



The Matrix Mindfulness Practitioner

Meditation Collection

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INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Increase Academic Performance

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There is a great deal of importance placed upon academic performance in today's times. This alone can bring its own set of stressors, where achieving the necessary exam results can overshadow any sense of calmness or applied logic. Academic results are important but there can be problems that affect the route towards exam success or, indeed towards any academic achievement. Nervousness can certainly hinder any learning ability as can external stressors. For some, there may be a fear of study, and for others, a fear of failure. These inner fears can quickly escalate and create muddled thoughts, rising levels of anxiety and panic attacks in some people. Once the mind struggles to control anxiousness about the potential for failure, it can be very difficult to absorb information and to achieve full potential.

It is important to **relax the mind** and to free it from clutter. It's about clearing out old beliefs and replacing them with more positive thoughts, feelings and behaviours. Change is possible through utilising mindfulness and meditation. It calms both mind and body. Together, tension can be eradicated and as such, any personal obstacles towards academic success can be overcome with ease. Once the mind is open to the potential to change, it's possible to approach study sessions with enthusiasm and to face learning challenges with a clear mind. Mindfulness and meditation can aid memory retention, helping to increase confidence levels and to promote positive thought patterns targeting learning and success. Everyone can learn and absorb information if the desire is there but, it is important to offset unhealthy thought processes and to determine underlying issues for positive change.

This Mindfulness meditation should not be listened to if you are working or operating any machinery. It is important that you find a comfortable position and you may find that closing your eyes may help you to relax fully. You can be seated or lie down, it is up to you.

Know that throughout this guided journey towards deep relaxation, you always remain in control.

Remember to be mindful throughout this meditative journey by listening to the sound of my voice.

If you feel the need to change your position, do so. Be comfortable in your own body.

Allow your hands to separate and become loose. Let your shoulders release.....and find space between your shoulders and the jaw.



Let it all go.

Forget about inner fears or anxiety...

Clear your mind.....

Allow yourself to relax...

Steadily...

Slowly.....

Nothing is expected of you.