



# **The Rainbow Method: Simple Meditation Process to Tap into Your Inner Guidance System**

The Absolute Basics

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## About the Author



**Barbara Marie has been on her conscious spiritual journey for many years.**

Barbara Marie's life purpose is to assist others in awakening and understanding their spirituality by providing Divinely Inspired Services.

Although Barbara Marie offers several services and programs, the focus for 2019 and beyond is to teach others how to "tap into their spiritual guidance system."

Since 2008 Barbara Marie has been receiving information on the **Rainbow Methods**. Today they include:

The Rainbow Method: Simple Meditation Process for Tapping into Your Inner Guidance System

The Rainbow Method: Simple Prayer Method for when talking is getting you nowhere!








The Rainbow Method: Personal Transformation System

The Rainbow Method: Business Transformation System (coming soon)

**Barbara Marie has the gift of "bringing spirituality down to earth". Through her gift of the Language of Light she will help you EXPLORE and strengthen your spiritual connection, EXPAND and amplify your gifts, and assist you in EXPRESSING your true self to the world.**

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# Introduction

**Note:** There are two parts to this book. Part One gives you information in general about meditation. This was part of my e-book called Meditation: The Absolute Basics. Part Two is the Rainbow Method: How to Tap into Your Inner Guidance System.

If you are fairly new to meditation, I suggest you read both parts. If you are experienced at meditation then you might just need Part two. I would recommend though, that you read the Part One as well, just to get the background of how I, Barbara Marie, share information.

There have been many questions lately about MEDITATION. I will give you the absolute basics of my own method. There are many methods and in time you will find what is comfortable for you. Use this method, in Part One, to get started and you can then pursue the other methods, if and when you are led to.

Since my focus for this year is on Receiving Divine Guidance, I will introduce you to using the Rainbow Method of meditation to help you tap into your inner guidance system. The examples I use in this eBook will be from my own meditations using my own angels and guides. You will be able to see how easy it is to bring your spiritual helpers into your meditations.

In the first chapters you will read about the beginner basics of my own method taught to me by my own I.G.S. (Inner Guidance System). After that you will receive the details on how to meditate in order to tap into your own I.G.S. I will then give you examples from my own experiences as samples for you to read.

My intention for this book is to assist you to step forward in learning how to receive divine guidance on your own, using this wonderful Rainbow Method.

Blessings, Barbara Marie

# Part One

## The Basics of Meditation



# Chapter 1: Who Meditates?



Over the past forty years Meditation has become popular with people from all walks of life. It can be used by religious and nonreligious people. Whatever the belief system is, meditation can be used and adapted to everyone who uses it. Everyone from Buddhists to Catholics to atheists has found benefits to meditation. Everyone from the elderly to the young is using meditation regularly.



## Chapter 2: What is Meditation?

**Jack Canfield** - "Meditation can be powerful tool for arriving at solutions to problems and shifting your attitude so you can attract success sooner rather than later. The magic of meditation is its ability to essentially shut down the outer layer of your judgmental, highly-critical brain and allow your unconscious mind to take over. This is where you enter a deeper state of inner peace and joy, tapping into a higher level of creativity that will help usher in the results you want."

### Encarta World English Dictionary - Meditation

- - – the emptying or concentration of mind: the emptying of the mind of thoughts, or the concentration of the mind on one thin...
- - - pondering of something: the act of thinking about something carefully, calmly, seriously, and for some time, or an in...
- - - serious study of topic: an extended and serious study of a topic



Meditation really is different things to different people. Some find that going for a walk and just

enjoying nature is a personal type of meditation. To others it is going within themselves and connecting to a higher power. For the purposes of this book, I will simply say that meditation is a way of quieting your mind.

