



The Matrix Mindfulness Practitioner

# Meditation Collection

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INSPIRE-EMPOWER-TRANSFORM

Exclusive Mindfulness Scripts  
for Wellness Professionals

Letting Go of Past

# Letting Go of Past

Your past is important. It contains a host of beautiful memories and many life lessons. To say you are a product of the past is not quite true however, as it is more about how **you react and respond** to the past that counts. If you feel the burden of some past events, and then, find yourself reliving them over and over again almost hoping for a different outcome then do keep listening to this Mindfulness Meditation.

The meditation works towards relaxing you and allows your mind to be at ease, something that it may not have been able to do for a while, and then, through meditation and suggestions, you will alter the way you think about the past. Your subconscious mind absorbs the information and can guide you in future. You learn how to let go of anything that chains you to a negative mind set. This will free you up to understand the good and bad things that have occurred, to identify their place in the present and how they might impact the future. This meditation helps you to balance out those experiences so that you can be free with your memories.

Let's begin with meditation. Do not listen to this meditation while driving or while operating machinery. You need to set complete time aside in solitude for the effect to take place.

I want you to visualise a safe, warm place.  
Perhaps a walled garden or a clearing in a forest.  
It could be a favourite room or even a secluded beach.

**This place belongs to you.**

**It is unique to your thoughts.**

You create **this place because it is special to you.**

**The feelings you have about this place will come to life easily and make sense to you.**



Wherever you imagine yourself to be, **relax.**  
**Every muscle is slowly releasing the tension.**  
**You are breathing deeply but slowly.**  
**Feel your muscles becoming heavier...**  
**A wave of relaxed warmth flowing over you.**  
**Deeper into relaxation all the time.**  
**Focusing on my voice.**

My voice guides you and allows you to sink into a deeper, relaxed space....

**External noises are disappearing.**

**Your entire body is relaxed**

The muscles of your face and neck feel warm.

Your eyes are getting heavier.

You can close them if it is easier for you.

This wave of pure relaxation continues to sweep over your entire body.

**You feel so happy and safe...**

**Your subconscious mind is opening...**

Your body feels as if it is in a deep but calm sleep...