



The Matrix Mindfulness Practitioner

Meditation Collection

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INSPIRE-EMPOWER-TRANSFORM

Exclusive Mindfulness Scripts
for Wellness Professionals

Overcome Loneliness

Overcome Anxiety

Find a comfortable place to relax for the Mindfulness meditation. It could be in your bed or in a nice comfortable chair. Turn off all phones or anything that could distract you and of course never listen to this recording while driving or operating any machinery as it could make you very drowsy. It is best to use headphones to listen to these recordings to be able to hear all the subtle sounds.

Make yourself very comfortable now, make sure your body is in a very **relaxed** position, and adjust any pillows as you need to. You will be taken into a deep state of relaxation during this recording.

Begin breathing very slowly from your abdomen. Place your hands there and feel your **stomach rising and falling** with each breath. As you breathe in allow your abdomen to rise and as you breathe out let it fall. Focus all your attention now on your breathing. **That's right.** Breathe in through your nose and blow **gently** out through your mouth. Breathing **slow and deep.** Breathe in relaxation and out tension and stress. Feel yourself **unwinding.** Notice how you're slow breathing is beginning to induce a nice state of **deep relaxation.**

I would like you to imagine a stairway now of 10 steps going down deeper into your subconscious mind. Perhaps you can feel a cool plush carpet under your bare feet or something else, I don't know but your subconscious can present to you a safe stairway of your own making, now as you step down from 10 to 1.

10- Starting to **relax** and let go now

9- Feeling more **relaxed**, there is lots of time

8- A **deep, deep calmness** inside and out, peace and serenity are filling your body

7- Twice as deep now

6- Peace and quiet fill you

5- Feel yourself immersed in an ocean of **relaxation** and calm.

4- You will become more and more ready to retain those ideas that I will give you.

3- Allow this feeling to wash over you like a warm breeze

2- Twice as deep now

1- You step down to one and you feel **so relaxed.**

You see a door in front of you now and as you open that door and find yourself walking slowly down a narrow winding path, perhaps it goes through a wooded glen with sunlight streaming through the trees, the rays of light lead you to the bank of a calm crystal clear lake. You find yourself sitting down by the lake. There is something very **comforting** about just **sitting there.** No place to go right now, nothing to do just listening to the **peaceful lapping** of the **gentle waves** on the shore. They move in and out in a continuous flow and this sound is very **relaxing** to you.



The warm sun is shining down on your back and this soothing warmth takes you into a deeper state of relaxation. Just letting your mind **drift** as it will now.



You feel a sense of **timelessness** and you are **completely** at peace with yourself.