## Chapter 3: Where to Meditate

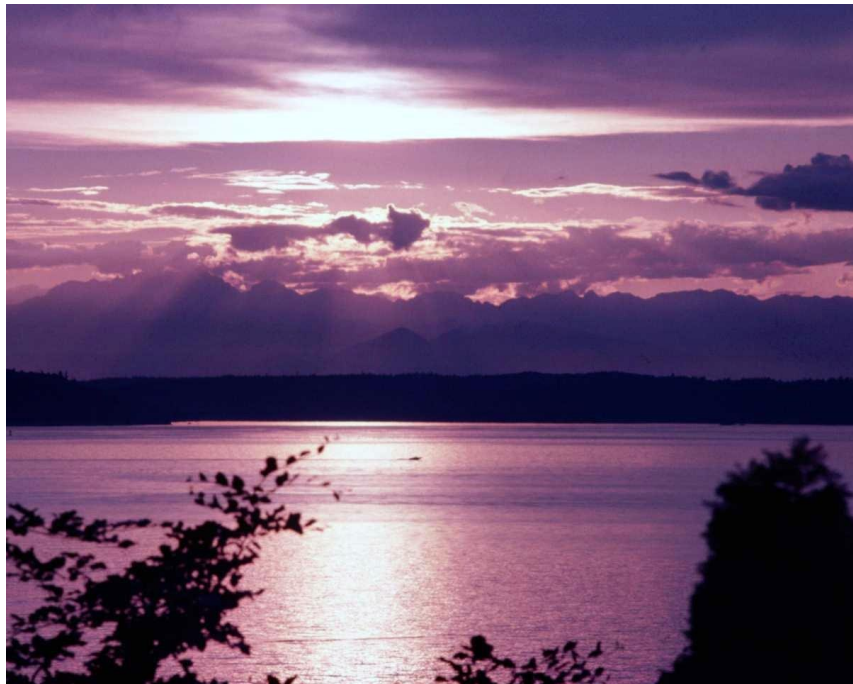


Meditation can be done anywhere that you are, in the moment you wish to meditate. For beginners it is wise to make a special place to meditate. Find a place that you feel safe and

secure, a place where you will not be disturbed. Some sit in a chair or on the floor. Others like to meditate sitting in bed or in the bath tub. The main criteria would be that you are holding your own body upright, rather than leaning on anything. Experiment to see what works best for you.

## Chapter 4: When to Meditate

Some people meditate twice a day and make it a regular part of their lives. The most popular time is in the morning and again at night. Others meditate only for a specific purpose and so that the time varies for them.



For the sake of learning how to meditate it is best to meditate daily. You will grow much faster this way and your meditations will have more value. You will be able to see the intention of your meditation be fulfilled. Start out with 10 or 15 minutes. When you can do this successfully and make a connection, your time will automatically grow to 30, 45 or even 60 minutes.

## Chapter 5: Why Meditate?

Since there are so many purposes for meditating, there will be several reasons why someone would want to meditate. Some find meditation a way to relax and lower their blood pressure. Others just want to get away from the daily chores and go to a wonderful place they find during meditation. Many want to find that spiritual connection that they can't find in their daily life. Each person will have their own reasons for meditating once they find it is a benefit to them.

## Chapter 6: Types of Meditation

***Meditations for relaxation*** – Many people meditate to relax. For best results they meditate once or twice daily for 20 minutes. This keeps the stress levels very low because they release the stresses twice a day. Some relaxing meditations are guided with words by a voice that leads you to relaxing various parts of the body resulting in total relaxation. Other meditations use words and music or breathing techniques for this purpose. They all give really beneficial results.

***Meditations with a special focus*** - The Focused Meditation is done for a specific reason. This is usually done with a meditation facilitator, either in person or on an audio file. There is a specific purpose in mind such as healing the inner child. In this case you may go through several age groups as needed for this healing. For example, starting in the womb, going through birth, then age one, age two



etc.... The facilitator knows the purpose and will lead the meditation with the purpose in mind.



The focus for the one in this picture was to clear the chakras.

Another focus may be for accepting a spiritual gift. Again, this can focus on one individual or a group and is usually led by a facilitator in order to lead the person meditating to a personal spiritual gift.

One more example of the focused meditation may be for a physical healing. This may be on your own or led by a facilitator.

***Meditation for spiritual connection*** – Meditation can also be used for calling in your own Guides and Angels or spiritual helpers to be shown a lesson or to ask a question and receive guidance. You may receive pictures, colors or words to help you. You may even call in a loved one to chat with. If the person has passed over, then this is a way to connect with them. It is usually best to get help with this type of meditation until you understand the process.

