



The Matrix Mindfulness Practitioner

# Meditation Collection

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INSPIRE-EMPOWER-TRANSFORM

Exclusive Mindfulness Scripts  
for Wellness Professionals

Trust Life Process

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Sometimes it can be challenging to **trust in the process of life**. Things happen that betray this trust. Life let's you down.

You can also **lose your trust** in personal relationships or other things. All of this is **devastating**.

**Learning to trust again** in the process of life takes some faith and a little effort. It's a process **everyone goes** through at one time or another.

All you need to know is the fact that you can **learn to trust** in the process of life again. Things can and **will change**.

In this Mindfulness meditation session you will focus on **trusting the flow of life** and trusting the process. Like all things, **life ebbs and flows**. What goes down must eventually **come back up**. That is a **universal truth**.

Getting in touch with the **flow of life** is very simple in the end. There is no **secret formula**. You simply have to **have faith**.

When you start **reprogramming your thoughts** at that subconscious level, things will start changing. You will naturally feel **more hopeful**. You will start to feel **more joy**.

As you listen to these words, you will be able to **change your thinking** at the deepest level of the mind. The most important thing to realize is the fact that everything **changes**. Life is **always in motion** whether you realize it or not.

You will find your place **once again**. You will start feeling **better**. You will feel **more hopeful** and more optimistic.

You can begin to **trust in life** once again. You can **overcome your fears**. In this session you will **cultivate trust** and learn to live in the moment. As a result, you will be able to push **away your fears**.

The more you engage in this process, the more your thoughts will begin **creating your new reality**. The truth is you already have **everything you need** to start this process. It all starts with **you** and your thinking.

So if you're ready, let's take that leap of faith and **begin**.



Gently close your eyes and **relax** if you haven't done so already.

Start to **focus** on your breath. Breathe **slowly and deeply**. As you breathe in, feel the **breath flowing** in and out - calming you. Take another **deep breath** in and relax.

Breathing in through your nose and **slowly exhaling** through your mouth - feel