO color band. You can just say "I now bring in the energy of the INDIGO color band."

You have asked for guidance in the last step, now is the time to listen for it to come to you. Be open, to hearing the guidance. There may be something you can do now to ease the situation.

Ask to be shown if there is something you can do while you wait for an answer to your prayer. Maybe you will be shown to call them. Maybe you will be shown just to leave them alone.



There are many ways that we receive guidance. Many times, though, we do not recognize it when it comes. It may come from something we see, hear, or feel. It may even be that we just "know" something. Be open, to receiving in all these four areas.

At this point you wait for your own guidance on this situation. If you do not receive clear guidance, know that this is okay. It will come to you in the most Divine moment possible. We receive guidance in God's timing, not our own. Maybe you will not even receive anything yet because God and the angels are working with the other person to help heal or change their heart. This might take some time.



Chapter 7: Violet Color Band

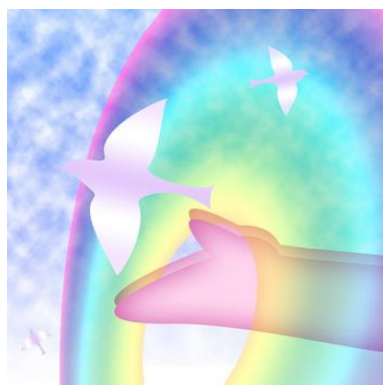
Consciously bring in the energy of the VIOLET color band. You can just say “I now bring in the energy of the VIOLET color band.”

Release this person and this situation to the spiritual world to work on and trust that your prayer is being answered. Thank all of the spiritual helpers, that will be with you on this healing project. Tell them that you trust them to handle this for you.

This is the time when you then leave it all to God, your guidance team, and the spiritual selves. You have fulfilled all the colors of the rainbow and you give it to God/Universe to handle for you.

To end the prayer session, it is wise to say “thank you,” in advance for what you will receive.

Doing this releases you, and your emotions and your brain, so that you can go on with your life and feel free from this situation, even if it is just a short while.



Repeat this once a day until the answer is clear. Take the time to feel it in your heart and be sincere on the situation being handled for the highest good of all concerned.

Your words may change a bit each day, or each time you use this method. This is good. Your heart will be changing and so will the other person's. The situation will change over time. You may not see it for days, or weeks or months. It depends on the situation. If there are deep hurts, it may take

longer than you think. The good news though, is that it is not all up to you to handle. You are leaving it to your spiritual team, so you have no need to worry. Know that the win/win result will show itself in God's divine timing.

Each time you find yourself thinking about the situation or find yourself feeling stressed again, give it to God again. This just means that your brain is still wanting to control the situation. Let's face it, if your brain had the answer you would not be in this situation, right?

You are now trusting God to resolve the situation in God's way, not your way. In those stressful times, you might try saying "I gave this to God and I don't need to think about it anymore."

Then each night, go through all the color bands in the prayer again. This fulfills your part, in resolving the situation that has bothered you so much.



Tough Case Examples

Example – Son on drugs:

Susan had a situation with one of her children. This child, a son, was known to come home late at night and be “high” from taking drugs. Susan tried to talk to him to no avail, so she used the Rainbow Method of Prayer.



Red - Susan lit a candle, sat quietly, and took some deep breaths. She called in her angels and her guides. She called in her own spiritual self and her sons’ spiritual self, and one other. Susan has a friend Heather that she talks to, about her family. She calls in Heather’s spiritual self.

Orange – Susan then goes over her gratitude list. She even has a pen and paper to write it all out. She is grateful for her mother, who is still with her. She is grateful that she has a job that she likes. She really appreciates her private time, where she can dream and meditate as often as she wants to. She realizes that there is a lot of good in her life.

Yellow – Susan then, by intention, released all that no longer served her. She included releasing fear, judgement, and all of her hard feelings that she had with her son. She acknowledged the power she has with God and with the spiritual selves. She felt they would work as a team to resolve the situation.

