



The Matrix Mindfulness Practitioner

Meditation Collection

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INSPIRE-EMPOWER-TRANSFORM

Exclusive Mindfulness Scripts
for Wellness Professionals

Weight Goals

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You may think that losing weight is not easy. The factors that contribute to weight gain and difficulty losing weight are complex, and you may find yourself struggling with a number of issues that keep you from reaching the weight you want to be. Most people who have tried “diets” know that they really don't work. The reason for this is that diets are based on restriction and control. It takes a lot of work and willpower to stick to a diet.

Simply put, losing weight and keeping it off is not a matter of following a diet. It is a matter of being healthy. You will be successful at losing weight if you make a healthy diet and regular exercise a natural part of your regular routine. Of course, this is easier said than done for many reasons. There are emotional and psychological blocks that can show up in different ways and sabotage the best attempts to lose weight. Some people struggle with food cravings, while others lack the motivation to exercise or are prone to overeating due to depression. In other cases, people simply eat too much because they eat too fast – or perhaps you don't even know which nutrients or how many calories your body really needs to be healthy.

If you have tried every diet, pill and form of therapy in an attempt to lose weight with little or no success, you need to address the issues at their core. Mindfulness meditation can help you do just that. Meditation suggestions work with your subconscious mind to reframe the way you think about the obstacles that stand between you and your thin, sexy body.

Turn off all phones or anything that could distract you and find a place either in your bed or in a comfortable chair where you will not be disturbed during this time. Never listen to this recording while driving or operating any machinery as it could make you very drowsy. It is highly recommended to use headphones to listen to these recordings to be able to hear all the subtle sounds and to help you go deeper without any distractions...

You will be taken into a deep state of relaxation during this recording, so it is important to make yourself very comfortable. Make sure your body is in a very **relaxed** position, and adjust your body as you need to...

Close your eyes, take a deep breath in now, hold it for 5 seconds and then release it with a big sigh...

Release any tension accumulated from your day with another big breath and a sigh
Now breathe very slowly into 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. Focus all your attention now on your breathing. That's right.

Keep the breath moving in and out of your belly, and keep your chest still...

In....and out...

Breathing **slow..... and deep.**

Breathe in relaxation... and breathe out tension and stress.

Maybe you can feel yourself drifting into a more relaxed state of being now...