



The Matrix Mindfulness Practitioner

# Meditation Collection

*Dr. Paras*  
INSPIRE-EMPOWER-TRANSFORM

Exclusive Mindfulness Scripts  
for Wellness Professionals

Attract Wealth

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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# Attract Wealth

What is the secret to **attracting wealth**? How can you feel wealthier and **more abundant**?

How can you change your financial mindset and **expect more**? The key to doing this is to **reprogram your thoughts**.

Money is **energy** - nothing more and nothing less.

**Wealth and abundance** are a mindset. You can have as **much as you want** or you can continually push it away.

Your mind doesn't really care, it simply **manifests whatever you focus on**.

Feeling **wealthy and prosperous** requires a simple shift in thinking, which is what you are here to do right now.

What you believe in your subconscious mind becomes your **way of life**. If you **celebrate wealth** and expect abundance, the wealth and abundance will come.

If you **feel happy**, when you are paying a bill, you can shift your mindset quite easily.

**Everything starts with you and your state of mind.**

When you start **feeling grateful** for that which you do have..... you will start to think like a **wealthy and abundant** person. The moment you **shift your thinking**, is the moment you start attracting bigger and better things into your life.

**You can make feeling wealthy a habit** . You can **take control** of your finances. You can even **face your fears** that exist around money. Everything is in **your control**.

**Attracting wealth** is a skill you can develop. Once you align your thoughts with **wealth and abundance**, you begin effortlessly manifesting all of your dreams and goals.

The secret to **attracting wealth** is changing your thoughts at that deep subconscious level.

In this session, you will **immerse yourself** in a new way of life. The secret is **YOU**. So if you are ready...



Let's begin.

Find a comfortable place to relax for sometime. 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

Gently close your eyes and **relax** if you haven't done so already.

Start to focus on your breath. **Breathe slowly and deeply**. As you breathe in, feel the **breath flowing in** and out - calming and **relaxing** you.

Breathe in through your nose and **slowly exhale** through your mouth.

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

Today you are learning to **attract wealth**. You are raising your expectations and **expecting more**.

And because you have chosen to rest comfortably here listening to the sound of my voice, you have decided that you would like to **improve your wealth consciousness and attract wealth**.

Now let's begin by having you picture yourself at the top of a **beautiful spiral staircase**.

And at the bottom of this staircase is a beautiful theatre - a **theatre in the round**. In this theatre **all of your dreams** will come true.



As you go **deeper and deeper** into this beautiful state of relaxation, imagine yourself gently walking down each step.



As you **descend down the stairs**, you will be able to double your relaxation with each and every step.

So go ahead and picture the **most beautiful staircase** you can imagine. See it in your mind.



Your staircase can be made out of any material you like. There is **no rush** and you are in no hurry.

And with that feeling of **warmth and comfort** you feel **more and more relaxed**.

Breathing **easy and rhythmically**.

There is nothing you need to do but allow yourself to **gradually let go** into this peaceful and beautiful place.

You feel supremely **relaxed and at peace**. As I count backward from 10 -1 allow yourself to become more and **more relaxed** with each and every number as you take each step.

10 - Taking that first step, focusing on the **sound of my voice**.

- 9 - Taking that **next step**, and relaxing and going deeper.
- 8 - All your muscles are becoming **loose and limp**.
- 7 - **Just let go**. You may even feel like you are **floating down the stairs**.
- 6 - You are **drifting down**, deeper and deeper down.
- 5 - Down that next step - drifting down, even further - into this **relaxation**.
- 4 - Allow yourself to **double your relaxation** with each and every step. This is your time to **just let go**.
- 3 - Feel yourself going **deeper and deeper down** as you become more and **more relaxed**. The deeper you go the better you feel and the better you feel the **you go**.
- 2 - You're almost there at that last step, ready to begin the work you came here to do.

Relaxing even more **completely now**, because when you hear the next number, you will instantly become **10 times** more deeply relaxed and all the way down to.

1 - Ten times more **deeply relaxed** now, you feel so comfortably relaxed as you listen to my voice

And you are ready for the **work to begin**.

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

The Law of Attraction works like a **mirror** in your life. Your life is a **direct reflection** of your inner most thoughts and desires.

In order to **attract wealth**, you have to start thinking differently. You must start tuning into the **energy of wealth**. You have to start thinking **abundant thoughts**.

The easiest way to do this is to **relax and dream** and reprogram your mind at that **very deep level** which is what you are doing now.

You must see yourself **living the life** you truly want to live - in your mind. You must **immerse yourself** in thoughts of wealth and abundance.

Knowing what you want, and **focusing on it** is the key.

Now imagine you are standing in a **360 degree theatre**. Everywhere you look you see a **big view screen**.

This theatre is a theatre in the round and you are standing in the center. When you look up you see a rounded dome **above your head**.

You notice a **movie playing** all around you. This is a movie about your **NEW LIFE**.