Green - Susan spoke of the love she has for her son and acknowledged that she only wants the best for

him. Even though he has hurt her terribly with his words and his actions, she will never stop loving him. She will always have faith that he can turn his life around. Even though she can't understand how he can do that now, she has faith that all is possible with God's help.

Susan spoke of the problems with her son and the drug use. She wrote out all of the details of the situation. She let out all of her frustrations, and fear onto the paper. She cried and cried and when she felt a bit better, she continued.

Blue - Susan then asked for a win/win situation for them all. She asked that her son be shown how he is really hurting himself. She asked that he be shown how he is hurting her and the family. She asked that he be shown that he is looking for something. That "something" cannot be found in using drugs. She then asked that he be shown another way to handle his problems and his feelings. She asked that he be shown how to be happy in his life and that his own guidance team speak to him.

Indigo – At this point, Susan asked for guidance in this situation for herself. She was open to hearing the guidance. Susan sat in silence and listened. She asked if there may be something she can do now to ease the situation. She waited a few minutes but, did not hear anything or see any sign of communication.

Violet – Susan then released it all to the spiritual world to work on and trusted that her prayer was being answered. She said "Thank you" to end the session.

Susan will continue to do this prayer until she is led by her guidance to do something, or she will continue to do this until her son shows some signs of

change. She can then shift and change her prayer according to the changes in herself or her son.

Example: Family member very ill

Mary is in her 60's, and her mother Martha is 86 years old. Martha has not been well and is in the hospital. Mary is worried that her mother might pass



away. Mary was fearful about this and was upset. She was not ready for her mother to leave. The whole subject of death was frightening to her.

Red – Mary was able to find some quiet time and sat in her living room with a cup of tea. She decided to put a family rosary on the table beside her. This was a symbol of her religious beliefs and this made her feel comforted to have this near her.

Mary started with the words “Dear Lord” and then called in her angels and guides and Mother Mary and Jesus as well as the spiritual aspect of her mother.

Orange – As Mary sat and sipped her tea, she started thinking about her mother and all of the things they have done together. Coming from the farm and moving to the city had been stressful for the family, but they survived and then enjoyed the city life. She remembered how her mother had taught her how to make bread and some of the traditional Polish foods. Mary smiled as she remembered these things. Mary then thought of her husband and what a good man he was. He provided well for the family and they had a lovely home. Their

two children had produced three grandchildren that she was close to. Mary's heart was filled with gratitude.

Yellow - Mary remembered that her brother had made her mad the other day, while talking about plans for their mother. This still bothered her, and she decided to release her harsh thoughts about her brother. She tried to release the fear of death, but this was not so easy. She decided that she is willing to work with God on this situation.

Green – Mary brought back those feelings of love for her mother. She talked to God about how she was fearful of death and of losing her mother. She went into the other experiences she had of other relatives who had passed away. They were not good memories for her. She had a little cry and felt a bit better.

Blue – Mary spoke of her desire to feel at peace, if her mother was to pass away. She wanted peace for her mother too. Mary wanted what was best for her mother. She did not want her mother to suffer. Mary decided to accept whatever God wanted for her mother.

Indigo – As she sipped her tea, Mary asked for guidance and was open to hearing it. She heard the words, "Tell your mother, every day, you love her." This was all that Mary heard and was delighted that she was given something that she could do. She would do this every day as she waited to see if her mother would recover or not.

Violet - Mary then released it all to God, and trusted that whatever happened that it was for the best for her mother. She said, "Thank you," to end the session.

Mary came back every day and said this prayer. Each time she would listen for advice. Sometimes she was given more to do, and other times she did not hear any advice at all. She always followed the advice she was given. It was usually small things that she would do for her mother.

In this case, Martha did recover for a short time. This gave the family time to see her, appreciate her, and show her lots of love, before she passed away a few months later.