The focus for this eBook is on The Rainbow Method: Simple Steps to Tap into Your Inner guidance which

fits into the category of Meditation for Spiritual Connection.

**Visual meditations** - These meditations are done with eyes open. An example would be to concentrate



on a color that is shown physically on the TV screen or a page of a book. Sometimes meditating to the colors of the charkas can help clear those charkas that are blocked. I have heard of meditating on a picture. I have not

done this myself, but can see how beneficial this would be if the picture has a particular meaning to you. It could help you connect in a new way.

Those mentioned are just a brief overview of several types of meditations. There are many more, and you will discover these as you follow your own guidance. There are many books on meditation that you may find helpful. They can be found in all book stores and online.

## **Chapter 7: How to Meditate- Basic Method**

*The three basics steps:*

- 1) Set up, Grounding and calling in “helpers”
- 2) The actual "listening" part

### 3) Closing the meditation

#### *1) Meditation Set-up, Grounding*

Pick a comfortable spot where you won't be disturbed. It really helps to feel safe in the spot you choose. If you have fewer distractions you will receive better results.

Some people like soothing music in the background. This helps sets the mood of reverence and connection. It also is nice when the background noise of your location or home is minimized.



Some people find it a benefit to use some “tools” during the meditation. You can light a candle or two near where you are sitting. Use anything that feels special to you. Think of the purpose of your meditation because you will use it later. Get it all organized first so you won't be distracted later and then you may start.



Take three deep breaths to start... feel yourself starting to relax.

Ask to be grounded. (This may take some time for you to feel grounded and to feel what it is like to be grounded.)



Earth.

There are several ways to get grounded. One of them is picturing yourself as a tree and "feel and see" your roots growing into Mother Earth. Another is to picture a silver cord from your root chakra down to Mother

Sometimes you may also picture a cord from the top of your head going up to Father Sky. Some may choose not to do this step. I feel it is important to connect to something. It just makes me feel more secure.

Again, take deep breaths. At this point you may want to call in your angels and guides to come in easily, gracefully and gently. You may call in your "Higher Self" or your spiritual self to be with you during the meditation. If your belief system does not resonate with this, you may just sit and breathe slowly until you feel strong and secure.

Call in all of those who are here for your highest good and the highest good of the universe. (Only if your belief system permits this.)

Ask for guidance from your Guides and ask them to help you during the meditation....to only allow that which is for your highest good to be part of your experience. (Again, only if this resonates with your belief system.)

Then, speak your INTENTION for the meditation. This may be out loud or to quietly within yourself. (Some examples might be to relax, to have questions answered, or for some type of healing. Another intention might be for guidance on a particular problem or just for connecting with Spirit in a special way.) What ever your intention is for the meditation, be clear. You may have more than one intention.

## ***2) Meditation "listening" part***

This is the actual body of the meditation time.

In the meditation for relaxing, this is where you will be guided to start relaxing various parts of your body. If you have a facilitator, they will lead you through their method of relaxing. If done yourself, you would go through your own steps. Follow through this part of the meditation until the steps are all finished and your body is relaxed.

In the meditation for connecting, sit with your eyes closed and look and listen. Continue consciously breathing. Sit and wait for pictures, or words to appear. Sometimes you will see colors too, or hear voices. For beginners this is the hardest part. To just be still and wait and wait and wait to hear or see or feel something. This part can be preset by you to last 15 minutes or more. When beginning it is best to keep it to about 15 minutes.

In the other meditations, this is where the specific intentions will be met. The timing of it will depend on the actual purpose you have for the meditation.



As you get used to this, the time may be longer. For example, the relaxing meditation may first take 10 minutes, then may go up to 30 minutes. The Connecting type of meditation may take up to an hour once you are confident.

As you trust that all is well around you, you will be able to sit for longer and be open to what comes.

If you find that your mind wanders more than you would like, you might want to watch yourself breathe. Pay close attention to the "in and out" of your breath. This may give you something to focus on and stop the mind chatter.

