



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE - EMPOWER - TRANSFORM

Exclusive Mindfulness Scripts
for Wellness Professionals

Anxiety Release

The Matrix Mindfulness Practitioner Meditation Collection by Dr. Paras is a comprehensive resource for all aspiring professionals in the areas of wellness and healing. The scripts are written and compiled by Certified Hypnotherapist and Mindfulness Practitioner - Dr. Paras. This collection is a wonderful resource of concepts suitable for all hypnotherapists, NLP Practitioners, Mindfulness Practitioners, psychotherapists, and professionals seeking to use the meditation scripts for their practice. The entire collection is dedicated to emotional wellness with chapters written specifically to raise wellbeing in different areas.

Dr. Paras recommends that professionals can add their own modifications to the script collection during the time of practice.

We, at Matrix, have designed the Mindfulness Meditation scripts particularly for the ease of your use. You can write down your notes in the space provided as well as define where to pause, or lay emphasis on words where needed. This makes the script easy to use for a professional to proceed taking a client towards the trance-like state.

The professional needs to follow the suggested formatting and the pauses along with retaining silence where required. The introduction to the script needs to be read using a normal tone and pace. At times, there may be a need to maintain different lengths of pause in a paragraph. Follow the details mentioned below to achieve the maximum impact. Some words have been highlighted in blue and have been marked as bold. These are an indication to lay emphasis during the reading.

Pause (4-6 seconds)  **Pause (8-10 seconds)**   

A certain number of words are highlighted and marked in bold. These require to be emphasized during the reading for greater impact of the meditation.

The first part of each script requires the practitioner and/or therapist or reader to use a normal tone. This section is the introduction to the script followed by the meditation sessions and suggestions.

Terms of Use

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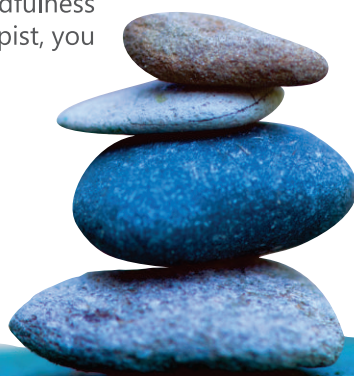
If you are a practising hypnotherapist, Mindfulness Coach, NLP Practitioner, or a psychotherapist, you may use the meditation scripts for -

One-on-one hypnotherapy sessions (in person or in online sessions) with clients


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- You agree you are responsible for the safe use of the meditation scripts.

The Mindfulness Meditation scripts will be used as a support to your wellness sessions and you agree we are not responsible for the reactions or results of your clients.



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Anxiety Release

We all experience anxiousness from time to time. It belongs to the stress response – the fight or flight mechanism that is within us all. When stress increases, we consider whether we must stand and face a situation or, if it is better to get away. Anxiety is simply a part of this. However, anxiety can easily become a problem when it infiltrates every part of life, affecting even simple tasks and in extreme cases, some people may not be able to function appropriately. When anxiety manifests and controls, solutions must be found.

Mindfulness meditation is very good at **easing anxiety**. Combined, they are very powerful. Meditation **relaxes** both the body and the mind, and this alone provides a **calming influence** and antidote to anxiousness. This meditation session will also have a **calming effect**. It is devised to embed suggestions in the subconscious part of the mind. Using these powerful but natural tools, old triggers can be bypassed, and new ways of thinking can be formed.

Anxiety is not something that needs to find a permanent place in your life. When it escalates and starts to prevent you from living life as you were truly meant to, changes need to take place to move away from anxiety. One's thought patterns are often instrumental in triggering anxiety as anxiety is born from thoughts and thoughts are born from within. How we think and how we perceive life around us all comes into play. The good news is that these thoughts can all be changed. And, I am glad to be taking you on this journey...



Your mind is powerful and wonderfully complex. However, it can be tricked into believing many things based on forms of stimuli to create its own opinions. Life experiences and learned behaviour all adds to thought patterns that sometimes, do not serve you best. This session supports you to create new triggers and thought patterns that can naturally replace your inclination to expect the worst possible outcome. This can help manage and even eliminate anxiety and panic attacks.



It does not matter if you lie down or sit upright, the only thing that is important is that you are **comfortable**. You will feel **extremely relaxed** and it may feel a little like daydreaming as we continue to be guided with this meditation. Remember, the daydreaming feeling is normal and you are always in control of your thoughts. You don't have to do anything other than **let my voice guide you**.

