



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

Exclusive Mindfulness Scripts
for Wellness Professionals

Attract Love

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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You cannot use the Matrix meditation files for commercial purposes such as broadcast or for sale.

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


Remember:

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

Imagine **feeling loved every day** of your life



Everyone wants and needs to feel loved. Everyone wants a significant person in lifeto share things with, to have fun with, to grow with, and someone to lean on for support. It makes a person feel good about self. Isn't it wonderful to give and receive love? But, what if you have not found that special someone? How can you attract the love that you want and you know you deserve?

Often people look for the perfect soul mate to complete them. When they are unable to find this person, they spend their lives feeling alone and wondering why love has not crossed their path yet. If you feel this way, ask yourself an important question.

Do you love yourself?

You've probably heard that if you want a friend, you need to be a friend. **This is also true of love.** If you want to attract love, **you must first love yourself.** Once you are comfortable with who you are and you really like and love yourself, it will be easier for other people to be attracted to you and love you. You must also love others if you want to be loved yourself. If you are having trouble attracting love, **learn to let love flow from within you** instead of focusing on the attention you want to receive for yourself.

Once you feel that you are an attractive, lovable person, you will start to act in a **loving way** toward others, and soon the love you are looking for will come to you.

You will now be taken into deep mindful space through this meditation.

Make yourself very comfortable now, make sure your body is in a very **relaxed** position, and adjust any pillows as you need to. Sit comfortably if you are seated in a chair, keep your spine erect but relaxed. You will be taken into a deep state of relaxation during this session. This relaxation time is good for you. It's about taking rest during your busy day to totally relax and let go and this keeps your body and mind healthy.



Begin breathing very **slowly** from your abdomen. Place your hands over your stomach 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**. Focus all your attention now on your breathing. **That's right.** Breathe in through your nose and **gently exhale** out through your mouth. Breathing **slow and deep**. Breathe in relaxation and breathe out tension and stress. Feel yourself **letting go**. Notice how you're slow breathing is beginning to induce a nice state of **deep relaxation**. Let the body breathe by itself using its own natural rhythm.

Breathing in



And, **breathing out**



In



And out



Notice how you are **twice** as relaxed as you were a moment ago. Allow yourself to be as **relaxed** as you want to be. Allow all the cares of the world to take care of themselves all by themselves. As you are listening to the sound of my voice and the **gentle music in the background**, you can feel yourself **moving** into a more relaxed state of being now, breathing in relaxation, blowing out all tensions.

Any thoughts that were bothering you, are just disappearing for the time being, this relaxation time **is just for you** and you can let all those thoughts go while you focus on your breath. Allow the subconscious to do **all** the work for you now. You feel a warm wonderful sensation of relaxation in your body as you allow all the tension to just gently **drift away**.



Imagine standing under a warm shower and the warm water is relaxing **every muscle** in your scalp, **every nerve**, and then that relaxed feeling spreads down to your forehead wiping away any lines of tension on the forehead as your eyelids become **heavy** and you find the lids relaxing comfortably on your eyes, you know it feels good to close the eyes and let the subconscious mind do the work for you



Now, you are letting go all the tension with the cheeks and the jawline, allowing the jaw to relax and hang loose



This warm feeling is spreading **down** your neck now all the way down your spine into your lower back, like a **flow of comfort**



Peacefully, moving through you and soon you get the feeling that you don't even have to be aware of it anymore as you let your body shift into cruise control



You now feel this **warm feeling** in your shoulders, spreading down your arms to your fingertips. Allow this feeling of comfort to enter your chest now and **relax** all your internal organs, **breathe into them and release the tension there**



Feel the flow of comfort spreading through your stomach down to your legs into your thighs, knees and calves and **all the way down** to your toes



Every muscle in your legs now is limp and relaxed. Feel your **entire body** from your head to your toes **relax completely**.



You are **completely relaxed** now, no one is wanting anything from you, this time is just for you.



Take a breath and relax. Now, I would like you to imagine a stairway of 10 steps. You are going down deeper into your subconscious mind as you climb down the steps. Perhaps you can feel a plush carpet under your bare feet or something else that you'd like, I don't know about that, but your subconscious can present to you a safe stairway of your own making, now as you step down from 10 to 1. Ok, you begin descending...

10- **Relaxing and letting go**

9- Feeling more relaxed, there is lots of time

8- **A deep, deep calmness inside and out**

7- You feel **so relaxed**

6- Serenity and peace

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

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

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

2- The relaxation is twice as deep now

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



You see a door in front of you now...