Example: Cheating spouse



Linda had been married for seven years when she discovered her husband Tom, had been “dating” another woman. She was devastated, felt betrayed and wanted a divorce immediately. She felt she had to stay with him though, because of the two children they had together. She was desperate to find help, because she knew she did not want the children to see how upset she was. She wanted to shield them from the hatred she felt for her husband at that time.

Preparation needed- In this case, because there was so much anger and emotion, Linda needed some preparation time before going into the prayer.

One afternoon she decided to go through these steps. She realized she really needed to vent and release a lot of negative emotions, such as hatred. When the children were in school, she sat at the kitchen table with a pen and paper. She wrote out how much she felt betrayed. She asked why on earth he would do this to her. She cried out “How

could you hurt me like this? How could you hurt the children like this? You stupid idiot! I hate you! If it weren't for the kids, I would divorce you and take everything! I hate you! I thought I knew you! Did you ever love me? Why did you do this?" Over and over again, she vented and blamed him and let out her anguish. She felt like hitting him, so she went into a bedroom and grabbed a pillow and started punching it. Over and over again she slammed her fist into the pillow, and she continued to cry. When she was finally calmer, she continued with the prayer method.

Red – Linda went to the kitchen table and got comfortable. She was too upset to go and get anything that would help her feel like she was in a reverent place. She did though, take a picture of the children she had on the coffee table, and put it beside her on the kitchen table.

She called in her angels and guides. She called in her own spirit and Tom's spirit. She was close to Tom's mother Theresa, so she called her spirit in too.

Orange - It was very hard for Linda to do this next step. It is where she was to think of things to be grateful for. At first, her thoughts were of anger again, but she was really trying to do this prayer the right way. She brought herself to think of their two children. She thought of the good times they had over the years as a family. She thought of their home and how lovely it was. She was so grateful for that home because it was close to the children's school and they could walk there. She realized that she was very grateful for her husband's job that paid for all that they had. She was happy that she did not have to work outside the home. She smiled when she thought of her parents, who were very kind people and she got along with them very well. They would even come and babysit some weekends so

her and Tom could go away and have a break together.

She started to think of Tom again and became angry again. Getting back to the energy of gratitude was hard, but she was able to do it. She thought of one of their family vacations and she was so grateful for it. Remembering how her children had so much fun, her heart started to soften again.

Yellow- It was time again to release everything that was negative. She would breathe in love and breathe out all negativity and all fear. As she breathed in this way, she was able to calm down.

Green- At this point in the prayer, it was time for Linda to come from a loving heart. This was hard to do, but she was persistent. She stated the love she had for her husband prior to this event of his cheating on her. She stated that she wanted to be able to love him again. As she wrote down the whole sequence of what had happened over the last few days, her emotions became raw again. She wrote down everything she could think of, that was related to this.

Blue - As she tried to think of a win/win situation where everyone would be happy, it was very difficult for her. She knew she wanted the children happy, so she started there. She knew that if they were to stay together for the sake of the children, that she would need her heart healed. She would have to be able to forgive her husband, at least a little bit, to be able to get along throughout the day. She knew her husband had to be willing for all of this too.

Her statement then was something like this, “I would like us all to be happy. Maybe it is best for us to stay together, at least for now. Maybe I could learn to forgive him. Maybe my heart would heal

over time. Maybe he would be happy again being a family with us.”

She then said “Another option is to have him move out for a while. Maybe that would be the best for all of us.”

Even though she was very angry, she did want what was best for the children and the whole family. She wanted what was for the highest good of all.

Indigo – She was really confused and hurt but really wanted the guidance of those higher than herself. She sat and listened to see if she would hear or feel some type of advice from her the angels and guides.

As she waited, this soothing feeling came over her. It felt like peace was flowing over her. This was her sign that her angels and guides were with her. Nothing else happened, but she had the feeling that she was heard.

Violet- Now at the end of her prayer, she released the situation to God and the angels and guides. She left it to the spiritual world to handle for her. She knew she would be back the next day to do this again. She said, “Thank you and Amen,” to end the session.

