



The Matrix Mindfulness Practitioner

# Meditation Collection

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INSPIRE-EMPOWER-TRANSFORM

Exclusive Mindfulness Scripts  
for Wellness Professionals

Saying No

# Saying No

It is very natural to want to please people. Kindness is a wonderful act and most people gain great pleasure from giving. This may be something you want to do and you find it difficult to refuse the requests of others. A society where we share love and want nothing in return is a beautiful place. However, to constantly give to others when there are so many demands on our time and resources can be counterproductive.

When we consciously think about this, it creates feelings of guilt and sometimes, denial. These conscious, negative thoughts can soon creep into our subconscious mind and cause anxiety as well as other problems. The key is to reach directly into the subconscious and set the boundaries that protect us and allow us to feel free to give when the time is right.



I want you to find a comfortable position.

In a moment, you are going to start relaxing and it will be a very natural feeling where you remain in complete control.

This is one of those times when you are able to daydream.  
It will feel as if you are drifting away.

Soon, your body will begin to relax, each limb will feel heavier as your muscles release inner tension and you relax deeper and deeper. It is all perfectly normal.

By using your imagination, we are going on a journey.

By relaxing, you begin to open your mind and your imagination is free to explore. This freedom of spirit enables your subconscious mind to open to suggestion and guidance.

You are listening to my voice and this is already allowing you to relax. Those muscles are releasing tension more and more.

This continues as you listen to my voice.....

I am now going to ask you to use your imagination.

I want you to visualize a beautiful, sunken-walled garden that is cut deep into the foothills of a mountain. Majestic peaks reach up into the sky all around. The sky is blue, the sun is shining and you are standing slightly above the garden and have wonderful views. The air is crisp and as you breathe in and out, you feel content and ever more relaxed.

Your imagination may create a different version and that is perfectly ok as it belongs to you alone.

This is a safe and private area.

You can see some steps leading down a gravel path towards a door fitted neatly into the