



The Matrix Mindfulness Practitioner

Meditation Collection

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INSPIRE-EMPOWER-TRANSFORM

Exclusive Mindfulness Scripts
for Wellness Professionals

Divorce Relief

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Divorce is one of the most **difficult situations** anyone can go through. The guilt and pain it causes can be **emotionally draining**.

Divorce hurts everyone, it affects every gender and the families involved in both relationships.

More often than not, divorce is a devastating blow, even if **you see it coming**. It changes the fabric of your life. . Men struggle with the pain and guilt of divorce just like women do, and that can cause **a lot of problems**.

Losing your family is a life-changing issue and one that cannot be overlooked. Divorce is a process that may cause emotional loss and it has a profound impact on your world.

One of the biggest issues people face is the **guilt and pain** caused by divorce. Looking back is a difficult process because it causes you to re-examine everything you have done that may have caused the situation.

Divorce is a **two-way street** and no matter how hard you try to be amicable, it always seems to turn out messy.

When you divorce someone, you **lose your identity** and the life you once knew is gone forever. This can create a lot of **guilt and pain**.

However, you can **change** the way you view this. You can turn this around and embrace change through your divorce.

Divorce can be a **new beginning**. But before you start anew, you also have to **process the old**.

One of the best things you can do is to acknowledge and **express your emotions** as you go through the process of change.

Holding your emotions can create problems and it's not healthy.

Although it may be hard to **focus on the positive**, it is important to keep a light-hearted attitude if you can by remembering to laugh and **feel joy as you start this new life**.

So if you are ready, let's begin that process. Gently close your eyes and **relax** if you haven't done so already. Remember to listen to this meditation while completely relaxing in a safe space. Please do not listen to it while driving or while using any machinery.

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.