



The Matrix Mindfulness Practitioner

Meditation Collection

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INSPIRE-EMPOWER-TRANSFORM

Exclusive Mindfulness Scripts
for Wellness Professionals

Life Transitions

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Life is full of changes. For some people, change is scary. If you fear change, it can stop you from getting as much as you can out of life. You may feel safe and comfortable with what you know and fear that you would not be able to manage or cope with life if things were different. We all need to feel secure and believe that we live in a manageable environment. A certain amount of predictability is important or life would feel chaotic, but if we never change at all, we do not grow either. People who are willing to take risks and try new things are able to benefit from changes.

Albert Einstein once said, "Anyone who has never made a mistake has never tried anything new." If you have a fear of change and you feel stuck in a life without growth or possibilities, it might be time to do something about it. You don't have to become a wild, risk taker who never has the same experience twice, but learning to take reasonable risks can change your life and open you up to possibilities that, until now, you thought were reserved for others.

Prepare yourself for relaxation by turning off all phones and make sure you will not be disturbed for some time. 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 this meditation to be able to hear all the subtle sounds that are integrated to take you into a deeper state of relaxation.

Make yourself comfortable wherever you are resting right now. Allow yourself to just settle into the chair or bed, making any small adjustments, so you can be still for a while, and it's good to know that your body can remember **easily** what it's like to be soft and relaxed. 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.

That's 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 release any tension from the day. Again, breathe in, hold it, and blow out...

That's 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...