



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Arthritis Pain Relief

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

The Matrix Mindfulness Practitioner Meditation Collection is owned by Dr. Paras Wellness Pvt. Ltd. The company owns Matrix, a corporate coaching and training firm. Dr. Paras Wellness Pvt. Ltd. was established in 2019 and offers authentic hypnotherapy certifications, NLP certifications, counseling, coaching, Mindfulness certifications, and more. We specialize in many areas of providing hypnotherapy and mindfulness services with training and education being the center focus of our activities.

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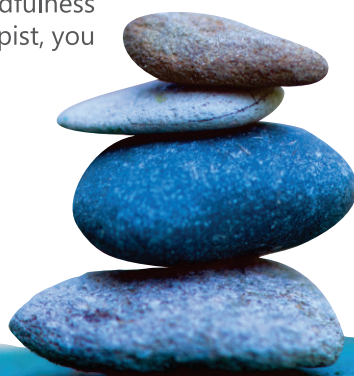
If you are a practising hypnotherapist, Mindfulness Coach, NLP Practitioner, or a psychotherapist, you may use the meditation scripts for -

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


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- You cannot duplicate or rework / modify files for commercial purposes.
- You cannot claim to be associated with us.
- You cannot connect any occurring results with us.
- 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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Arthritis Pain Relief

Find a comfortable place to relax for about 30 min. It could be in your bed or in a nice comfortable chair. Turn off all phones or anything that could distract you and of course, never listen to this recording while driving or operating any machinery as it could make you very drowsy. It is best to use headphones to listen to these recordings to be able to hear all the subtle sounds.



Pain of any kind is unwelcome, and the pain of arthritis can be especially hard to bear. I am now going to help you to, desensitize your pain signals, dissociate from the feelings of pain and teach your brain to ignore the pain signals so you will not suffer the discomfort so intensely.

This Mindfulness meditation is extremely effective in relieving pain. It works by addressing the way your mind reacts to the perception of pain. You can feel less pain by using your mind to become less reactive to the pain messages your body sends to your brain.

I am now taking you to your journey inwards with Mindfulness meditation.



Rest back in a comfortable chair now



Or lie in your bed and make sure you are warm and in a very relaxed position



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



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 releasing any tension from the day



Again,
Breathe in



Hold it



And blow out



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



Slow and deep



Relaxed



Peaceful



Perhaps as you are breathing and listening to the sound of my voice you might also notice the weight of your head resting on the pillow or weight of the back against the chair



Allow yourself to be as **lazy** as you want to be

As you hear the music in the background and in your own time and your own way



You can begin the process of letting go to that quiet place within



That you can experience when you give yourself this **opportunity** to rest



Concentrating on your breathing and listening to the sound of my voice



With no one wanting anything
Nowhere to go



Nothing to do but rest peacefully



Now



Good



Now while you are resting there maybe you can be aware of your body
Aware of your hands resting where they are



Notice how your breathing has become steadier



You are now breathing so **evenly, comfortably**



Can you now sense the beating of your own heart?



Maybe you can feel it slowing down just a bit while you are resting



And now maybe you can notice your feet

What do they feel like?
What about your toes
Just notice them

Be aware of your legs
How they are resting?
What about your arms
Hands

Feel them **relax** where they are
Wondering if your arms and legs can **relax** even more



Perhaps there's a **smooth** heaviness in your arms and legs

As you sink down deeper into relaxation
And you may notice that your breathing has become quiet as you feel your **entire body quieting down**



Slowing way.....down.

Your lungs, heart and all your internal organs are enjoying the rest



**So peaceful
So quiet**



Take a moment to notice your face muscles now
Is it relaxed?
Is your jaw slack and relaxed?
How do your cheeks feel



How does your mouth feel...
Feel your eyelids resting heavily on your eyes

Feel your entire face **completely relaxed**
The skin and muscles **easing out**
Feeling all tension draining away from your face and your entire body



Like a warm shower water that gently splashes over your body
Washing away any tensions

You are **so** relaxed now you simply can't be bothered to move a **single** muscle
Even though you know you easily could if you wanted to
Allowing yourself to just be
As lazy and **relaxed** as anyone could ever wish to be

Letting go of the last traces of tension in your body now



Simply letting them go



You can feel the relaxation from your toes all the way to your head now
This marvelous **warm and wonderful feeling of relaxation** is spreading to every muscle, cell, fiber and bone in your body
With every passing moment this **deep, tranquil** and **comforting** feeling becomes stronger and you feel as if you are floating.....**just** floating in **air**
That free floating place of effortless letting go
Floating off somewhere in nature
Like you are on a cloud or on a magic carpet

