



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

Exclusive Mindfulness Scripts
for Wellness Professionals

Arthritis Pain Relief

Arthritis Pain Relief

Find a comfortable place to relax for about 30 min. 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.



Pain of any kind is unwelcome, and the pain of arthritis can be especially hard to bear. I am now going to help you to, desensitize your pain signals, dissociate from the feelings of pain and teach your brain to ignore the pain signals so you will not suffer the discomfort so intensely.

This Mindfulness meditation is extremely effective in relieving pain. It works by addressing the way your mind reacts to the perception of pain. You can feel less pain by using your mind to become less reactive to the pain messages your body sends to your brain.

I am now taking you to your journey inwards with Mindfulness meditation.



Rest back in a comfortable chair now



Or lie in your bed and make sure you are warm and in a very relaxed position



Close your eyes and begin breathing 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



That's right



As you inhale imagine your stomach inflating like a balloon and as you exhale feel it deflating



Good

As you are listening to the sound of my voice you can also concentrate on your breathing



Let it be **slow and deep**

