



The Matrix Mindfulness Practitioner

Meditation Collection

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INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Improve Concentration and Focus

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Clarity of mind is so important, yet, it is something that many people lack these days. There are many reasons for this. Sometimes, poor lifestyle choices increase pressure and prevent concentration levels and focus. Poor time management skills can impact concentration or, an excess of stress can overwhelm the mind. Making the right lifestyle choices is so important. When thoughts are jumbled, clarity dissipates and concentration wanes. Decision-making becomes difficult because it is harder to see a situation in its entirety. Self-doubts set in and there is often a sense of vagueness and frustration.

Sleep is a vital element required for concentration and focus along with good nutrition. You feed the mind and you nurture it. When stress is prevalent, it can easily erode the potential for improved concentration. When you consider that the human mind utilises up to 60,000 thoughts each day, negative thoughts, self-doubts or stress can greatly impact the way the mind can function, concentrate and learn.

This Mindfulness Meditation session will free up the mind considerably. Think of it as a way of clearing out old clutter and being able to see clearly again. There will be space between your thoughts, and perhaps, this is currently lacking at times. When you can think clearly, you can focus with intent. This improves concentration levels enabling you to achieve any goals. Meditation **relaxes** the mind which is highly beneficial for letting go of daily stressors or those nagging little anxieties that detract your mind from its needed focus.

Space opens up so that you can become an observer, judging how to spend your time more wisely, it's easier to respond to difficult scenarios which as a by-product could impact your ability to concentrate. The mindfulness element of this script enables you to alter how you think. This is because you retrain the subconscious mind to think in a different way and it **guides** you helping you to channel your focus and to embrace a more mindful approach.

I want you now to visualise a space that is **warm** and **safe**.

This could be sitting by the beach watching the rhythmic motion of the waves

You may opt for a sunny forest glade where the gentle green foliage adds a sense of serenity and calmness to your mind.

You may choose to visualise your garden setting where it is safe from the demands of outside life.

Anywhere you choose is perfectly fine for this visualisation.

Whatever your mind conjures up, know that it belongs to you.

This is your safe haven.

It is unique to you.

Your mind has **created this haven** because it represents a place of **safety and warmth**.

When ready, let your eyes close if you wish.....

Feel yourself relaxing in this space.....

Every muscle of your body gives way to **deep relaxation**.