If you get nothing, this is fine. If you cannot relax that is fine. Everyone trusts at different levels. Everyone's attention span is different. Be easy with yourself. This is not supposed to cause stress. Continue with the steps for closing and try again another time. Each time you do this, it will get easier. Just be consistent.

### *3) Closing the meditation*



The final steps are similar to the first ones.

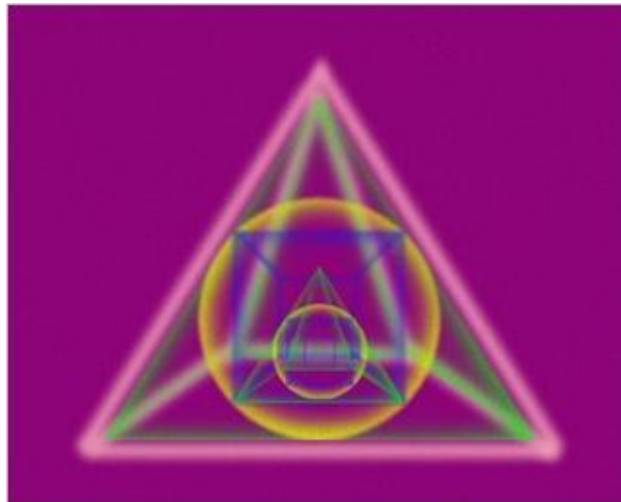
We close off the connections with ease and grace. Be grateful for your experience. Take some time before you “come back” into your regular experience. (This is

the point where many do not want to come back. Many find it beautiful and relaxing and then want to stay in that experience.) Give yourself time to let go of that meditating experience. Let yourself come back slowly and gently.

Take your time to sit and think over what has happened. Sometimes it is helpful to use a pen and

paper and write things out. Even if it is just key words, write them down to trigger the memories later. Some people have very profound experiences and it is helpful to have a record of them.

This is the end of Part One which gave you the review of simple meditation for a beginner. In Part Two I will give more detail on using the Rainbow Method of Meditation in order to tap into your I.G.S.



# Part Two

## **Rainbow Method:**

Simple Meditation Process to  
Tap into Your Inner Guidance  
System



## Chapter 1: Red level

### *Physical Set Up*

Set up your physical space, ground yourself, get centered and bring yourself to a reverent state of being

Pick a comfortable spot where you won't be disturbed.

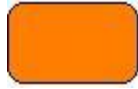
Set up your area to create a sacred experience and take the time to get grounded.



It is usual for most people to put on some soothing music quietly in the background. You might like to light a candle to help create a sacred space for yourself.

Do whatever is comfortable for you.

You might like to choose a spot by a table where you can have a pen and paper close by.



## Chapter 2: Orange level

### *Spiritual Set UP*

Take some deep breaths and just focus on those breaths.

Call in your spiritual support team. Call in your guidance team which is usually angels, guides, and your Higher Self. You may also call in any other energies that are here for your highest good. This could be those that you have loved and have departed from this dimension. The goal is to get this team together to help guide you.

Acknowledge the creative power you have with God and with the Higher Selves that are concerned here. Ask that you be grounded and connected to the spiritual world above and below.

Call in all of those who are here for your highest good and the highest good of the universe. Call in your angels and guides. This may be done out loud or just in your mind.

Align yourself with the will of your God/Creator. Acknowledge that you have the desire to work with God, your higher self and others in this Rainbow Method meditation.





## Chapter 3: Yellow level

### *Your reason for meditating today*

State the reason for this meditation: Why are meditating today? What do you want to get out of it? What do you want the results to be?



Think of the purpose of your meditation. This is where you will be aware that your reason, for now, is to tap into your Inner Guidance System and receive some information. (You will have other reasons in the future.)

Take a deep breath and let it out. Do these three times or more, until you start to feel yourself starting to relax.

Speak your reason for the meditation. This may be out loud or to quietly within yourself. Have the desire to connect with your angels and guides and ask that they help you tap into your Inner Guidance System and receive Divine Guidance today.



## Chapter 4: Green level

### *Heart Opening and Communication*

This is the space where you ask for your heart to be open to communicate with your spiritual guidance team. This is the space where you would talk to them and ask them questions.



