



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Boost Your Creativity

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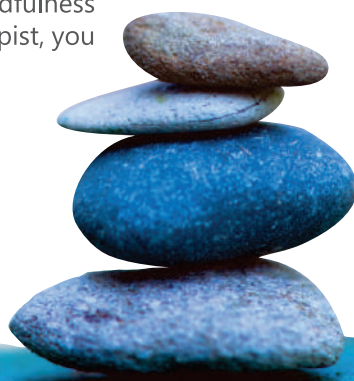
If you are a practising hypnotherapist, Mindfulness Coach, NLP Practitioner, or a psychotherapist, you may use the meditation scripts for -

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.
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- 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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Boost Your Creativity

We all experience those moments of self-doubt where an inner block dampens the ability to express creatively. This may be familiar to you and it is perfectly normal and happens to most people at some point in their lives. Even if you feel this way, there is still a great deal of creativity remaining hidden within the mind.

You have an untapped wealth of ideas and moments of pure genius just waiting to emerge. But to release that **inner creativity**, you must learn how to overcome the barriers and unlock those hidden doors, releasing your imagination and boosting your creativity in the process.

From this moment on, you're going to listen to my voice and allow it to guide you towards **deep relaxation**. This will feel very comforting and be perfectly normal.

Imagine one of those lazy afternoons when you had very little to do and could simply settle back in a comfortable position and relax.

This is very much how this will feel today as you slowly drift into a **deeper state of relaxation**. Tension will gradually lift, and you will feel every muscle within your body start to release and relax simply by listening to my voice and activating your imagination.

I want you to imagine a place where you felt perfectly comfortable. It may be in a comfortable room with a log fire. Or, you may be drawn to a beach setting on a sunny day. Perhaps, you prefer to be in a forest clearing with the sounds of nature all around you. It really doesn't matter where the scene is because it is uniquely yours.

All that is important is that it belongs to you.



It is your safe place and one where you feel **completely relaxed**.

As you visualize this place, you will find yourself relaxing even deeper than you have before.

This place is special to you. You will find it easy to return here at any time you choose, simply by relaxing and using your imagination.

Every muscle in your body is **relaxing slowly** and all tension is dissipating. My voice and the vision you have created are the only things that are important to you now.

Everything else just seems to fade away and becomes unimportant to you.

All external sounds **slowly disappear** into the background and only my voice is left guiding you.

You may find that your eyes become heavy and it is easier to close them.

This can happen in your own time and when you're ready.

The more you relax, the heavier your eyelids will feel.

This is a wonderful calming experience and because it is your imagination it belongs uniquely to you. This is your gift.



Slowly all of your body relaxes, and it may feel as if you are floating...

You do not have a care in the world.

All your muscles... **so limp and relaxed**.

Even your jaw **releases tension** and feels loose

Your jaw may open slightly and this is all perfectly normal.

It is all a sign that your whole body is **relaxing** into a wonderfully calm state.



In this secret place that your imagination created, you feel safe and so very calm and relaxed.

Everything is exactly how you wish it to be.

This is truly your moment.

Yours whenever you want it to be.

So beautifully relaxed.

Drifting in a peaceful haze

It feels as if you could ask for anything and it would be yours.

So **deeply relaxed**.



Only my voice is guiding you.

Your inner mind is opening and ready for suggestion.

All you need to do is to **listen**.

As we carry on through this wonderful journey you will continue to relax even further.

This is so easy and so **wonderfully calming**.



Now you are so deeply relaxed your subconscious mind is open to suggestion and guidance. You will continue to relax as you allow my voice to guide you on this wonderful journey.



Your imagination is the key to your creativity and your subconscious mind is the place where it all begins to happen. As you relax more your subconscious mind opens up, like a flower seeking sunlight.

You now have access to the deeper parts of your creativity.

This unlocks all previously hidden doors.

Creativity, although born from your imagination, needs to be exercised like any other part of your body to remain strong, so to reach its full potential.

Because you are so relaxed now and your subconscious mind is open and ready to receive, you find it far easier to **push the boundaries** of your creativity.

This becomes easier every single day as you replay these moments.

You no longer need to wait for creative inspiration. Every day, there is an **abundance of creativity** waiting for you to tap into.



You easily find things that inspire you.

Your mind is open

You gain ideas from all around

It is as if all barriers have been lifted and you have the freedom to explore without a care.

You recognize creativity in others and are **naturally drawn** to them as they are to you.

