



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

Exclusive Mindfulness Scripts
for Wellness Professionals

Life Transitions

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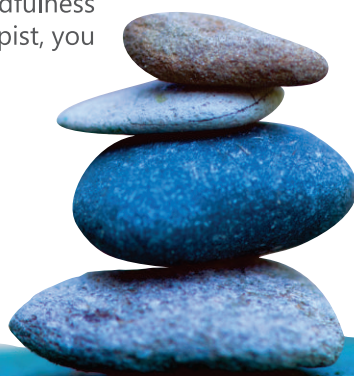
If you are a practising hypnotherapist, Mindfulness Coach, NLP Practitioner, or a psychotherapist, you may use the meditation scripts for -

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


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- You cannot share the files online or in person for sale or for general purpose.
- 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.



Dr. Paras Wellness Pvt. Ltd.

 A Fortune House Flat # 201, 2nd Floor, Near Badshahi Hotel, Baner Pashan Link Road, (Road Opp Mahabaleshwar Hotel) Baner, Pune 411045.

 020-27293-555

Life Transitions

Life is full of changes. For some people, change is scary. If you fear change, it can stop you from getting as much as you can out of life. You may feel safe and comfortable with what you know and fear that you would not be able to manage or cope with life if things were different. We all need to feel secure and believe that we live in a manageable environment. A certain amount of predictability is important or life would feel chaotic, but if we never change at all, we do not grow either. People who are willing to take risks and try new things are able to benefit from changes.

Albert Einstein once said, "Anyone who has never made a mistake has never tried anything new." If you have a fear of change and you feel stuck in a life without growth or possibilities, it might be time to do something about it. You don't have to become a wild, risk taker who never has the same experience twice, but learning to take reasonable risks can change your life and open you up to possibilities that, until now, you thought were reserved for others.

Prepare yourself for relaxation by turning off all phones and make sure you will not be disturbed for some time. Never listen to this meditation while driving or operating any machinery as it could make you very drowsy. It is best to use headphones to listen to this meditation to be able to hear all the subtle sounds that are integrated to take you into a deeper state of relaxation.

Make yourself comfortable wherever you are resting right now. Allow yourself to just settle into the chair or bed, making any small adjustments, so you can be still for a while, and it's good to know that your body can remember **easily** what it's like to be soft and relaxed. 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.

That's 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 release any tension from the day. Again, breathe in, hold it, and blow out...

That's 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 against the chair. Allow yourself to be as **lazy** as you want to be and in your own time and your own way, you can allow the letting go to occur, into 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 and relax

Now...

That's good



Notice your face now, is it relaxed? Is your jaw relaxed? Your cheeks, mouth, feel your eyelids resting heavily on your eyes.

Feel your entire face **completely relaxed**, the skin and muscles **smoothing out**, feeling all tension draining away from your face and your entire body, like a warm shower that pours over your body, from your head all the way to your toes, 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 **tiny** traces of tension in your body now, simply letting them go.

Prepare to go on a journey, a journey of the mind...



I wonder if you remember a time **long ago** when it was raining?



Remember a time when you were somewhere looking out at the rain falling



Imagine now, looking at the rain forming little trails on the window, as the water slowly runs down, little drops forming little rivers, stopping and starting, imagine that rainy day...

Raindrops running down the window pane, joining and merging, imagine following one drop as it goes down the window, some moving slowly down and others, racing toward the finish, the pure fresh smell of nature outside, scents of wonderment and renewal, rain on the grass seeping into the earth...



Rain drops on your tongue, a cool refreshing moisture
Rain pelted puddles, colorful umbrellas, the sound of windshield wipers swooshing, the hiss of car tires on glistening roads...
April showers bring many flowers, perhaps you hear some thunder in the distance...



Maybe you are falling asleep to the rain sounds outside your window and it is such a calming sound you feel a bit drowsy, and that feels good, there are many different ways to relax, and different times of the day to relax, and you can shift and you can

shift to a more relaxed state of being already with your eyes closed, and this allows you to become more aware of the sounds around you, the gentle music in the background, the sound of my voice, the rain, and any sensations you may be having in your body, thoughts and images that drift through your mind, your mind can begin to experience a gradual letting go, as you begin this gradual process of going inward, and allowing the unconscious to do the work for you...

Letting go quickly or more slowly whatever speed works **just right** for you, and as your body begins to **wind down** like a guitar string winding down and down, becoming looser and looser, allowing all tension to **slip away..... drift** away...a very **comfortable** pleasurable experience...