Take a couple of long slow breaths and then ask for your heart to be open to the greatest degree possible, with ease and grace. Let your spiritual team of helpers, know that you are ready for this.

You may first need to speak everything that's on your mind and let it all out. After that, you can choose one or two things that you want to focus on.

Because this meditation will focus on how to tap into your inner guidance, you may want to ask how you can tap into your inner guidance. You may want to ask what your spiritual gifts are.

In this point of the Rainbow method meditation, you will be speaking from your heart and asking questions.



## Chapter 5: Blue level

### *Third Eye Opening and Listening*

Sit with your eyes closed and pay attention and listen. Continue consciously breathing. You may do this as you continue to relax and trust that your guidance team will come. Sit and wait for feelings in your body, pictures, words, colors or voices. Some of this may happen for you although it may not happen at all at this time.

If any of these things happen just enjoy them for a while and let yourself be attuned to the new vibration.



Once you are comfortable and feel it is time to proceed, ask for guidance on how you will be able to tap into your I.G.S. Ask and wait for an answer. For beginners this is the hardest part, to just be still and wait and wait and wait to hear or see or feel something.

Some of the things you will watch for while your eyes are closed and you are waiting for an answer to your question:

- Sounds that are not from your surroundings (this could be music or other sounds)
- Smells that do not seem to come from your surroundings
- Seeing colors in front of your eyes
- Seeing pictures that are in front of your eyes (these can be in color or black and white)
- Feelings in various parts of your body (these can be hot, cold, goose bumps, soothing, tickling on your body, feather like touches)
- Voices speaking to you

These are some of the ways that answers may come to you. I will go into more detail in the Bonus: Chapter 8.

You will either receive an answer of some sort in the moment, or you won't.

As you learn to recognize the answers, it will become easier for you. It just takes practice.

As you trust that all is well around you, you will be able to sit for longer and be open to what comes.

If you find that your mind wanders more than you would like, you might want to watch yourself breathe. Pay close attention to the "in and out" of your breath. This may give you something to focus on and stop the mind chatter.

If you get nothing, this is fine. Everyone trusts at different levels. Everyone has different ways that they receive Divine Guidance. Everyone's attention span is different. Be easy with yourself. This is not supposed to cause stress.

The answers to your questions may not come during your meditation time. The answers may come at other times during your day, or even in your dreams. The process of asking and receiving has been started during your meditation.



## Chapter 6: Indigo level

### *Taking Notes and Journaling*

Your connection to receiving information will grow over time, once you use the Rainbow Method daily.

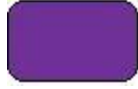


Take your time to sit and think over what has happened during your experience.

It is helpful to use a pen and paper and write things out. Even if it is just key words, write them down to trigger the memories later.

Did you feel hot or cold? Did you see anything in your minds' eye? Did you see colors? Did you hear a voice? Write down everything, no matter how insignificant you think it is. It may have a deeper meaning to you later.

Some people have very little experience, some have profound experiences and it is helpful to have a record of all of it. This is a wonderful way to keep track of your own spiritual growth.



## Chapter 7: Violet level

### *Closing your Meditation*

Close off the connections with ease, grace and gratitude. Be grateful for your experience. Thank your angels and guides. Take some time before you “come back” into your regular experience.

Each time you do this, it will get easier. Just be consistent. Meditating daily will help you receive results more quickly.

That is the simple version of The Rainbow Method: Meditation Steps to Tap into Your Inner Guidance System. In the next section as a BONUS, I offer you some ways to RECOGNIZE your Inner Guidance.

Meditating regularly is a major key to success.

## **BONUS - Chapter 8 – How to Recognize Inner Guidance**

There are several ways that we might receive Divine Guidance. This might be during the meditation or afterwards. I will explain those briefly.

You might receive Divine Guidance by hearing it. You might hear sounds that are not from your surroundings. This could be music or other sounds like running water, birds singing, or even angels singing. You may even hear a voice speaking to you.

If you hear sounds, this means that there is a message for you. Just be aware of it all and flow with it. You might know the meaning of the sounds and you may not know what they mean. This is okay. Stay with the energy that is happening around you, as long as you are comfortable with it.