Example: Job loss

Tony had worked for a company for many years. When they downsized he was laid-off. Needless to say, he was very upset and worried about how he was going to get another job. Tony and his wife had one small toddler. His



wife was able to get a job quickly and so that gave them some income. They had to get a loan to help pay the monthly bills. Tony stayed home with the baby to save day care costs.

Preparation: Since Tony was very upset and at his wits end, he needed this preparation time to really let loose the anger he felt.

He screamed and yelled at his boss for letting him go. He said “Don’t they know I need this job? I have a wife and son for Pete’s sake! How will we be able to pay our bills without my job?” He continued like this for quite a few minutes. He let go a few tears, but tried to hold them back.

Red – Tony called in his spiritual self, his wife’s spiritual aspect, and he did not know who else to call into the situation, so he called in Jesus.

Orange – In this next step, Tony brought to his mind all of the things that he was grateful for, in his life.

He was grateful for the past job that gave them a good income for the family. He was grateful that he had a good wife who supported him. He thought it was very lucky that his wife was able to get a job quickly. He was very grateful that family members and the bank gave them loans. He was extremely grateful that he could stay at home with his child and get to know him better. In fact, that was the best part of it all. He got to stay home and care for his son.

This brought Tony to a happy place, at least for the moment.

Yellow- Tony was then able to release all the negative thoughts about losing his job. He also let go all of the feelings he had about the company, and his past boss. His anger at all the people involved dissipated, at least for now.

Green- Since Tony knew this next part had to do with having a loving heart, he took a minute to think about this. He knew he loved his wife and child. He tried hard to love his old boss and the company management team. He could not do that yet, but he did say that he is trying to hold love for them.

Blue – Tony then spoke of his desire for a win/win situation. He said “I would like a new job that I will be happy with. I would like that job to have good pay, so that my wife will not have to work outside the home. I would like to be rid of all my negative feelings towards my old boss and the company that let me go. While I am off work, I will fully enjoy being with my child and being the homemaker for a while.”

Indigo – Tony then asked for guidance on what he could do to feel better about all of this. As he sat with his cup of coffee and ran for a pencil and paper as ideas flooded into his mind. These are some of the ideas that came:

- Sell the second car.
- Sell the motorcycle.
- Have a garage sale and receive money for the items you do not need, at this time.
- Take in the bottle and pop cans to earn money.
- Take some unneeded clothes to a consignment store and earn money that way.
- Babysit for others on Saturday nights.
- Wash cars or cut lawns on Saturdays for the neighbors for extra income.
- At some point he might have to sell the current home and get a smaller one.

- There might be a possibility of his wife doing so well that she receives a raise.

He realized there were many things he could do to earn money. It might hurt his pride to do some of these things, but he felt he was not as desperate as he felt before. He was grateful that he took the time to listen for guidance. It came in the form of ideas flowing to his mind.

Violet- Tony then released it all to God, to work on and he trusted that his prayers would be answered. He said “Thank you,” to end the session.

Tony prayed this way until he was able to find a great job. It all worked out in the end, and the relationship with his son remains stronger than ever even to this day.



Easier Every Day Examples

In this section I will use the words that a person, in the situation might use.

Example: Getting along with family members

I call in the Red: Dear Lord. I call in my angels and guides to be here with me. I call in my spiritual self and the spirit aspect of Auntie Sue.



I call in the Orange: I am so grateful for all that I have in my life, like my children and my husband and our beautiful dog Muffin. I appreciate our home and our good neighbors. I love how I can wake up in the morning and feel how healthy I am. I appreciate my job too.

I call in the Yellow: I release all my negative feelings. I release all my judgments of other people and even myself. I wish to work with God on getting over my own negativity regarding Auntie Sue.

I call in the Green: I love my dear Auntie Sue, but she is driving me crazy. She is always criticizing me or my children. She is always so negative. I don't want her around me anymore!

I call in the Blue: I would love to be able to see Auntie Sue and not feel these bad feelings. I would love for my children to know her and see a good side of her. It would be really nice, if she came over and was just happy to be in my home.

