



The Matrix Mindfulness Practitioner

Meditation Collection

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INSPIRE-EMPOWER-TRANSFORM

Exclusive Mindfulness Scripts
for Wellness Professionals

Healing Depression

Healing Depression

Sadness and depression can be debilitating if left unattended. Depression creeps into every part of your life. Depression can lead to physical ailments and even suicide. It is not your fault and it is by no means an indication that you aren't a normal human being. Depression can happen to the best of us. Millions of people across the globe suffer some form of depression each and every year. You may find yourself wondering why you just can't "snap out of it" and get it together. Even getting out of bed can be a challenge.

Depression can lead to physical ailments and even suicide. Ask yourself what you are going to do to take control of the situation and overcome your depression.

The key is to reacquaint yourself with your power to be happy. To get back in touch with that part of yourself which you have lost touch with. That part of you, which is happy, well adjusted, moving forward with your plans. Reclaim your strength and control the situations in your life.

This Mindfulness meditation is not meant to replace medication or to be used in place of therapy from a licensed therapist or medical doctor.

Prepare yourself for relaxation by turning off all gadgets and make sure you will not be disturbed for about 30-40 minutes. Never listen to this meditation while driving or operating any machinery as it could make you very drowsy. It is best to use headphones to listen to these meditations to be able to hear all the subtle sounds that are integrated to take you into a deeper state of relaxation.

Rest back in a comfortable chair now. Or, lie in your bed and make sure you are warm and in a very relaxed position..Close your eyes and begin breathing from your abdomen. Place your hands there and feel your stomach rising and falling with each breath. As you breathe in allow your abdomen to rise and as you breathe out let it fall.

That's right.

As you inhale imagine your stomach inflating like a balloon and as you exhale feel it deflating.

Good.

As you are listening to the sound of my voice you can also concentrate on your breathing, let it be **slow and deep**



Take a deep breath in now, breathing in through your nose, hold it for a second, and then blow it out through your mouth, feel yourself **releasing** any tension from the day. Again, **breathe in**, hold it, and blow out, good!

One more time.



Feel how good it feels to let go of any tension, any tightness in your body.

Now **concentrating on your breath**, continue to breathe in through your nose and blow out through your mouth without holding your breath, just let it flow in and out in a comfortable way.

Slow and deep, relaxed, peaceful.