

FOLKWAYS RECORDS FX 6146

**SIDE 1**

Relaxation and Meditation Unwinding

**SIDE 2**

Color Meditation to Enhancing Your Creativity and Tone Down and Hear Yourself

Let me introduce myself. I am a psychic consultant, known for my clairvoyant Tarot readings throughout the Tri-State area. At times having assisted area police detectives in solving unusual cases.

The field of E.S.P., paranormal, is not new to me. Many of my own psychic experiences were a part of early childhood.

For the past 12 years I have been teaching classes in Extra Sensory Perception development, Meditation, The Human Aura, Color Perception, Tarot, Psychometry and related subjects. Adult evening classes given by me are in four area High Schools, as well as one class a week at the Parastudy Center, Chester Heights, Pa.

Parastudy Inc. was established in 1958, for those interested in human growth, for the development of the mental, spiritual and the understanding of the paranormal PSI phenomena. For the past eight years I have served as a member of the board of directors.

I lecture widely on E.S.P. (extended sense perception), the Aura, Meditation and Tarot, as well as personal experiences in the paranormal.

My greatest joy is, to be able to help people to help themselves grow. In this lifetime, I hope to be of service to my fellow man. My goal, to fulfill and be fulfilled. To me spiritual growth is most essential.

Mankind needs to understand the importance of the individual self, so we may learn to relate to another in loving kindness through greater understanding.

I take great pride to be a Naturalized American Citizen and thank God for this great Land. Born in Romania, (formerly part of Hungary), also known as Transylvania. (No, it is not a joke.) Of course I still speak with an accent which people find most intriguing. I am multi-lingual, speaking English, German, Hungarian and Romanian.

Since I am a lifetime student, learning every day, I will not claim to have completed my education, even though I am an educator. I shall continue to learn from each experience, from each of my students.

*This recording I would like to dedicate to my dear husband and three lovely children.*

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43 W. 61st ST., N.Y.C., 10023 N.Y., U.S.A.

**RAINBOWS OF LOVE**  
Introduction for  
**Meditation and Relaxation**  
by Ernestine Knippschild

Relaxation and Meditation Unwinding  
Color Meditation for Enhancing Your Creativity  
and to Tone Down and Hear Yourself

Produced by Kevin Roth

DESCRIPTIVE NOTES ARE INSIDE POCKET

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PHOTO BY A.C. HOHNKE

COVER DESIGN BY RONALD CLYNE



# RAINBOWS OF LOVE

## Introduction for Meditation and Relaxation by Ernestine Knippschild

### SIDE I

This is to help you to relax and meditate. Do not be concerned if you can, will or even how deeply you might relax.

Since we have the potential to be tense, we also have the greater potential to relax.

Those of us believing in a Supreme Being, God the Father and the power of prayers, please say your prayers or your mantras, do your exercise now before you put this recording on. Before you go on with this recording for it will help you with relaxing as you now will begin your Meditation.

Please sit back in a comfortable straight chair, your sofa or if you prefer you may lie down upon your bed, or perhaps on the floor. As long as you are comfortable.

Now stretch like a cat, with warm sunlight comforting you. Making you feel so comfortable and so relaxed. Yes. Very slowly without pulling or straining, OH, doesn't it feel so comfortable, so good?

Now, is your spine straight? If you are laying down, please be sure you are laying upon your back, and oh, let's remember the KEY Word. It is, COMFORT.

Please close your eyes as you listen to the recording and follow instructions. The sound of the Dulcimer in the background will help you to relax. Sound is all around us. Music creates a state, in which the body is able to unwind.

Please take a nice comfortable deep breath. Hold - two - three - , - exhale. Very good. And once more please! Inhaling and hold, two, three, exhale, and for the third time. Inhale, hold, two, three, exhale. Very good!

Breathe normally and relax in comfort! Don't think, don't strain. Just know that you will be able to meditate.



As you relax the bottom of your feet completely along with your shins and calves, letting all tensions, all discomforts flow out of you and away from you. Feeling wonderful warmth spreading up through your body, comforting you.

Comfort, Relax! Moving up your knees and thighs, relax completely. Feeling even more comfortable, dissolving all tensions, all dis-ease, into pure relaxed comfort.

Listen to the sounds of the Duleimer, and let it soothe you. It will soothe you into deeper more comfortable state of being.

So lovely, so light, so carefree. So tingley.

You are the captain of your own ship. Therefore, you are at all times in charge of your own self. Being in charge of your own self, taking charge of your self, you can unwind and relax even more so.

Your solar plexus and abdomen feeling so comfortable. As your solar plexus, the area around your stomach and spine relaxing completely, letting all tensions, all discomforts, all dis-ease flow out of you and completely away from you. Feel warmth flow through you as you breathe oh, so easy, so completely naturally ( unhampered ) and comfortably.

Feeling better and better, better then ever before.

At this time in your mind's eye, you may create a comfortable place for you to be in. Perhaps a special place only you know of. Your very own place to be. Share this spot with no one, for it is your very own. Your very own space to go to when you relax, when you need to recharge your batteries.

Isn't it a lovely place to be? Perhaps it is a special room. A room of your own creation. Do make it oh, so comfortable, with all the lovely colors that you so love. Pale pastels, all that touches you and makes you feel even more comfortable.