You start thinking about your **dreams and goals** and what you really want out of life.

To **attract wealth**, you must focus on the **joy** that wealth and abundance bring you. You have to see yourself living life in **exactly the way** you want to live it.



Now, focus on the life **that you desire**. Make your dream **BIG and BOLD**.

What is it you want? What kind of lifestyle **do you want to attract?** How will you know when you **have it ALL?** How will **things change?** How will **you change?**

Imagine that you have **anything and everything** that you could ever desire. What does **this mean to you?** How are **things different?**

And in this movie, you can have any kind of life **you desire**. You might even see cash literally floating **all around you**. You might see **money coming in from multiple streams of income**.

Have some **fun** with this.

See the cash **piling up** all around you. Notice the amazing things that you are able to do with your **enormous good fortune**.



Fully associate yourself into this experience now, as though it is **really happening, which it is**. See yourself through **a new perspective**.

See yourself **giving graciously** and feeling good about money.

Bathe in the **wonderful feelings** that ripple through your consciousness. Imagine your **fortune growing** even greater.



See yourself as a **wealth magnet**. You are **attracting more** and more every day. Handling money **is fun**. Making money **is fun**. You have so much that you're not even sure what you will **spend it all on**.

Dream your **biggest dream**. Hold nothing back. Take a moment now to really **tune into** this new way of life. Go through your **ideal day**. Have some **fun** with this dream.

Now see yourself **being charitable**. You can now pursue your passions and start **changing the world**. You can **fight for a cause**.

You can put your **immense fortune** to good use. You can **help others**.

Your wealth is a **magnet that attracts more** and more abundance into your life, every single day.

Feel the tremendous **sense of achievement** and gratitude, for all of the wonderful things that you now have.

As you continue watching the big screen, see yourself living **a new life**. See yourself **smiling** and looking forward to each new day. See yourself waking up with **joy in your heart**.

See your dreams and desires in **living color**. This **is YOU** at your absolute best living life with ease.



Keep focusing on your desires - on what you **want to manifest**.

If you desire a new home, **step inside** of that new home and walk around. Feel the **soft carpeting** or the beautiful wood floors.

Sit in a **comfortable chair**. Open the doors and go outside, and notice **the environment**.

Drink it all in. **You deserve this**.

If you desire a new car, sit in the seat and **drive it**. Ask for **what you want** and watch as it instantly appears on the big screen.

If you have a desire to travel, see yourself **traveling and having fun**. Try and **expand your vision** and focus on what this wealth brings you.



Immerse yourself in **this desire** and this new way of life. The moment you think about something, the scene in the **theater changes**.



You are in a **very magical place**. Your dreams are right here **at your fingertips**.



Keep tuning into this dream.

Make it bigger, and bolder **and brighter**



Listen for the **sounds**.



Feel the textures and notice the **colors**.



Spin around and **immerse yourself** in your dream. You are literally in **this new life** - you are a part of your new desire.

You are creating and **manifesting your future** right now. This is a **powerful process**.

Approach this with a sense of **childlike enthusiasm** and laughter and notice how happy you are.

Keep spinning around the room **drinking in this vision**. Open up your arms and **feel the magic**. This is really how **change happens**. You must see it and **feel it first**.

You have activated the **law of attraction** in every sense of the word. You have successfully **focused your energy** and aligned your thoughts in support of this goal and here you are!

You are literally **pulling in your desires** with your energy and your thoughts. You may even feel a surge of **energy within your body**.

You are the one that **makes it all happen**. Your thoughts **attract wealth**. You are **powerful**.

As you watch this beautiful movie you silently repeat to yourself:

I **believe**.

I **can** have it all.

I am **attracting wealth** right now.



I **create my future** with every thought.



I am **powerful**.



I **love** my life.



I am **magnetic**.



I **believe!**



I **can** do this.



I **am** doing this.



I **attract** wealth.



I am **abundantly blessed**.



I am a **powerful co-creator** in my life



I am **attracting my desires** with every thought I think.





**Fantastic** isn't it!

You are manifesting **abundantly and effortlessly**. You have removed **all obstacles** to attracting wealth. All obstacles are **merely an illusion**.

You are the creator of your own **personal universe**.

Know that in the coming day your desires will begin **manifesting into your reality**.

The more you are engaged in this process, **the faster** all of this happens.

And know that you may visit this **theatre of immersion** anytime you want to attract more. Everything starts with one **positive thought**. Every thought you think **creates more**.

Keep focusing on **your desires**. You **deserve it**.

You **CAN** have it all.



**Great job** today!

You may choose to consciously remember these suggestions or allow them to sink back **into your mind**. Your subconscious mind remembers everything.

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



1. Feeling great.



2. Coming back.



3. Almost there.



4.. That's right....coming back around.



5. Eyes open, feeling incredible.

Welcome back.

Now go out and start living your desires.....every day.