Traffic Light Spells

**Traffic lights #1**

As you approach the lights, look at the red light and take a deep breath sucking in the red color and feel it change inside of you to green then blow it back out at the green light. I have found that this works well.

**Traffic Lights #2**

**"Count of one, the spells begun**

**Count of two all lights in tune**

**Count of three all lights say green for me**

**Count to three and hit the seat three times)**

**So Mote it Be!"**

**Traffic Lights #3**

Focus on the color red and inhale deeply, pulling the color in with your breath. Then exhale fully in green, directing your breath at the bottom globe of the traffic light. The light will change to green.