If you hear a voice speaking to you, you will probably want to ask this voice some questions. For example, you might want to ask who they are. If you feel



uncomfortable at all, make sure you say this: “If you are not for my highest good you must leave now.” Say this three times. If the voice continues to talk to you, then they are here for your highest good. If you still feel uncomfortable then go to the steps to close off the meditation. Otherwise you may continue talking to the voice. This is how you might be developing a relationship with one or more of your angels or guides.



You might receive Divine Guidance by seeing it. You might see colors in front of your eyes. Usually each color will mean something. It might mean something to you now, or you will understand the colors in the future. They might be flowing and moving colors that are very beautiful. Just continue watching and being with that energy.

You might see pictures that are in front of your eyes. These can be in color or black and white. Once again, you might know what they mean, or you may not yet know what they mean. Sometimes it may be a picture of a person. This person might be coming to you to speak to you. Sometimes they just might be there to observe what you are doing. They might be someone you know who has passed over, but they cannot yet speak to you. They might be an angel or a guide, and they are just showing you, that they are here with you.

You might receive Divine Guidance with your feelings. You may have feelings in various parts of your body. These can be warm hot, cold, goose bumps, soothing, tickling on your body, or feather like touches. At some point you may have the feelings of being loved, or feel happy or sad. These are all signs that your guidance team is with you.

There is another way that we recognize Divine Guidance. This is when we just “know” something. We don’t know how we know it, but we know it. That knowledge has been placed within us by the Holy Spirit or our Higher Self. This type of Divine Guidance is less likely, but I wanted you to be aware that this might happen to you.

Smelling and tasting are two more ways that we might receive guidance. During the meditation time we might smell something that is not within the room. This is usually tobacco smoke, or the smell of flowers. We might also have a taste come into our mouth, when we did not eat or drink anything. These tastes and smells are usually associated with someone we know now, or that we knew in the past. It is usually someone that we know who has passed away. This is their sign to us that they are with us.



Sometimes, we are answered in unusual ways. There might be a synchronistic event that helps us put together a message. If we had been in our meditation and did not get answer to one of our questions in that time period, a message may come to us later.



For instance, if you had asked who your guardian angel was and you did not get an answer that you recognized. You might be in the library later that week and a book just falls from the shelf in front of you. The book is all about Arch Angel Michael. This might mean that your guardian angel is Arch Angel Michael.

Answers can appear to us by seeing street signs, license plates or some type of advertising that we see. It is up to us to recognize this as an answer to our question or it might be to get our attention in another area of our life. These are all messages to us.

There is not enough time or space in this short book to explain it all here, but this should give you an idea of how Divine Guidance might come to us during or after this type of meditation.

## **BONUS- Chapter 9: Sample: Guidance Meditation**

I will use my own personal experience as the sample meditation with the intention of spiritual guidance.

### ***Red – set up physical space***

I choose a comfortable spot where I won't be disturbed. I like to sit on my bed with a pillow at my back. Sometimes I sit at the kitchen table when I am alone in the house.

I sometimes like soothing music in the background. This helps sets the mood of reverence and connection. It also is nice when the background noise of our home is minimized.

I usually light a candle near me. I sometimes use a picture of Jesus or some keepsake that means something to me, or a crystal that is special to me. It is all organized before starting.

Taking three deep breaths to start, I ask to be grounded. I like to picture myself as a tree and "feel and see" my roots growing into Mother Earth.

### ***Orange- set up spiritual space***

I continue to take deep breaths as I call in my angels to come in easily, gracefully and gently. Sitting quietly, I wait a few seconds to see if I can feel them come closer to me. Specifically, I call in, Michael, Gabriel, Raphael and Uriel. I call them my Four Pillars because I feel they surround me and support me.

I call in all of those who are here for my highest good and the highest good of the universe.

Calling in my own Higher Self helps me to bring in that part of my spiritual self that connects me to my Creator.

This is where I ask for protection and guidance from my angels and ask them to help me during the meditation. I ask them to only allow that which is for my highest good to be part of this experience.

### ***Yellow- reason for meditation***

Speaking out loud my reason for the meditation is crucial I feel. My intention for today is to tap into my I.G.S. and to connect with my Angels for help in my daily life.

