



The Rainbow Prayer Method Template



Bonus: In order for you to easily apply this prayer method to your own situation, I am including this template for you to fill out. You may then have the information at your convenience to use each day.

This will be presented in two sections. The first will be the review for you and then you will see the actual template that you may print out and fill in.

Thank you so much for ordering The Way of the Rainbow – Prayer Method

It is our intention that we be of service to you while you use this life changing method of prayer. As an added bonus for you, we are including this prayer template. You may use it to follow while you pray, or you may use it to write on as you go through the color bands.

Many blessings, Barbara Marie

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Quick Overview of the Method

Each color of the rainbow is a step in this type 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 can, at this point. You might need to release by screaming, begging or do some type of releasing your anger here, before starting The Rainbow Method of Prayer.

Red - When you are ready, get centered 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 spirit 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 of 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 really 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.

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.



Prayer Template: START TO PRINT FROM THIS PAGE

Preparation – What do you need to express to have some type of physical release before you start your prayer time?

Red – Which angels and guides will you call in to this session? Who's spiritual self in addition to your own?

Orange – List the things you are grateful for to take yourself into a state of gratitude.



Yellow –List 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 – State your love for the ones that are involved in this situation, and then give the details of the situation.

Blue – Write your desire for a win/win situation. Write out the suggestions of possible positive outcomes.

Indigo – Listen for guidance and write down what you receive. Write any feelings, thoughts, or ideas that cross your mind at this time.



Violet – Write out the words to show that you are releasing it all to the spiritual world, to God, to work on and trust that your prayer is being answered.

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.

I have used this method myself, many times with the most wonderful results. Many of my clients have also used it and continue to use it as needed. Some get results very quickly. Others with very difficult situations, have taken longer. Don't give up. Use this prayer daily and have faith and trust that the angels are working on your behalf for the highest good of all concerned.

Many blessings, Barbara Marie

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