Please do not listen to this meditation while driving or while operating any machinery.

Once you feel comfortable, place your arms at your side and let the breath become rhythmic. This is your moment and it is unique to you and you may find that at some point you prefer your eyes closed. This is up to you and you may gently close your eyes whenever you feel the desire to do so. You can also choose a central point of focus in front of you to concentrate better. The only thing that is important right now is that you **listen to my voice**.



To start, allow yourself to **breathe slowly** in through your nose and **exhale slowly** through your mouth.

Allow your lungs to empty each time and keep doing this for a minute or so.



Breathe in.....filling your lungs and then, breathe out slowly, feeling your lungs depleting...

Notice how this has an instant calming effect.

Your blood pressure lowers, and the **muscles all start to relax**.

You notice you want to do this daily as it will always calm and relax you.

Your mind will instantly enjoy this as it recognises the **calming influence** on mind and body and knows it is good for you.

There may have been times when anxiety would not allow you to relax, and you have already found a way to remove that barrier.

This feels good.



Slowly **relaxing more**.

Your inner mind knows that you function at your best when you are calm.

Any time you **relax** you feel healthier.

You deserve to feel **relaxed and calm**.

You are aware that **this is very good for you**.

You are focussing on my voice...and allowing yourself to become aware of how good it feels as your muscles start to relax.



All that built-up **tension is lifting up and melting away so easily**

This is something you can do anytime you desire.

You are in control as to how you feel right now.



My voice is allowing you to **relax much deeper**.

This is a calm feeling...



As this continues, open up your imagination.....

This is easy because you are now **relaxed and comfortable**.

Transport yourself to a stream, the water is flowing gently over smooth rocks and the sound is pleasant and soothing.

Imagine yourself sitting by the stream...perhaps on a grassy bank or a large rock where you watch the water bubbling away on its endless journey.

The sight of water tumbling over rocks....splashing gently is soothing...

The sounds are tranquil.

You feel mesmerised and at peace in this place....

Trees frame this natural scene...

You hear their branches moving about in the light breeze....

The sight of water tumbling over rocks....splashing gently is soothing...

The sounds are tranquil.

You feel mesmerised and at peace in this place....

Trees frame this natural scene...

You hear their branches moving about in the light breeze.....

You inhale the subtle fragrance in the air...

As you continue to breathe slowly, you find yourself sinking into a **deeper relaxation.**

The water is calming.

The flow is consistent...always the same.

Nothing much changes.

Life can be as simple as this

No ups or downs, just consistently smooth, resilient...

Even the pressures of life need not affect us..

We simply go with the flow...

On life's journey...

Like the stream....

Washing away debris...representing the continual flow of life.

You wonder what the water feels like.

You reach out with your fingers and feel it is slightly warm given the sun's rays...

The day is warm and you feel mellow...

So calm....

You find it is warm and inviting.

You are a part of this **universal flow of energy.**

Calm and peaceful

You are connecting to this stream's journey as the water flows around your fingers...



As you now sit back...breathe in slowly, inhaling deeply and then, exhale fully.



A wave of relaxation washes over you.



It feels as if you have always been in this place of tranquillity.

You are relaxed and happy to be a part of it.

This is the same as the universal flow of energy that passes over and through you on a daily basis.

This is connecting.

This is understanding.



As you sit quietly in this place, release inner tension....let go of thoughts or feelings...

Nothing exists that should not be here today....

The negative energy is **flowing away**

The stream is washing the anxious thoughts away...like a leaf caught in the flow.

You are part of this natural movement.

Being constantly cleansed by warm water.

All tension within is dissipating.....



It feels empowering

A light breeze is whirling away all thoughts...

The sunlight, warm, healing you

Peaceful, **so peaceful**





Only positive energy exists here.



The sky above is so blue, beautiful, and clear....
A bird song greets you in the breeze, the birds sound melodious...



The gentle, flowing stream connects you to the universal flow.
It reminds you of the energy of life...
You know that you can be free of doubts by transporting your mind back here

You feel its calming influence...

You have control.

You create your own thoughts.
They belong to you.
You can choose what to do with them.
Relaxing deeper.



Let go of anxious thoughts
They have no power over you
Relax into this moment
Breathe deeply and slowly.
You already know that you are healing...**it comforts you.**

Imagine yourself immersed in a pool of warm spring water washing over you, taking away negative energy or thoughts.