**It feels so quiet
So peaceful**



And you can drift off in your mind to pleasant memories
Of happy times
Restful times
As you look down you can see houses, fields, and trees
Things look different from up here
You feel yourself gaining a new perspective on life



Perhaps thoughts
Images
Sensations

These float into your mind in response to your words

And you can continue to enjoy these feelings of **deep relaxation** and **comfortable** letting go

Now, you may hear other sounds of nature that remind you of peaceful places and times in your life

Becoming more and more a part of that experience

That you may remember **now**

As you drift and dream away for a time

Sometimes hearing my voice and other times not

And the unconscious mind continues to hear everything of importance to you



And maybe you can imagine a stairway now of 10 steps going down deeper into your subconscious mind

Taking yourself to a place deep inside

Where there is peace, calm, and tranquility

Stepping down **now** to:

10- **Deeply relaxed**

9- There is lots of time

8- **Deeper still**

7- Allow this feeling to wash over you like a warm shower or a warm breeze

6- A place where you can experience peace

5- Feel yourself immersed in an ocean of relaxation and calm.

4- **Relaxation and calm**

3- You will become more and more ready to retain those ideas that I will give you.

2- Twice as deep now

1- You step down to one and **you feel so relaxed.**

You see a door in front of you now

You open the door in front of you and you enter the most **beautiful garden** you have ever seen.

Maybe you have seen a garden like this before or maybe it is one you have always wanted to visit.

As you begin to walk down one of the garden paths you imagine yourself digging into a pouch that you are carrying and spreading magical seeds wherever you want.

As you throw them in front of you; you see flowers blooming right before your eyes.

See all the colors of your magical garden blooming all around you now. Bright reds, the bold essence of yellow, delicate lavender and violets, lush greens, orange

.....



blossoms bursting into bloom around you

Let your imagination take you on a journey



You realize that this is your personal sanctuary! A place of creation and subconscious imagination. This place is an extension of you and you can be whoever you want to be here. You feel **relaxed, at home** and you feel **all** your cares and worries **washed away**. As you relax deeper maybe you can hear the birds, and feel a gentle breeze on your face or perhaps the warm sun on your back. You smell the scents of the flowers everywhere and this gives you a sense of inner peace. Perhaps there is a pond or a small waterfall in the garden and you see a bench there where you can sit and **relax** even more, or maybe you just want to sit down beside by the pond in the soft grass or field of violets and just listen to the waterfall.



Your mind is now **wide open** to suggestions than any other time. The suggestions given while in this state are very effective.
I would like to have you try something now:



Think of some words that describe your pain. Be as descriptive as you can. Some examples might be a dull ache, sharp..... shooting..... burning..... cramping..... gnawing..... penetrating..... Throbbing pain. Allow yourself to imagine any aspects of the pain that you are trying to heal even if you don't have the pain just at the moment.

Imagine



In your mind and rate your pain on a scale of 0 to 10, 10 being extreme pain and 0 being none. I would like you then to imagine if this pain were to have a color what would it be?



If it had a shape what would that be?



I would like you to imagine that you are softening the shape a little
If it has sharp points make them a little less sharp and if the color is a bright red or orange, tone it down a little to a softer pink or peach color. Maybe even some of your favorite sunset colors. Allow the shape to shrink in size. It is getting **smaller and smaller**. The power of your subconscious mind is working for you now. As your subconscious diminishes the size of the pain, the pain itself becomes less intense. It is fading now, **lesser and lesser. Smaller and smaller**.



Now imagine the description of the pain that you came up with. See if you can substitute it for a feeling perhaps you can tolerate. An example, if you have what you think is a stabbing pain maybe you can substitute that feeling for a sensation of a vibration instead.

If the pain feels like needles you might imagine them becoming dull and not so sharp.

Perhaps cool and not hot. In a while maybe in 5 minutes or maybe in an hour you might be able to feel a vibrating feeling of blunt warm needles. Perhaps if your pain is a burning pain then maybe you can imagine it becoming just a slight itching or an occasional tickle.



Maybe it would be interesting for you to try to imagine moving that pain to perhaps a toe where it will not hurt so much. See it **slowly** moving **gently** down your leg Notice a very slight movement of that feeling going toward your little toe.

You might be curious about its movement
Is it moving in a circular motion?



