



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

Exclusive Mindfulness Scripts
for Wellness Professionals

Attract Love

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Imagine **feeling loved every day** of your life



Everyone wants and needs to feel loved. Everyone wants a significant person in lifeto share things with, to have fun with, to grow with, and someone to lean on for support. It makes a person feel good about self. Isn't it wonderful to give and receive love? But, what if you have not found that special someone? How can you attract the love that you want and you know you deserve?

Often people look for the perfect soul mate to complete them. When they are unable to find this person, they spend their lives feeling alone and wondering why love has not crossed their path yet. If you feel this way, ask yourself an important question.

Do you love yourself?

You've probably heard that if you want a friend, you need to be a friend. **This is also true of love.** If you want to attract love, **you must first love yourself.** Once you are comfortable with who you are and you really like and love yourself, it will be easier for other people to be attracted to you and love you. You must also love others if you want to be loved yourself. If you are having trouble attracting love, **learn to let love flow from within you** instead of focusing on the attention you want to receive for yourself.

Once you feel that you are an attractive, lovable person, you will start to act in a **loving way** toward others, and soon the love you are looking for will come to you.

You will now be taken into deep mindful space through this meditation.

Make yourself very comfortable now, make sure your body is in a very **relaxed** position, and adjust any pillows as you need to. Sit comfortably if you are seated in a chair, keep your spine erect but relaxed. You will be taken into a deep state of relaxation during this session. This relaxation time is good for you. It's about taking rest during your busy day to totally relax and let go and this keeps your body and mind healthy.



Begin breathing very **slowly** from your abdomen. Place your hands over your stomach 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 **gently exhale** out through your mouth. Breathing **slow and deep**. Breathe in relaxation and breathe out tension and stress. Feel yourself **letting go**. Notice how you're slow breathing is beginning to induce a nice state of **deep relaxation**. Let the body breathe by itself using its own natural rhythm.

Breathing in



And, **breathing out**



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