



The Matrix Mindfulness Practitioner

# Meditation Collection

*Dr. Paras*  
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts  
for Wellness Professionals**

Believe in Yourself

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.

All rights reserved worldwide.

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

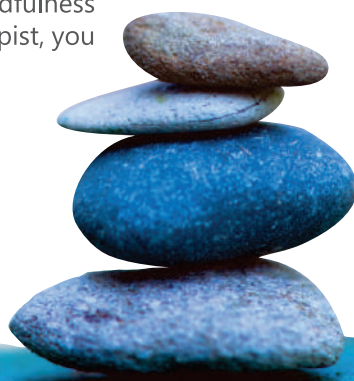
If you are a practising hypnotherapist, Mindfulness Coach, NLP Practitioner, or a psychotherapist, you may use the meditation scripts for -

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.
- 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

# Believe in Yourself

When you **believe in yourself**, you really believe in yourself and know that you are capable of anything in life!

Believing in yourself and in your abilities **is empowering**.

Your mind has the capacity to dream up and imagine **any reality you desire**. When you really believe in your own power your life begins to open up in a **whole new way**.

When you believe in your abilities, you feel stimulated and **exhilarated**. It is that feeling that you are in the right place at the **right time**. It is that feeling of being in sync with the universe.

Believing in yourself is so important for **your happiness and success**.

When you **believe in yourself**, you feel like you deserve good things. You feel confident **and deserving**. When you have this strong belief..... you realize that you deserve to be **immensely happy**.

Everything starts with this idea of **self-belief**.

Learning how to believe in yourself opens up **endless possibilities**. If you struggle with self-belief, you are not alone. We are programmed throughout our lives and **conditioned** to doubt ourselves.

In order to shift your focus and **believe in yourself again** you need to rid yourself of self-doubt and rebuild a healthy sense of self-esteem.

You can do this. It's just a matter of thinking differently and building up that self-belief.

When you start thinking differently, **everything changes**. You believe **change is possible**. You start visualizing a new life and pulling in the **energy of change**.

All of this causes you to **take inspired action** toward your dreams and goals.

You always have the choice to think differently and to believe in the **infinite possibilities** for your life and that is what this session is all about.



So if you are ready, let's begin the process of change. 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 you**.



Take another **deep breath** in and relax.

Breathing in through your nose and **slowly exhaling** through your mouth; feel yourself sinking deeper and deeper - letting go of **all** distractions and thoughts.

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

Now, take another deep breath, and let every muscle in your body **just let go** as you breathe out

That's good.



As you relax and breathe, you might even imagine you are **soaking in an outdoor hot spring** of some kind.



And as you soak, you notice the **prismatic bubbles** floating around above the water.



Feel the warmth of the water **caressing your body** - easing away any tensions or concerns.



You begin to feel relaxed and **comfortable** - enjoying the luxury of having absolutely nothing to do - but relax and let go.



Feel the **warmth and comfort of the warm water** spreading up over your body - starting with your toes and your feet - and gradually working its way up into your legs.

Feel this **warmth** flowing into your stomach - as your belly rises and falls - and your **breathing is calm** and regular. Your shoulders feel loose and limp.

Let your arms relax - and **let go**.

And as you relax, all those little facial muscles become **heavy and tired**.



Even though you are tired and relaxed, you maintain your awareness since you are lying in the **warm water**.

You can **relax** and still be aware of the feeling of the warm water and the **soft bubbles** all around you.



The bubbles are **soothing** - they may even have a color.

You might also enjoy playing with these bubbles.....like a child would play.



You are weightless now - **just pure energy** - and you might even find it enjoyable to move inside of one of these bubbles.

Feel yourself floating down toward the bubble - perhaps head first



And as your head reaches the bubble, the bubble turns inside out, engulfing your body, until you are surrounded by the film of iridescent color



It feels **amazing**.

You feel **calm and relaxed**.

And safe and protected.



Inside of this bubble you experience a kind of **healing energy**.



And, it's nice.



You might even stretch your arms, and push them out through the bubble.



It's fun to play with the bubble.  
Just like a child would play in the tub.



You are **safe and warm**  
You can allow yourself to **play and be free**, in this moment.



As I count back from 5-1, you can allow yourself to **relax deeply**  
To just relax and let go of everything in this moment.



5...It feels good to **play with the bubbles**



4 

3. You are relaxing more and more...



And 2. Just floating in the water...**playing and drifting**...

And dreaming, and on that next number, you will be deeply relaxed...**deeply relaxed**...

And 1...



You are now **deeply relaxed**.



**Just relax.**

You are ready to **believe in yourself** once again



It's time. You know that you have a right to be happy and to **feel worthy**.  
This **sense of belief** makes your life much more enjoyable.



Self-belief is about **feeling confident and deserving**.



You know when you feel a high sense of self worth that you feel **highly optimistic**  
and inspired and life just feels better.



Feeling worthy means **feeling deserving** of good things. It's about feeling **good about yourself**.



There is simply no substitute for self-worth because everyone has a right to feel worthy.