Let your furnishings be of your own creation, as your mind creates it for you. Let your creativity flow in your mind's eye as you image this for yourself.

You prefer the outdoors? Go right ahead, to your very favorite spot. Take in the lovely sky. All that God created for you.



If you have a problem visualizing, don't worry, it's all right! Just listen to the sounds, the sounds of the Duleimer and never mind what goes on outside, outside of your home, outside of yourself. Trucks going by, the children being active, doors banging, what ever noise you hear. It is part of your natural environment.

Rest easy and relax! Now let yourself unwind even more.

Your spine now very, very relaxed, along with your back and shoulders. Feeling warm comfort as it surges through you, feeling very secure with your own self. Knowing that, yes, you are a wonderful warm human being. You are very special! You are, You!! There is no one as special as you. You, an individual.

As you now move to your arms and hands you relax even more. Doesn't it feel lovely?

Your neck, completely relax, let all your tensions, all that is uncomfortable flow out of you and away from you! Let warmth spread up through your neck, making you so very comfortable and relaxed. And as you now flow flow to your chin, the back of your head, your mouth, flowing up through the eye area. Resting your eyes oh so comfortably, relaxed, the rest of you even, relaxed more!

As relaxation spreads through the rest of you now, let it go! Traveling up your scalp, your forehead, the top of your head, relaxing and unwinding even more in total comfort, as you are completely with yourself.

Let's go back once more to the chest, relaxing it oh, so wonderfully. Going up to your neck, back up to the chin. Very good! As we go once more over the scalp, forehead and top of the head. Oh, doesn't it feel so wonderful?

At the end of this recording you will remain relaxed. By setting now your mental clock for five more minutes. Listen to the recording. After it is over, you will come out of your meditation completely relaxed, unwound, feeling absolutely wonderful. And don't forget, when you are leaving your very, very special place, that it only belongs to you! Never to bring any one else into it, for it is yours alone. It is your special place of rest. You may go back to it



any time you want to. Relax, relax even more, only as deep as it is comfortable for you as you listen to the Duleimer. Sounds so softly for you.

When you come out of your meditation let the energies travel down from the top of your head, your forehead, eyes, nose, cheeks, chin, the back of your neck, down into your spine. Reaching every part of your body, until the energies reach all the way to your toes.

Completely refreshed, feeling so relaxed and enhanced in every way.

## SIDE II

Did you ever look outside your window and see a rainbow? Everyone has had that wonderful sight, where they were able to see those magnificent colors in the sky. Rainbow colors for you.

Everywhere we look we are influenced by color. Everything we touch vibrates of colors, influencing your mental, your emotional and yes, your physical state of being.

If you will, now sit back, or lie down, unless you just prefer to listen to this recording.

This is going to be for you, WITH RAINBOWS OF LOVE.

Feeling tired sometimes? Are you tired right now? Do sit back then, and just close your eyes for a few moments. As you visualize bright orange all around you, swirling all about you. From the top of your head, completely down to your feet, enveloping you in Orange light.

Perhaps you are sensitive to the orange vibration. Attune to it and feel it. It is a positive vibration, is it not? Does it make you feel happy? How do you feel now? Stay with the orange if you will, for two, but no more than five minutes for those of you who are tired. Just see how the orange light will perk you up.

Let us move on to another light, another color. You may need to relax, but find it difficult to do so. From the top of your head, as you relax with the color Blue. Swirling down all about you, all around you, enveloping you all the way down



to your toes. Making you feel so comfortable, so relaxed, as colors and shades of Blues play a lovely game for you, healing your nerve fibers. Toning you down, if that is what you need. Use the color blue and relax even more.

We all have looked at the trees, at the grass so Green. So restful, so peaceful.

Let the restful shades of Greens start at the top of your head, flowing and swirling about you. As the lovely Greens envelope you completely, with the Greens healing rays. As it flows over you, allowing peace, calm and balance to return to every atom, every molecule, every cell, every tissue within your body.

Mind over matter. Your body is matter. so take your mind and help it to heal.

Your White Light is a bright light contains all the energies, all the colors of the Universe.

White considered the Light of perfection, the Light of Protection, as you now allow the Light to come down from the top of your head, swirling around you, completely surround you in God's Light of Love.

Each of these shades, carry special vibrations, each of the colors do. Do not be concerned about over saturation. When your Higher NATURE ( High Self ) knows it had enough of one color, it will automatically let go of it. Because you will ( your unconscious ) let go of it.

So let it go, and let the perfection of Love heal you completely. You, as you relax even more. At the end of this recording you will come out of it at your own time, feeling relaxed, or if your need is building up your energies, feeling energized.

If your need is to restore the balance within your creativity, the Orange will do that too. The Blue will tone you down, to help you achieve a restful state. Green will help your body to heal itself. The White Light is supporting all of your needs.

Listen to the Dulcimer and be still and relax.

At the end of this recording you will feel alive, wonderfully alive and comfortable.

WARNING! This recording cannot be used in your car. Never listen to it while driving a vehicle! You need quick reflexes while in motion.



For Additional Information About

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# Folkways Records and Service Corp.

43 WEST 61 ST STREET NEW YORK, NEW YORK 10023