



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Boost Your Creativity

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We all experience those moments of self-doubt where an inner block dampens the ability to express creatively. This may be familiar to you and it is perfectly normal and happens to most people at some point in their lives. Even if you feel this way, there is still a great deal of creativity remaining hidden within the mind.

You have an untapped wealth of ideas and moments of pure genius just waiting to emerge. But to release that **inner creativity**, you must learn how to overcome the barriers and unlock those hidden doors, releasing your imagination and boosting your creativity in the process.

From this moment on, you're going to listen to my voice and allow it to guide you towards **deep relaxation**. This will feel very comforting and be perfectly normal.

Imagine one of those lazy afternoons when you had very little to do and could simply settle back in a comfortable position and relax.

This is very much how this will feel today as you slowly drift into a **deeper state of relaxation**. Tension will gradually lift, and you will feel every muscle within your body start to release and relax simply by listening to my voice and activating your imagination.

I want you to imagine a place where you felt perfectly comfortable. It may be in a comfortable room with a log fire. Or, you may be drawn to a beach setting on a sunny day. Perhaps, you prefer to be in a forest clearing with the sounds of nature all around you. It really doesn't matter where the scene is because it is uniquely yours.

All that is important is that it belongs to you.



It is your safe place and one where you feel **completely relaxed**.

As you visualize this place, you will find yourself relaxing even deeper than you have before.

This place is special to you. You will find it easy to return here at any time you choose, simply by relaxing and using your imagination.

Every muscle in your body is **relaxing slowly** and all tension is dissipating. My voice and the vision you have created are the only things that are important to you now.

Everything else just seems to fade away and becomes unimportant to you.

All external sounds **slowly disappear** into the background and only my voice is left guiding you.

You may find that your eyes become heavy and it is easier to close them.

This can happen in your own time and when you're ready.

The more you relax, the heavier your eyelids will feel.

This is a wonderful calming experience and because it is your imagination it belongs uniquely to you. This is your gift.



Slowly all of your body relaxes, and it may feel as if you are floating...

You do not have a care in the world.

All your muscles... **so limp and relaxed**.

Even your jaw **releases tension** and feels loose

Your jaw may open slightly and this is all perfectly normal.

It is all a sign that your whole body is **relaxing** into a wonderfully calm state.