### ***Green – ask questions***

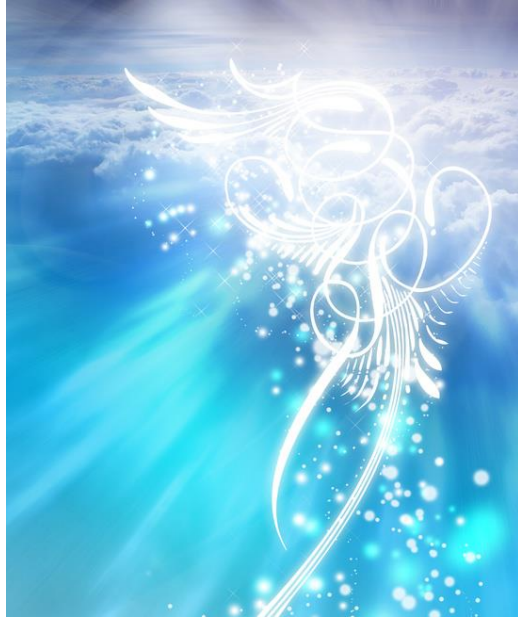
this is where I would ask to be shown how I could better tap into my inner guidance system. I ask if there is anything else, I could be doing to improve this area of my life.

### ***Blue- listen for answers***

In this meditation for connecting, I wait for some type of contact to be made, such as pictures, words, colors etc.

I sit with my eyes closed and look and listen. I continue consciously breathing, as I sit and wait for pictures, or words to appear. I often will see colors or hear voices.

I wait to hear or see or feel something. Sometimes I feel totally loved or have a feeling of bliss.



I usually spend 30 to 60 minutes on this part. During this time, there is usually an angel that will come to me and tell me something I need to know. Many beautiful colors are shown to me and their meanings. I will see, hear and feel many wonderful things. At this time, I usually feel totally

honored and loved by those that are around me. It is really hard sometimes to “come back” to the room.

### ***Indigo- write-***

I take some time to sit and think over what has happened. I keep a meditation journal and write things out. Even if it is just key words, I write them down to trigger the memories later. It is really helpful for me to keep a diary for this. Looking back regularly to my experiences is really eye opening. I can really see how I have grown in this way over the years.

### ***Violet- close meditation***

I close off the connections with ease and grace. I thank everyone for their time with me. I say thank you for the wonderful experiences that I had during the meditation. I ask that they stay close to me always, but to give me some space to come back to my physical life.

I





## Chapter 10: Overview

By understanding that this Rainbow Method meditation process is simple, you will see that it is not as daunting as you may have thought. You will find that taking the time to meditate in this way, will improve all areas of your life. Receiving Divine guidance is a way to follow your life purpose, and live a life of joy and magic!



Over time as you continue with this meditation process, you will start to pick up the rainbow energies and they will integrate beautifully into your life. Within this document there are activations, keys, and codes that align to your spiritual growth. It is your Higher Self or your spiritual self that will bring these vibrations to you as you are ready for them.

Remember to be gentle with yourself. You cannot compare your experience to others. You are on your own special journey. Just take one step at a time and your path will open for you.





## Authors Note

Thank you for downloading your copy of

**How to Meditate to Receive Divine Guidance**

**The Absolute Basics**

My intention for this eBook is to be of service to you on your spiritual journey. Please let me know if my intentions were met. If this information has helped you in any way, please let me know.

Please keep an eye on the website for Free Group Meditations that you may participate in. It's a great way to create more experiences with Meditation.

Because of the briefness of this book, I am offering to answer any questions you may have by email. Please find the information to reach me on the Contact page of this book.

Give link to \$37 product- if you enjoyed this book you may also like.... Maybe talk more about life purpose

Blessings, Reverend Barbara Marie Babish

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## Contact



You may reach Reverend Barbara Marie at:

[RevBarb@gmail.com](mailto:RevBarb@gmail.com)

Please put “Question on Meditation Book” in the  
subject line.

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## Acknowledgements

**Author: Reverend Barbara Marie Babish, Ph.D.**

### **Photographs:**

All photos and artwork have been legally obtained for this Ebook.