I call in the Indigo: Please show me what I can do to understand why she is so negative. Help me see more of the good traits she has. Help her to see what a great family we are and that we really do love her. (Listen for guidance.)

I call in the Violet: I give this to you God, to work on and I trust that my prayer is being answered. Thank you. Amen.

Example: Getting along at holiday family dinners



I call in the Red: I call in my angels and guides. I call in my spiritual self and the spiritual aspects of Aunt Mary, Uncle Sid, Grandpa Nester, my

cousins Cindy, Mary, Alex and Martha.

I call in the Orange: I appreciate all that I have, in regards to my job and my children and my wife. They are the most wonderful family a man could have. I am so glad I can provide for them all with the job I have. I am grateful that I do enjoy my job.

I call in the Yellow: I release all that is negative within me now. I breathe in love and I breathe out all negativity. I wish to work with God on how we are going to have a peaceful and enjoyable family dinner this Thanksgiving.

I call in the Green: I really do love all my family and I want to love them during the holidays too.

I call in the Blue: I really do wish for the highest good of all. I would love for Grandpa Nester to get along with Aunt Mary. I would love for my cousins

to get along and enjoy each other. It would be nice for everyone to enjoy the food that everyone will bring.

I call in the Indigo: I really would like to ask for guidance on this situation. Is there anything I can do to make things easier on this holiday? (Listen for guidance here. One of the things you might hear is: “Just love them as they are. Don’t judge them. Don’t expect them to fight or argue. This is a new day. Each of you are new people each day. All is well. Even if they fight or argue, keep your cool and your sense of humor.”)

I call in the Violet: I release this to God. I trust my prayer is answered. Thank you.

Example: Getting along with teenagers



I call in the Red: I call in my angels and guides. I call in my spiritual self and the spiritual aspect of my teenage daughter Alice. I call in Mother Mary because she must have

had a lot of patience.

I call in the Orange: There is so much to be grateful for in my life. I love the flowers and trees in my garden. I love how the sun shines into my kitchen window in the morning. I am grateful for my wonderful family and I love my children very much.

I call in the Yellow: I release all negativity that is in me, right now. I breathe in love and I breathe out the negativity. I wish to find a way to get along with my teen age daughter.

I call in the Green: I love my daughter very much. She can be so kind and loving. Lately she has just been miserable and has such touchy feelings. I can't seem to say anything right. No matter what I say she takes it the wrong way and leaves the room angry.

I call in the Blue: I would love for her to be happy again. I would love to be able to chat with her like we used to.

I call in the Indigo: Please show me what I can do to be happy with her again. Please show her how to be happy again. (Listen for guidance.)

I call in the Violet: I leave this to God and trust that my prayers are being answered. Thank you.

Example: Getting along with the elderly



mother to help too.

I call in the Red: I call in my angels and guides. I call in my spiritual self, and the spiritual aspect of my 86 year old father. I call in the spirit of my

I call in the Orange: I am so glad I have had my father all my life. I am grateful for the good life I have and my good wife. I love that I have my job, my garden, and my car. I am so grateful that I love my wife and that she loves me.

I call in the Yellow: I release all negativity from my life and my energy field. I breathe in love and breathe out the negativity and fear.

I call in the Green: I really love my dad, Eric. He has been a good father to me. Lately he has been having some spells of dementia. He repeats things over and over and at first I am patient. After about the fourth time, I do get frustrated. He can get a bit aggressive too, sometimes which is not like him. I stop smiling and I can't help it. After having him here for an afternoon, I am exhausted! I worry he will fall and hurt himself. I worry he will have a bathroom "accident". It is so hard to see him like this.

I call in the Blue: I know he won't be getting better and I am saying this prayer to help myself. I would like to see him and enjoy the visits. I need more patience and more kindness. In this way, he will probably enjoy the visits more too.

I call in the Indigo: Please show me what I can do to help myself and my father. (Listen for guidance.)

I call in the Violet: I release this to God and know that my prayer is being answered. Thank you. Amen.

