



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE - EMPOWER - TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Find Inner Peace

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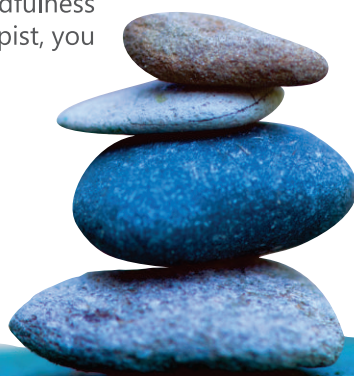
If you are a practising hypnotherapist, Mindfulness Coach, NLP Practitioner, or a psychotherapist, you may use the meditation scripts for -

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


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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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Find Inner Peace

Being **peaceful and content** gives us a feeling of happiness- we have to make a conscious choice to be **happy** and to feel peaceful and content with our life, in each precious moment.

Sometimes it's not easy to **feel peaceful**. We live in a **stressed-out** world much of the time.

We have to make a **conscious choice** to slow down and we have to carve out time to find that **peaceful space** within us.

The truth is, we can create moments of **peace and joy** whenever we want, by tuning into that beautiful peaceful energy within.

As we do this, we will also discover feelings of **happiness and joy** because everything we seek is available within.

When you **contemplate peace** you realize that the conditions necessary for your happiness and joy are only available in the here and now.

If you constantly wait until tomorrow, or continually put off happiness and joy, you will never truly **experience it**.

Finding that space of **inner peace** goes beyond material possessions and even beyond happiness. It's the place where nothing can bring you down and the place where you can truly feel **peaceful and content**.

When your thoughts start to go toward chaos and stress - you can let go of those thoughts and **contemplate peace**, and it's easier than you might think.

Your mind and your body are **intricately connected**. One great example of this is getting **butterflies in your stomach** before a stressful event. When you worry or get nervous, these **same responses** manifest in your body.

When you can learn to **contemplate peace** and to go within, you can tap into that **peaceful blissful feeling** whenever you want, which is a beautiful thing



Now, take a moment to **relax and get comfortable** and close your eyes. Don't think about the past or what the future may bring, be here in this **moment in time**.

Now imagine the most **peaceful place** you can imagine. Everyone has a place where they feel **peaceful and calm**. This might also be thought of as your **sanctuary**; it could be a place outdoors or somewhere indoors, whatever feels right for you.

Take a moment now to picture that peaceful place in your mind - that place of **peaceful contentment**.



Very nice. Now take a moment to notice your environment and what is around you. What kinds of things do you find **peaceful**?



Spend some time here in this very **peaceful place**. Surround yourself with things that bring you a sense of **peace**.

If it feels appropriate, you may even choose to light some candles or turn on some soft lighting in this **very relaxing place**. Make your environment **nice and cozy**.

If you are outdoors, imagine yourself **wrapped in a blanket** or surrounded by plants or flowers.

Surround yourself with this feeling of **peace and contentment**.

Being peaceful and content is all about enjoying those **simple little pleasures** throughout your day like a warm shower or a hot cup of coffee or even watching a sunrise or sunset just for the sheer pleasure.

Imagine how it would feel to be peaceful and content, right **NOW**?



Focus on how it feels to be **happy and peaceful**.

Now let's try some **deep breathing**.

As you inhale, consciously repeat the word "**Peace**".



Now, on the exhale, repeat the words "**I am Peace**".



Keep repeating these words on each inhale and exhale.....**Peace...**

I am **Peace**.

Peace...

I am **Peace**.

Inhaling **peace**.....and exhaling **peace**.

Drink in the **peace and the joy** that you feel. Allow it to fill **your heart**.



Notice any feelings that arise....and sit in this **peaceful energy**.

Breathe **slowly and deeply**. As you breathe in, feel the **breath flowing** in and out.

Notice how the breath **calms and relaxes** you.

And as you breathe in and out, allow **every muscle** in your body to **just let go**. Keep

tuning into this **very peaceful** feeling within.

And as I count back from 10-1, imagine yourself just **letting go** and feeling this sense of peace from deep within.

Relax and **let go**. It's OK to **take this time**. Take a **deep breath** in and let go of all your cares and concerns.

You're just **breathing deeply**, listening to the sound of my voice. Breathing in and out - **resting and relaxing**.

Letting go of all **cares**. Letting go of all **worries**. This is your time to **rest and relax**.

You **can** let your mind **drift**.

10. **Relaxing** even more.

9. Going **deeper and deeper** down.

8. It feels nice **to relax**.

7. 6. Your mind and body are **relaxing nicely**.

5...4. **Drifting down** a little more.

3..2. You're almost there. And on that next number, you will be **deeply relaxed** and focused on this feeling of **supreme peace and relaxation**.

And 1. Deeply relaxed.

Your whole body is now **totally and completely relaxed**, from the top of your head to the tips of your toes.

Today you are experiencing one of those **perfect moments** in your life.....when everything just feels **peaceful and content**.

This feeling of **peaceful contentment** makes everything better. The truth is when you consciously focus on that **inner peace and joy** - life feels more peaceful.

Breathe in and out naturally and pay attention to how the breath **makes you feel**.

Use the breath as your **anchor**....breathing slowly, deeply and fully, in and out.

Whenever your mind gets lost, just remember to bring your focus back **to the breath**.