This feeling of self-belief is part of who you are now.



What you **believe you create**



So the more you believe in yourself the more **deserving you feel**.  
In essence, when you believe in your **talents and abilities**, it's easy to follow your dreams. This belief helps you **feel confident** from within.



When you believe in yourself...  
You really believe in yourself...

**Your entire life improves.**



Now let's pull in some more of this **amazing self-belief**.



Imagine yourself standing in front of a **beautiful mirror**. This mirror helps you see all of **your best qualities**. It helps remind you how **special you truly are**.



It's easy to forget how amazing each of us really is, so sometimes we need a **reminder**.



Go ahead and step in front of this **magical mirror**.



Really look at yourself.



As you gaze at your reflection, you start remembering how much you have accomplished over the years. You start seeing all your **best qualities**.  
And this is so much more than **how you look**. It's about your achievements and how you **feel about yourself**.



The more you stand here the **better you feel**



Suddenly you feel a new sense of **confidence and strength**. This feels like an **infusion of positive energy**. You feel **confident**.



**You are confident**



You **believe in yourself** and in what you have to offer the world.



You have so many good qualities that you like about yourself



And so many qualities that others **are attracted to**.



Take a moment now to identify your **good qualities**.

Think about what you **like about yourself**.



Be bold.

Come up with as many **positive qualities** as you can. These might even be simple things like:

Being kind and **compassionate**.

Being **strong**.

Being **creative**.



What do you like about yourself? Don't be bashful

Be as bold as you can and come up with as **many good qualities** about yourself as you can.



Think about your strengths and those things you are **good at**. Think about those things people are always **complimenting you on**.



Remind yourself that despite your flaws, how unique and special you really are.



There is no one else in the world quite like you. You are a **miracle of consciousness**.



Now take a moment to list the reasons that you feel others are **drawn to you**.

Friends, family or whoever you **may be close to**.



These are the reasons they believe in you and the reasons you **believe in yourself**.

Keep focusing on these positive qualities.



Really **love yourself**.

Allow all the traits you just thought of to grow within you and **become even larger**.



See your reflection growing **bigger and bigger**. Give yourself a nice big hug and **bring a smile to your lips**



You are **worthy of love**, good health, wealth and more.



Now as you stand in front of this mirror, start focusing on an important dream. Something you want **to manifest**. What is it **you desire?**



How has this feeling of self-belief changed you?



All of your fears have **melted away**. You feel strong and **charismatic**. Your energy is **positive and uplifting**.



People love you.  
You are a new person, a confident person.



Feel this from **deep within**.  
**You love yourself**, no matter what. You **forgive yourself** and others. Whatever caused this sense of self-belief to wane in the past is over and done with.



You are a **new person** with a new focus in life.



You deserve love and friendship and **peace in your life**, and you shall have it.



You feel **loved and admired**. You always put your **best foot forward**.



You are incredible and **talented and special**.



Oh how you shine!



You are building a new life today, a life where you always feel worthy and a life where you truly **believe in yourself**.

You are worthy of everything. You deserve **good things**.



You are realizing today that you are **"perfect"** just as you are. You are always improving, of course, but you love and admire yourself just **as you are now**.

**You deserve to have it all**, and you know it now.

As you contemplate these feelings of belief, you realize for the first time in a long time that you have value, you have merit, and **you have excellence**.

You have solidified this feeling of self-worth and this feeling pours out **in all directions**.





This feeling **multiplies within you** and touches all areas of your life.

Today you feel proud and **deserving**.



You have a healthy sense of self-love and you are your own best friend.  
As you focus on your dream - see yourself achieving it.  
It doesn't matter how you will get here....**your subconscious supports you** and will easily guide you through the steps to achieve this dream



As you contemplate this dream - you begin to see yourself in a whole new light. You repeat the following phrases in your mind:



I feel **worthy** of great things.  
I am **confident**.  
I am living my **best life**.  
I am **accomplishing** my dreams  
I can have **anything I want**, need or desire.



I love myself, **just as I am**.



I feel **loved and desired**.



I am my **own best friend**.



**I deserve to be as happy** as the happiest person on earth.



I **deserve the best**, because I am the best.  
My possibilities are **endless**.



I **approve** of myself.  
I choose to live a life of peace.



I am **good**.



I **believe**.



Now just allow these feelings to **sink into your soul**. You have a brand new life, because you have changed your perspective and it feels good.



You feel **happy and content**.



Everything is happening in the perfect time and in **the perfect way**.



All of these suggestions have now become a part of who you are at the deepest level of your mind.



Each time you listen to this session, these suggestions will become a part of your actions, your behaviors and your personality.



Nicely done.



Everything in your life is happening just as it should. You are in the flow of life.



You **believe in yourself** and everything is going to be just fine.



It feels good to believe in yourself again, doesn't it?



**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 will be able to use these new leadership abilities whenever you need them.



You have done an **outstanding job** today



Well done!

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

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 this new sense of self-belief has changed everything, which is a fantastic way to live.