Nothing to think about now, nothing to do, and you can wonder when the last time was that you allowed yourself the pleasant luxuries of **deep relaxation**...with the gentle sounds of the rain and the fresh smells of spring...



Sounds of your breathing becoming more rhythmic now...steady, slow, and you don't have to think about your breathing as you just notice it slowing down all by itself.



You are so relaxed now, and your subconscious is taking in everything that is being said. You are receptive now to what I have to say because you know it is what you want. You will remember what I tell you and use it throughout your life because it feels great.

Imagine a stairway now of 10 steps going down deeper into your subconscious mind.

10- Letting go

9- Feeling more relaxed, there is lots of time

8- Allow this feeling to wash over you like a warm bath or a warm breeze

7- You are becoming more and more ready to retain those ideas that I will give you

6- Calm and relaxed

5- Mind and body are at ease

4- It feels so effortless to let go

3- Your mind is at peace

2- Peaceful mind

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

Your mind is now **more open** to suggestions than any other time. The suggestions given while in this state are very effective. You feel **very relaxed** and you don't need to pay close attention to what I am saying because your subconscious mind knows how to listen and will take these suggestions in its own particular way. Your eyes are growing heavier and relaxation is spreading throughout your body. You are going twice as deep now.

We constantly cross thresholds in our life, where there is no going back.

We go through many in a lifetime.

It is important to mourn the old life to be able to make room for the new.

Every transition begins with an ending

We may still be moving to the rhythm of our old life even when we have moved on to a new one. We tend to still hold on to the old house, past relationship, former job, especially when the transition is not particularly a happy one. Holding on to the past is one way to not have to let go completely, even if it was painful for you. We tend to identify ourselves with the job, house, relationship, whatever it may be that you are needing to let go of...



Think now of all the endings in your life from childhood on...
Start with the earliest time you can remember
Some may have been more significant than others. For instance you may remember the death of your childhood pet, a move to a new town, or house...
Letting go of friends and neighbors...
See if you can recall all the endings in your life. Some endings may be related to sports, summer jobs, school, relationships...
Some may have long lasting wounds. The end of innocence or trust. Perhaps the ending of childhood and a carefree life....to a life of responsibility



See if you can recall any feelings or thoughts you had then, any belief systems you had in place at that time



Change can be challenging whether it is a **good one** or a bad one. It takes time to get used to the change even if it is a job promotion instead of a job loss. Many things will get shifted around that you were not prepared for...

Important new beginnings can take place in our subconscious before we actually acknowledge that it is taking place. Sometimes new beginnings can have a mysterious and accidental quality to them. Like the seasons there is an ending and a beginning with an important dormant time in between. If we become fearful we try to interfere with the 3 phase process of ending....fallow time...and new beginnings...

Different people handle the effects of transitions in their life in different ways. One person may be devastated by a job loss or a divorce, yet another may take it in stride. Think about how you have handled big transitions in your life.



When we confuse an ending with finality thinking it's all over...finished...
We don't see it as the first phase of a process of self-renewal. We forget to look for the sequel...What's next?

Ask yourself..... are you trying to avoid the changes because you are scared you won't be able to deal with it?
The middle stage is only a temporary state of loss to be endured. During this time don't feel guilty about the apparent aimless activity or time out you may need while allowing your inner self to sort things out. Allow yourself to be in the emptiness of not knowing what is next...
Watch your dreams, call on your internal advisor, **meditate**, walk, write in your journal, be with yourself in ways that are meaningful to you...
Think about what those ways are now



We come to new beginnings only at the end. When the middle time is over we can launch ourselves into a new life. A new way of being...changed by the destruction of the old life

There is excitement in seeing a new path ahead of you. Allow yourself to see the opportunity in the fallow stage...

Take a **deep breath** in now and imagine yourself watching a sunrise, a **new day...new beginning, new birth...**

Surrender to change, to the transitions from one stage of your life to the next...

Ralph Waldo Emerson said "not in his goals but in his transitions, **man is great**"

Right now, 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**, letting your mind take this **important** break from your busy life

This is an important time you need to take for yourself to work on yourself and become all that you can be. The more you listen to this the more powerful the results will be. You will look forward to this **relaxing self-improvement** part of your day, everyday.

Now allow all these suggestions to take an effect in your mind, as you sink deeper and deeper into relaxation and 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. Your conscious mind may feel as if nothing happened. These suggestions will plant themselves deep into your subconscious mind and over time you will start to notice that you are able to surrender more and more to what is going on in your life and taking things as they come.



In a few moments I will count you back from 5 to 1, if you are listening to this meditation 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**, feeling confident, 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