You recognize that working with the right people can sometimes make you even more creative and it is easy to forge connections with those who share the same mindset.

You continue to relax.



As you relax even deeper, your subconscious understands that the creative part of your mind is now expanding.

You never need to look for inspiration again, **creative opportunities just manifest**. You find it easy to identify the areas in which you already have a deeply-rooted passion.

Understanding that loving what you do, and creativity is integrally connected. It is clear to you



Life seems to have a plan for you.

You are inspired by others

You learn through your inspiration

You see competitors as another source of inspiration.

You find it easy to take other people's ideas but add to them so that they are unique and true to your vision.

This is another aspect of your **developing creativity**.

How does it feel to know that you can **tap into this abundance** whenever you desire?

How will this untapped creativity make a difference to your life?



Creativity is one of your gifts. It is effortless now. You gain new ideas without even trying.

The **doorway to creativity is open**.

It will feel like you have tapped into an **endless abundance of creative inspiration**.

Ideas flow from you.



Still listening to my voice and still sinking into a deeper state of relaxation.

Creative ideas will appear even while you sleep. It does not matter if you do not remember them as your inner mind will recall them when you need them.

Some of your best ideas will come to you when least expected

You may be walking the dog or going to the shop and yet, your creative mind will **spark into life**. This will happen anytime you need it. Your subconscious mind is always aware of it.

You are always at your **creative best**.

Creativity is a part of you.

It is always there.



Even though you are always in a state of creative abundance, this does not mean that all creative ideas need to be complete. Sometimes, it is ok to walk away from an idea or to use it as a creative base for other ideas. You understand this now.

This makes you more positive and in **control of your emotions**.

People will notice this change in you.

You will **attract** the right people into your life.

Take a moment to think about how this changes so many things for you.



You understand that you can recapture this moment of deep relaxation and open the door to creativity anytime you desire.

Your **creativity and imagination** are intermingled and fuel each other.

You will find it easy to ignite your imagination and to create new ideas through doing all the things you love...perhaps walking in the park or listening to music.

Any inspiration is now amplified greatly. **You will feel creativity flowing through you**.

Everything that worked before now works even better.

This is because you are tapped into that inner flow and the doors to the real creative you, are open.



You are never frightened to ask other people their opinions, this is all part of the learning and growing process. Your inner mind that opens the creative thinking side of you understands this. You develop new ideas because of this.

It is a continual flow of energy that you simply become part of.

Even the ideas that you do not use are **creatively powerful**. You are beginning to see endless possibilities now.

You know that you can bring yourself back to this place of creative energy and understanding simply by relaxing and asking your **inner mind to open**.



All you need to do is to make your intent known by saying inwardly...

'I **open my inner mind** up to creative thought and imagination.'



I want you to repeat those words in your mind right now as you relax further.



'I **open my inner mind** to creative thought and imagination.'

This is so simple, and you will practice it daily.

This allows your subconscious mind to focus on your creative place, like a message to your inner mind.

It is always open for this.

The more you repeat this procedure the easier and powerful it becomes.



You are so **deeply relaxed** now.

Still focusing on my voice.

The inner mind opens and takes all these suggestions in.

Ready to guide you into a deeper creative thought process.



You are so **deeply relaxed** now.

Still focusing on my voice.

The inner mind opens and takes all these suggestions in.

Ready to guide you into a deeper creative thought process.



In a moment when you slowly awake, you will remember all this at a subconscious level.

Your creative mind is very open right now. It will remain so even as you awaken.

I will count from one to five and with each number, you will feel more alert and at the number five, you will be fully awake and back in the room.



I will start now.

1. So **deeply relaxed** but beginning to wake. Inner mind full of creative thoughts and ideas.

2. Eyelids flickering and slowly becoming **aware of your surroundings**.

3. External sounds making themselves known and muscles beginning to feel alive

4. Aware of all your limbs but still very **calm and relaxed**.



5. And as your eyes open, feel the sensation of your body. Notice your posture, stretch if you need to, let your muscles come to life. **You are rested**, but rejuvenated. Listen to this guided Mindfulness Meditation session often and you will experience greater clarity of mind, your creativity will grow stronger and become instinctive.

You have **unlocked the doors to your real creativity** and you may find over the next few hours and days that ideas flow through you. Embrace this sensation of renewed creativity. Keep a notepad and pen with you and capture the essence of these ideas.

Welcome back!