



The Matrix Mindfulness Practitioner

Meditation Collection

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INSPIRE-EMPOWER-TRANSFORM

Exclusive Mindfulness Scripts
for Wellness Professionals

Overcome Grief

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Make yourself comfortable.
Relaxing both mind and body.
Let any tension go, release it, and change position until you feel really settled.

This is all in your own time

Listen to the sound of my voice throughout as I guide you to a deep sense of relaxation.

Find a comfortable place to relax for sometime. 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.

Place your hands on your lap....

In soft focus, gaze at your hands, just on one spot...it may be a line on your hand or a fingernail....
This is your choice....

Once you have chosen it...give it your complete attention.
Concentrate your gaze just here.....
Nothing else matters.
Only the sound of my voice...
Everything else is unimportant.
Already, you feel your **body relaxing**.
You are becoming aware of the heaviness of your hand against your leg.
You are seeing it as if for the first time...
In a few moments, your eyes will start to feel too heavy to keep open.

This happens in your own time.
It is your choice as to when you close your eyes....
There is no rush....
Just continue as you are...
Focussing on this one place on your hand.....holding your attention....letting your focus remain soft....

Once you decide to close your eyes, feel the deep wave of pure **relaxation** as it sweeps over you
You are letting go and it feels wonderful.
So relaxed.....
Warm...comfortable....and open to this wonderful meditative journey...



Now you are ready to explore.
Your imagination is awake.
Your inner mind opening.