



The Matrix Mindfulness Practitioner

Meditation Collection

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INSPIRE-EMPOWER-TRANSFORM

Exclusive Mindfulness Scripts
for Wellness Professionals

Anxiety Release

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We all experience anxiousness from time to time. It belongs to the stress response – the fight or flight mechanism that is within us all. When stress increases, we consider whether we must stand and face a situation or, if it is better to get away. Anxiety is simply a part of this. However, anxiety can easily become a problem when it infiltrates every part of life, affecting even simple tasks and in extreme cases, some people may not be able to function appropriately. When anxiety manifests and controls, solutions must be found.

Mindfulness meditation is very good at **easing anxiety**. Combined, they are very powerful. Meditation **relaxes** both the body and the mind, and this alone provides a **calming influence** and antidote to anxiousness. This meditation session will also have a **calming effect**. It is devised to embed suggestions in the subconscious part of the mind. Using these powerful but natural tools, old triggers can be bypassed, and new ways of thinking can be formed.

Anxiety is not something that needs to find a permanent place in your life. When it escalates and starts to prevent you from living life as you were truly meant to, changes need to take place to move away from anxiety. One's thought patterns are often instrumental in triggering anxiety as anxiety is born from thoughts and thoughts are born from within. How we think and how we perceive life around us all comes into play. The good news is that these thoughts can all be changed. And, I am glad to be taking you on this journey...



Your mind is powerful and wonderfully complex. However, it can be tricked into believing many things based on forms of stimuli to create its own opinions. Life experiences and learned behaviour all adds to thought patterns that sometimes, do not serve you best. This session supports you to create new triggers and thought patterns that can naturally replace your inclination to expect the worst possible outcome. This can help manage and even eliminate anxiety and panic attacks.



It does not matter if you lie down or sit upright, the only thing that is important is that you are **comfortable**. You will feel **extremely relaxed** and it may feel a little like daydreaming as we continue to be guided with this meditation. Remember, the daydreaming feeling is normal and you are always in control of your thoughts. You don't have to do anything other than **let my voice guide you**.

Please do not listen to this meditation while driving or while operating any machinery.

Once you feel comfortable, place your arms at your side and let the breath become rhythmic. This is your moment and it is unique to you and you may find that at some point you prefer your eyes closed. This is up to you and you may gently close your eyes whenever you feel the desire to do so. You can also choose a central point of focus in front of you to concentrate better. The only thing that is important right now is that you **listen to my voice**.