Example: Getting along with spouse



I call in the Red: I call in my angels and guides and St. Peter and Jesus. I call in my higher self and the spiritual aspect of my husband Leonard.

I call in the Orange: I am grateful for my husband and all that he does for me. I am grateful that I have my mother and father still with me. I love my garden and my girlfriends. I appreciate them so much.

I call in the Yellow: I release all negativity within me now. I release all bad thoughts that I am having. I release all fear of the unknown future.

I call in the Green: I love my husband Leonard and he has been very good to me until lately. Something seems to be wrong, but he says everything is fine. When I bring it up, he does not want to talk about it. He seems to be impatient lately and sometimes even a bit “testy.”

I call in the Blue: I really would like to get my husband back to normal. I want him to be happy and I want to be happy too. I really want us to get back to normal.

I call in the Indigo: Please show me what I can do or say to help him be more like his old self again. (Listen for guidance.)

I call in the Violet: I release this to God, and I trust that my prayers are being answered. Thank you.



Review

Please Note: You may wish to print this page and the next for your convenience while following the steps.

The Rainbow Method of Prayer

As you can see, this method is very simple. You will realize that it is very powerful once you see the results. Taking the time to do this in a reverent manner is an important part of the process. Having a grateful heart helps keep the energy in a high vibration.

One of the results of releasing the problem and not worrying about it, is that you can relax and trust that all is well. A higher power is handling this for you, and you are then free to live your life, at least until your next prayer session.

I will place for you here the short version of each of the color bands for your quick reference.

Preparation: If you are full of anger and resentment, let this all out here. Do your screaming, begging or your releasing of anger here, before starting The Rainbow Method of Prayer.

Call in the Red – When you are ready, get centered and bring yourself to a reverent state of being.

Call in your guidance team such as God, angels, guides, and your higher self. Call in the higher self of the people involved.

Call in the Orange – Take yourself into a state of gratitude. Bring to your mind, all of the good things in your life that you are truly grateful for.

Call in the Yellow – Release anything negative that you are feeling in this moment. Breathe in love and breathe out all that is negative. State that you wish to work with God on finding a solution to your current situation.

Call in the Green – State your love for the ones that are involved in this situation. Give the details of the situation.

Call in the Blue – Speak your desire for a win/win situation and for the highest good for all concerned. Make suggestions of possible positive outcomes.

Call in the Indigo – Ask for guidance in this situation and be open to hearing the guidance. There may be something you can do now to ease the situation.

Call in the Violet – Release it all to the spiritual world and to God, to work on and trust that your prayer is being answered. Say “Thank you,” to end the session.

Repeat this once a day until the answer is clear or that the situation has been resolved. Take the time to feel it in your heart and be sincere on the situation being handled for the highest good of all concerned.



Authors Note:



Thank you for downloading your copy of the Rainbow Prayer Method.

My intention for this booklet is to help ease your pain and stress while you are in a tough situation. Please let me know if my intentions were met. If this information has helped you in any way, please let me know.

Because of the briefness of this book, I am offering to answer any questions you may have through my Facebook page. You may ask your questions or give your comments to me at this page:

<https://www.facebook.com/revbarb>

We would love for you to share how this method has worked for YOU.

Please keep an eye on the main website for more of the Rainbow Methods as they become available to you. The personal transformation program is available as titled The Way of the Rainbow. You will find more information on it soon here: www.TheWayOfTheRainbow.com

Blessings, Reverend Barbara Marie



Contact

You may reach Reverend Barbara Marie at:

RevBarb@gmail.com

Please put “Rainbow Method of Prayer” in the subject line.

Blessings, Reverend Barbara Marie

Main websites:

www.ReverendBarbaraMarie.com

and

www.LanguageOfLight.net

and

www.TheRainbowMethods.com



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One person cannot accomplish much without a support team. Thank you to all of the members of my support team!

Many blessings to each of you.

Reverend Barbara Marie Babish, Ph.D.