This is so easy to do.
You can take yourself back to this moment any time you choose to do so.
It will always **feel positive and calming.**
This can be your peaceful place ...
One that you return to banish anxious feelings.

Let them go....



You are easily able to cleanse yourself of anxiety.
You control how you feel.
Anxiety is natural...
How you respond to it is important...
Use it when you need it and let it go when you do not need it..
You are **in control.**
You can **release it anytime you want.**
Imagine the water taking away all tension....



Visualise any scene that comforts you....
Perhaps, walking through a forest where many trees stand tall for the sunlight...
You walk through the shade...
The breeze blows away any anxious thoughts...
You give **yourself permission to let it all go...**
You choose to stand in a clearing and visualise your unwanted thoughts trapped inside a balloon which you simply release into the air.
You watch it float away.

Repeat this visualisation time and time again whenever you need to let go of unhelpful thoughts....

This is **powerful**
Cleansing

You choose your favourite vision.
This is your unique imagination.



All these visualisations help you to let go of anxious thoughts
They cleanse the mind.
Whenever your thoughts worry you, transport yourself to your favourite place...

You will find it **easier to challenge** negative thoughts.
After all, why are they there?
Ask yourself this question whenever you feel anxious.
Is there a reason for this?
If there is no reason, simply **allow them to float away**



If you write down your daily thoughts, see how many are irrational or unnecessary....
Do not give them power.
You have the ability to stop worrying over things that have not happened yet.
Being cautious is good but constantly worrying is not.

You understand this.



Anxiety may be there to protect you, but sometimes, your mind gets it wrong.
Your subconscious mind knows this now.
You have control over thoughts and feelings.
You are aware of how quickly you can relax.

How quickly you can feel calm.

This is so easy for you to do now



You understand the importance of trying new things.
You want to learn and grow.
Social occasions no longer make you nervous.
There is nothing to worry about.

Your inner mind calms you.

You know that nothing bad is likely to happen.
Let go of inner fears....



Not all thoughts and feelings are rooted in truth.

Many have no substance in life...

You are happier now...
Thoughts will no longer plague you.
Your language changes.
You feel stronger and **in control**
You use many positive words now.
There is a feeling of **positivity in all areas of life.**

You understand how you control your thoughts and feelings from within.
You are at ease with your connection to the world, you understand your place in it.
You are happy to expand your knowledge and grow.

New experiences excite you

Every day you feel stronger...

You now know that anxiety is learned at a subconscious level.
Your inner mind understands this and can adjust the level of importance that it gives to future thoughts.
It constantly reframes your thinking and replaces negative thoughts with positive ones.

You are in control.

There is nothing to fear.

Only positivity and joy in your life going forward.

You feel **so relaxed**.

As you continue to **relax so deeply**, this knowledge is embedding itself **deep into your inner mind**.

This knowledge has a **calming influence** on you.

You are constantly **thinking calming and peaceful thoughts**



You now view life differently

You are happy

Imagine this world ahead of you where you feel you are able to take on any new challenge without worry.

This is empowering.

As you **continue to relax**, this positive new energy becomes a part of you.

You feel **ready for change**.

Your thoughts are renewed.

They are part of the way you will think and act from now on.

Your subconscious mind understands that it needs to examine thoughts and find where they really belong.



Common sense is part of your thinking now.

Anxious feelings have a place but are no longer allowed to take over.



Now that you have come to the end of this session...know that you will continue to feel relaxed and calm. Over the next few days, your confidence will continue to grow. Practice meditation whenever you need to feel calm. This will become second nature to you. As your confidence grows, then so will your positive experiences. You can expect this to continue. Other people may notice some of these positive changes and your general role within your social circles may shift a little. You will feel good about this. **You are ready for change**. You are ready to take chances. Success leads to further success, and this will continue. You have begun to empower yourself over your anxiety and recognise that it only has power if you allow it to. **You will feel more relaxed and in control**.

Remember this, it's now easy to find that place of calm within your mind. You can practise this daily and the effect will increase each time.

Your subconscious mind is constantly absorbing these daily lessons and will continue to guide you.

You find yourself drifting back into the present.

Open your eyes gently...

Take some time to adjust to your surroundings...

You might want to relax for a minute before getting up.

Have a great day ahead!