



The Matrix Mindfulness Practitioner

Meditation Collection

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INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Stop Negative Thinking

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Our brains are complex. Once we try to delve inside our thought processes, we realise how powerful the mind is. But it is important to understand that the mind can work for or against us. On a daily basis, we replay past experiences and create future scenarios. We plot and plan and we contemplate life. It is human nature to focus on the parts of our life that have gone wrong, this can be for a variety of reasons but often simply, because we need explanations.

Unfortunately, negative thoughts can become prevalent, all without us being fully aware of them. Negative thinking stifles enjoyment and the simple pleasures of life. It also creates barriers preventing goals from being achieved. Negative thoughts can drain our energy levels making us less likely to move forward positively. Negative thoughts can lead to negative feelings. Anxiety or depression can easily manifest.

It is possible to eradicate negative thinking by changing how you perceive everyday problems and barriers. Your happiness and wellbeing depend on your being able to recognise what is real and what is simply made up by the mind. Are your experiences from real life or are they from an imagined possible outcome often fed from other people's experiences? Do you worry that something bad happened once and are anxious in case it may happen again? Although unlikely, anxiousness can manifest through emotional fear. Awareness is the key to being able to judge situations. Awareness allows us to balance things out and understand the probabilities of any given outcome. There is good and bad in most situations but negative thinking will detract from the pleasures of life and can present a great many problems if left unresolved. It's time to let go of negative thoughts and instead, to clear the mind and to embrace positivity.



Creating a place to relax is very powerful as it encourages the inner mind to take over which leads to a dream-like state. You always remain in control, but the subconscious part of your mind absorbs information which it uses to guide you later. Meditation is a wonderful resource to free the mind and your body relaxes at a very deep level and this quite naturally energises you.

Meditate regularly, every day if possible.

Fill your mind with **inner peace**.

Create space.

Feel balanced in life.

The more you meditate, the more **relaxed** and positive you will feel. With practice, you will be able to slip into **meditative mode** at any time you need to.

Sit or lie down. The choice is yours. You must **feel comfortable** and be prepared to dedicate time to this session. Soon, external sounds will quickly fade and all you need to do is concentrate on the sound of my voice.

Take a deep breath in and then, exhale fully.

I want you to imagine energy radiating out from a singular point. Imagine a sun directly ahead of you. The light is bright but not too bright for your eyes.