

The background of the cover features a series of concentric, glowing red circles that create a ripple effect, centered behind the main title. The circles are more prominent in the upper half of the image and fade into the dark background towards the bottom.

MINDFULNESS IN THE MATRIX

**A Companion Practice for
Emotional Reset and
Energetic Alignment**

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Mindfulness in the Matrix

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By Angel Dimitrov - Creator of the Holistical Method™

INTRODUCTION

In every healing journey, there is a moment when tapping
isn't enough
A moment when the nervous system is too charged,
The mind is too loud,
The heart is too guarded.
That moment calls for something quieter.
More primal.
More present.
Mindfulness is not an extra step.
It's the foundation.
It's the moment when the system opens,
The moment when the trauma feels safe enough to rise, so
it can finally leave.
This guide helps you step into that space.
To open the Healing Zone before you begin your tapping.
To bring the body into the conversation.
And to remind you: you don't need to fix yourself. You need
to feel yourself.



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Foundational Reminder: Why Mindfulness Comes First

Before you can release any trauma, you must first see and
acknowledge it. Before a belief can shift, the system must
feel safe enough to open.

Here is where mindfulness enters:

Not as a technique but as a field.

A space of conscious witnessing where emotions arise
without force

and dissolve without resistance.

You already carry the tools:

EFT to release blocked energy;

Breath to stabilize your nervous system;

Presence to hold what your mind once avoided.

Now, you have the opportunity to deepen the practice.

To return to the body with stillness.

To become intimate with your sensations.

To observe without judgment.

It is not a replacement for tapping.

It's the condition that makes tapping effective.

When the body is calm,

When the breath is slow,

When the mind is quiet -

The energy begins to move.

The pain begins to speak.

And the healing begins to happen from within.



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When to Use This Practice

Use this guided sequence before or alongside:

- **EFT Tapping** - to access more profound emotional truth
- **Matrix Reimprinting** - to settle the nervous system before memory work
- **After intense emotion**, to return to stillness
- **Daily self-care** - to build emotional resilience

You may read it aloud, record it as a personal audio, or follow it silently in meditation.



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Mindfulness Script - The Healing Zone

Sit down.
Let your body settle.
Let gravity hold you.
Inhale through the nose.
Exhale through the mouth, like a sigh of relief.
Again.
One more.
Let the system receive the signal:
"You're safe."

Step 1: Create the Light Line

Imagine a thread of white light
rising from the center of the Earth into your feet,
up through your spine,
and stretching high into the cosmos.
Now let it loop back -
from the sky into your crown,
through your heart,
back down into the Earth.
That is your energetic axis.
It is your reset line.



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Step 2: Declare Neutrality

Say aloud:

"I'm neutral."

Again - gently but clearly:

"I'm neutral."

That was the last loop.

That was the final war.

You are no longer in the story.

You are the observer now.

Step 3: Activate the Healing Zone

Stretch your peripheral vision - without turning your head.

Just widen your awareness.

Tap gently on the center of your chest.

Let your breath flow naturally.

Feel what arises:

A memory?

A weight in the chest?

A numbness?

Don't name it. Don't fix it.

Just say to it:

"I see you. I'm not afraid of you."



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Step 4: Ask the Shift Question

Whisper internally:
"What would need to shift inside me...
for this to stop affecting me?"
Don't look for logic.
Let your body answer in sensation.
Maybe a tear. An image could be an image.
Maybe silence.
All of it is valid.
Stay here for a moment longer.

Step 5: Seal the Practice

Inhale deeply.
Exhale completely.
Place your hand over your heart.
Feel the warmth. The rhythm. The return.
Repeat softly:
"I don't chase healing. I let it unfold."
"I am not broken. I am present."
And when you're ready,
gently open your eyes.
Leave the story behind.
Carry only the truth:
You were always the field where healing begins.



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Final Affirmation

*"In this breath, I return to myself."
"In this stillness, I remember I am whole."*

For Practitioners & Clients

You can use this mindfulness script as:

- A **pre-session** tool to prepare the emotional field
- A **guided meditation** with added music/voiceover
- A **daily reset** to regulate the nervous system
- A **printed card** to carry into difficult emotional moments

It aligns with the Holistical Method™ and is ideal for therapists, coaches, or anyone supporting trauma-informed healing.