And as you open the door you can feel the **gentle breeze**



Of a warm summer's day



Gently caressing your face and moving through your hair like a **soft whisper**



Nowhere to be.



No one **wants or needs** anything from you



You see a path through a beautiful garden, with brightly colored flowers on either side And decide to follow it,

You go over a small foot bridge with a babbling brook beneath and you stop to listen to the sound of the water rushing over the rocks



Notice as you walk down the path through the sweet fragrances of the flowers, You see a big comfortable hammock ahead suspended between two **large and strong trees**



It's empty and calling you



So you get in it A

And lower yourself into this **cocoon of relaxation and comfort**

You feel safely ensconced in the hammock
The waves of relaxation start to flow through you



All the stresses and strains of everyday life are just **washed away** as you begin to rock gently, back and forth, to and fro
You feel at **peace, calm**



You look up through the leaves above to the blue sky to see white, clouds, soft as cotton floating by



As you swing back and forth the sky and clouds move with you



The sounds of the babbling brook are relaxing you and you close your eyes feeling as if you have no worries of the world



You let your mind **wander** and drift to happy times
Those gentle times



You are feeling a comfort **deep** inside you



**It is sinking
Even deeper.**

Into a trance like a daydream



Occasionally, you notice the sweet fragrance of nature
The freshly mown grass and flowers in the garden nearby



You feel a **warm, wonderful sense of relaxation** as you snuggle yourself a little deeper into your hammock



You are enjoying this tranquil **peaceful relaxation in every part of your body**



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



Let your subconscious mind register this...Do whatever it takes to **experience yourself as lovable**. The more you are okay with yourself, the more others are okay with you

Use affirmations to replace the old tapes you keep hearing from your past, things others have said that hurt you

Maybe your parents, old relationships and such.

Instead, come from a place of **"I'm ok just as I am."**

What will draw people to you is their sense that you are **fully** expressing **all** of who you are



Many find a genuine self-confidence as an aphrodisiac, it works like a sexual magnet Focus on what works, instead of always thinking about **what could be better**



Self-respect, assurance, clarity about who you really are **will draw others to you** Find out what matters to you, hold that vision



To attract love in your life it is important to follow your own dreams and that will give you personal satisfaction so you can **feel good** about yourself



You maybe opening new doors through some online support group or a group in your town that can help you to meet others,

Where someone is also looking for the love of their life with a similar value set such as yours...

If you don't have clarity about your boundaries, about what is or is not fulfilling, you may allow the merely acceptable instead of what you desire in life. Know what your real requirements are in a relationship, what qualities you admire, but don't be so picky that you let go of a partner that meets **most** of your expectations.

If you want to get better at loving and being loved, it's essential you learn the love of **compassionate forgiveness**. If you are to move forward into a healthy loving relationship, you must **release** past negative emotions from past relationships. Don't let the past negative experiences define your new relationship. Everyone you meet in life is unique and different; don't allow yourself to get caught in the trap of worrying that you are seeing signs of a past negative relationship in new people you meet. Meet people with an open mind, Without allowing prejudice from controlling your emotions.

As Mother Teresa said, If you judge people, you have no time to love them.

Forgiveness is the gift at the end of the healing process, when you can say to the past relationship, "thank you for the gifts you gave me, the lessons I learned and the changes that were made, even if some were painful."



Every relationship changes us somehow and helps us to grow so carry an open heart into the next relationship

Let go and be thankful for what you learned in the past.

Relationships are living things that require tending

In order to cultivate your next relationship,

Ask yourself,

How did you nurture yourself today?



Become Irresistibly Attractive to yourself

Compare yourself with no one

Stop trying to become somebody and just **be yourself**.

Stop waiting and start trusting your inner voice

Trust yourself when something inside tells you to go somewhere or says go meet that person...

As C.S. Lewis said: "To love is to be vulnerable."

Or as Thomas Merton said,

"The beginning of love is to let those we love be perfectly themselves and not to twist them to fit our own image. Otherwise we love only the reflection of ourselves, we find in them."

You are letting all these thoughts sink in.

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 step to rest from your busy life

This is an important time you need to set aside 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. These suggestions will plant themselves **deep into your subconscious mind** and over time you will start to notice that as your confidence grows people are **more and more attracted to you for the authentic reasons as you are who you are. You find it easy to attract love as you follow your own dreams and be all that you can be.**



1-Open your eyes whenever you are ready