Each time you notice a distraction just gently note your **response to it**. Notice if you get **caught up in the distraction** or if you are able to push it away.

Try and treat each experience the same without getting caught up in **how you feel** about them. As you breathe in and out, **focus on peace**.



Keep breathing in very deeply, and **slowly exhaling**. Notice how the breath is always moving and never stagnate. It's an **unconscious process**.

The breath is always with you, just like that **feeling of peace** is always available.

Whenever you feel **anxious or stressed**, you can use the breath as a gentle anchor - slowly breathing in and out and letting that **stress melt away**.



Try and let go of **anything** that takes away that sense of inner peace. **Contemplate peace**. Ask yourself what it really means to feel **peaceful and content**.



Feeling peaceful is all about **letting go** of the need to be perfect. Let go of the need to always get **something done**. Let all your **thoughts go**. Watch them **fade away** like words written on the sand.

You can feel this sense of **peace** anytime, and anywhere.

And now imagine yourself once again, sitting somewhere you find **peaceful and relaxing**.

Perhaps a **nice warm beach** on a warm sunny day, watching the waves roll in and out. At this moment, you have nothing to do and **nowhere to go**.

You have everything you need to feel peaceful right **NOW**. Feel the **warm air** on your skin. Notice how **bright** the sun is and how good it feels on your body. Drink in the **light of the sun**. Drink in the **peace** and love and the joy.



Feel the **warm sand** under your feet. Look out over the **sea**. Notice the colors of the water and the beautiful **whitecaps**.

Taste the **saltiness** of the sea air on your tongue. Listen to the **seabirds** gently squawking. This is a very **peaceful place**. You may come here whenever you feel like you need a **little more peace**.

Just be **present** in this moment.

If a **pleasant feeling** comes into your awareness simply enjoy it without getting caught up in it.

Feel the peace of **living in the moment** and keep tuning into your environment. Be there in your mind **right now** in this exact moment. There is so much to be **grateful for**.

You deserve this **moment of peace**.



Let yourself **experience** whatever is happening without getting lost in it or pushing it away.

Keep **grounding yourself** to the present..... and returning to the breath.

Notice what it feels like to live in a more **relaxed manner**. Notice how good it feels to **slow down**.....and start enjoying your life again.

And as you relax, you may even think about the **simpler times** in your life. Being **peaceful and content** is all about enjoying those simple little pleasures and tuning into the peacefulness each moment can bring.

What would it be like to really be **peaceful and content**? To **strip down your life** to doing only those things that are important for you and your family; to really be happy with yourself.

You can experience these **peaceful moments** every day.

Inner peace and contentment come from a place of **self-acceptance**. Peace can be experienced when you allow everything to be just like it is.....**without resistance**.

Life can be as **simple** as you want it to be. In order to live in a **sense of peace**, you must let go of anything and everything that isn't supporting this peace and contentment.

You may also need to let go of things and **people** that have served their time.

Now think back to a time in your life when you felt **really really peaceful**.

A time when you were **really happy and peaceful** - a time when everything was a little simpler



Just sit with this moment for a while.....and feel the peace and **the joy**.

This is a **perfect moment**, a joyful moment.

You suddenly begin to see things **differently**. You begin to see that you can be **peaceful and joyful** whenever you like, anytime at all because this feeling comes from deep inside you.

You realize that you can only control life **so much**. Sometimes it's appropriate to take a moment to **let go**.



Being at peace is a state of mind because you must choose peace.

And now whenever you need to feel just a little more **relaxed** or a little more peaceful you can take yourself to this **quiet, special place** and contemplate peace.

In this **very special place** you can tune into that feeling of peacefulness easily and effortlessly.

You have **everything you need**.....right here at your fingertips.



And now as you continue to tune into this **peaceful feeling**, repeat the following affirmations:

I am filled with **peaceful contentment**.

I am at **peace**.

I am at peace.

I am **content**.

I am **happy**.

I can **choose peace**.

I can **choose joy**.

This **peace** is within me.

This peace is **always available** for you, whenever you like. It is **within you and around you**. It is yours to choose.....and you **choose peace**.

And now gently touch your index fingers to your thumbs and repeat the words "**I am peace. I am peace.**"

Every time you repeat the phrase "**I am peace**" you will be brought right back to this same level of peace and contentment, just like that.

These suggestions have already been accepted by your subconscious mind where they grow **stronger and stronger** each and every day.

The more you listen to this session, the more these suggestions will become a part of your actions, your behavior and **your personality**.

You are **finally at peace** and it feels incredible.

The more you listen to this session, the **quicker and faster** you will be able to focus on peace



Today, you have taken on a **new peaceful attitude**.

Take a moment to feel how **powerful** you now feel.

Just feel this sense of peace and joy **bubbling up from within**. Feel the **beautiful peaceful energy**. It is part of you now.
Very nice...

And now you may choose to consciously remember these suggestions or allow them to **sink back into your mind**. The subconscious mind **remembers everything**.

You have done an **outstanding job** today! Well done.

Now as I count from 1 -5....you will awaken....with a new sense of **peacefulness**.

1. Feeling great.
2. Coming back up.
3. Almost there.
4. That's right, coming back around.
5. Eyes open, feeling incredible.

Welcome back! Congratulations!

As you return to conscious awareness, know that you may return to this **very peaceful place** whenever you need to.

Have an amazing day!