

WELCOME

Your guide on how to use mindset
mindfulness recordings



Welcome to a new Mindset

As a Psychotherapist I've seen many people struggle trying to create the type of change they want on their own. That's why I founded Mind over Matter and created Mindset audio download recordings. They are designed to help you make the changes you desire in your life and maintain them.

Mindfulness Downloads

Mindset Mindfulness recordings have been designed to guide you in your everyday mindfulness practice. They not only guide you but keep you on track.

These recordings are the same ones I use with clients at my practice and in my classes. They are: Morning Mindfulness, Evening Mindfulness and Body Scan Practice.

How to use Mindfulness Downloads

To obtain the best results, listen daily.

You can listen to your Morning and Evening Mindfulness recording sitting quietly or moving about your morning or evening routine.

For the Body Scan Practice, you will need to lie down or sit where you will not be disturbed. This recording can be used anytime you like. You might like to use it when you want to take a break.

It's especially helpful to use when you transition from work to home. Consider using the Body Scan the minute you get home and before you do anything else. It will help calm your mind to better focus.



The Origins of Mindfulness

The origins of Mindfulness come from Buddhism about 2,500 years ago.

In 1979 Jon Kabat Zin took Buddhist psychology and founded the Mindfulness Based Stress Reduction (MBSR) program at the University of Massachusetts.

He shaped Buddhist psychology into what we know as Mindfulness today. Medical Practitioners find the practice of Mindfulness highly agreeable because the results are measureable. Your brain actually changes and the practice of Mindfulness improves you.

Being Aware in the Present Moment

“Mindfulness” is the practice of being aware in the present moment, a space of noticing the state of things (internal or external) without judgment. It can be said to be a type of meditation, or a way to integrate meditation in daily life activities.

People do meditation for different purposes. Centuries ago, people would only do it for spiritual purposes: to discover themselves, master their mind, or connect to something higher.

With meditation becoming known in the West, early adopters started seeing mental and emotional benefits that came from the practice. They also found that it could be useful in basically any area of life — from career and personal development to athletic performance, health care, family relationships, and business.

What Drives People to Practice Mindfulness and Meditation?

It is usually one of these three things that drive people to start:

- Improving your health: wellness, performance, focus, memory and creativity.
- Growth: personal growth, emotional healing and therapy.
- Spirituality: connecting with a higher being, transcending the ego, etc.



The Benefits of Mindfulness

The practice of Mindfulness is adaptagenic, meaning... if you need to relax more in life, then that's what you'll get out of it.

If you need to sharpen up and focus more then, that's what you'll receive.

It's about shining a torch on what you want, rather than being at the mercy of an endless stream of random thoughts or worse still, mind chatter.

What Mindfulness Does

Mindfulness helps to bring balance and perspective into your everyday life, so you don't become overwhelmed with the stresses of daily living and you harness the power of the here and now. When you're mindful, you're able to pay attention to the present moment and not get swept up thinking about the past or worrying about the future. It means you get to enjoy every little moment of life as it happens.

The impact of this on your mental and physical health is incredibly positive. One of the side benefits of mindfulness is feeling a sense of security and being able to relax as you go about your everyday life.

The major benefit of mindfulness is relief from anxious thoughts and feelings.

People who are mindful:

- have decreased depression
- are less angry or moody
- have a better memory
- are able to learn more easily
- are able to solve problems easily
- are happier
- are more emotionally stable
- have better breathing
- have lower heart rates
- have improved circulation
- have better immunity
- sleep better
- are better able to cope with pain



Breaking Through for Good

With each recording, you can relax and enjoy all the benefits of letting go, as you listen and entrain your mind to reach your goals and realise your hopes & dreams. Each Mindset recording will help both at the conscious and subconscious level as you begin to release old thoughts and feelings around your self-image and ultimately embrace new and positive possibilities for what you really want in life.

Mindset recordings are highly effective; however they are not a substitution for any medical advice or medication and are for personal use only. If in any doubt at all, we recommend you talk to your medical practitioner and ask their advice before proceeding with any of our programs.

Book a Private Consultation

Mindset recordings help you to gain relief when you need a pause in your busy world. If you feel you need to connect more in depth then we are certainly here to help.

No more Isolation

You really don't need to feel alone facing obstacles in the way of your hopes and dreams.

Consultations are available at Mind over Matter either at our practice or you can book an online session (ie: Skype, Messenger, Viber, Zoom, Facetime) and stay in the comfort of your own home.

If you feel you would like to book a session then message [us here](#) and let us know what you would like.

Go After your Dreams Today

If you would like to speak with us in person about an appointment, then please phone for a complimentary chat on 0414 649 088.

Mind over Matter

We are here to help you experience pain free, drug free solutions for life. Engage with us today to free your mind.

“The mind is everything,
what you think, you become”