Or is it moving straight down like a **slow molasses or honey**. As it moves down your leg, imagine the number that you gave this pain somewhere between 10 and 1. See a dial in your mind and turn it down to a level that is quite tolerable. If perhaps it is an 8, you might see the curves of the 8 beginning to fade and look more like a 7. Then the angularity of the 7 might take on the graceful curves of a 6. Perhaps you can then see a 5 in your mind and you begin to feel a **growing comfort now** Be aware of this pain moving down toward your little toe. You might be beginning to feel like the pain is at a 4 and then perhaps moves right past 3 down to a **2**. The number you see is the number you **feel** and the number you feel is the number you see. Watch the numbers and your **feelings begin to change**. Just see a dial in your mind and turn it down.

That's right



Now you can feel as if you have not only brought the pain down to the number 2 but you have reached your little toe as well.



Is it there yet, has it reached your little toe?



Perhaps now that it is in your toe... you can let it move **outside** of your body all together.

Allow yourself to be **curious** how all this can happen. Isn't it **interesting** that you can move this pain right out of your body! See that **shape, color, and size** of the pain moving from your toe right outside your body. **Watch it float away** up into the sky far away from you.



Notice if it is gone. If there is still a little bit left. Turn it down even further to something you can tolerate. You may just want to stop at a 2 or a 1 because there may be a reason for that pain to be there, but a 2 or a 1 feels so much better than a 10 or a 9 does it not? Much easier to live with. **You hardly notice it.**

Anytime you wish you can go into your mind and change the color, size, shape and texture of your pain. See a dial in your mind and turn it down from **whatever you feel it is at the moment** to a 1 or a 2. Then let it slide out of your body like thin **molasses** down into your big toe and right out of your body into the sky and disappear



Decide now how you are going to create less pain and a feeling of wellbeing in your life, with **attention** and **intention**. When you focus your attention on what you want and make it your intention to create it, you take hold of a creative force that can literally move mountains.

Imagine a healing white light at the top of your head and then feel it surrounding your entire body. Feel it surrounding you and then feel it enter your body, circulating, cleansing and healing every part of your body; especially that area where you experience the arthritis.

Every cell, nerve, organ, muscle, cleansing and healing **cleansing and healing**. You are healthy and strong. See yourself **reviving** and **recharging** your mental and physical batteries. Each time you take a deep breath in, breathe into that arthritic area, which we will now call your **special area** so as not to remind you of your pain or to focus on the negative. Every time you exhale... **you are releasing** any tension or discomfort that could be draining to you.

Inhale healing white light and exhale out any burning, stiffness, swelling or inflammation.

That's Right



As you are breathing in relaxation to your special area and exhaling out any discomfort, you might notice that the pain is still there but you don't need to have a conflict with your mind which is always aware of those sensations

But as you **relax more and more deeply**

You can begin to discover that you can drift more deeply into that special area, into the sensation there, not fighting the feeling, not trying to stay away from the sensations, in a more relaxed and comfortable way you find you are drifting now toward the center of that feeling, the very tiniest center of that feeling, the source, as you drift down beneath it, now to a peaceful and calming place beyond sensation almost as if you had found the switch in the circuit breaker of your mind, and you just turned off the circuit to that part of your body, and it begins to feel numb, as if it had been slept on all night and fallen asleep, and we all know what it feels like when an arm or a hand falls asleep and you have to shake it to wake it up, but this time you let it sleep, sleep now, and you go into a **peaceful place of quiet awareness now**, feel your mind drifting as if you were all mind without a body, just floating in time and space, **easily comfortably**



Now I don't know just how much **relief** you are having right now but it may be sometime later **today or tonight**, I can't really say what time it will be, but maybe it would be **interesting** for you and even **enjoyable** for you to notice at some time later today or tonight how much more **comfortable** you feel than you thought you might. How all of a sudden you realize that the pain that had been there, perhaps is a bit less, or is less intense. How nice is that?

You will be awakened very shortly. Before you come back, think about how **good** you feel right now

How nice it feels to be completely relaxed



Now allow all these suggestions to take an effect in your mind. Observe how they seal themselves into your subconscious mind. They will reinforce themselves over and over again. I'm going to give you a period of silence in which all this takes effect. When you wake up you may not remember everything but your subconscious mind **will**. These suggestions will plant themselves **deep** into your subconscious mind and over time you will start to notice that you are becoming more and more comfortable That it is easy for you to find that comfortable relaxed place whenever you want or need to



In a few moments I will count you back from 5 to 1, if you are listening to this recording in bed and wish to drift off into sleep you can just take off the headset and in the morning you will wake refreshed, awake and ready for your new day.

5- Stretching and bringing your awareness back into your body

4- Remembering to return refreshed, relaxed, awake and aware as if you have just taken a short nap

3- Take a **deep breath** in, release it with a sigh

2- Wiggle your fingers and toes

1-Open your eyes whenever you are ready