



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Conquer Alcohol Addiction

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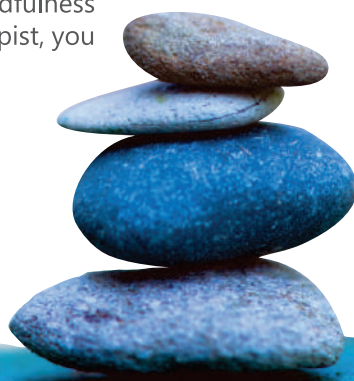
If you are a practising hypnotherapist, Mindfulness Coach, NLP Practitioner, or a psychotherapist, you may use the meditation scripts for -

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


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- 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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Conquer Alcohol Addiction

Many people are prone to alcohol addiction because they use it to deal with uncomfortable feelings. I'm grateful you are listening to this today as it shows you want to conquer alcohol addiction.

You may find that you drink to fit in, to feel less inhibited or because it takes the "edge off" troubling emotions. If you have a serious alcohol addiction, you can easily fall into a trap that keeps you dependent on alcohol to get through life. Of course, this will end up causing more harm than good and you know that within. Alcohol abuse not only takes its toll on your health but it is also very likely to destroy your relationships with the people you care about. You may **even lose your job** because of your drinking habit.

To deal with a drinking problem or serious addiction, you need to address the underlying reasons why you drink and become addicted. Most people often turn to counseling and medications to work on their addictions and that is okay. But, there is also another alternative that resolves alcohol addiction.

Welcome to the power of meditation and this is exactly the reason why you are here. You are here because you believe in the power of this form of mindful meditation which is a wonderful and effective way to tackle your problem using the power of your subconscious mind. When your mind stops associating alcohol **with relief from pain**, you will no longer find yourself reaching for a drink to feel good or to avoid your problems.

Mindfulness meditation can help you conquer alcohol addiction by raising the awareness of your subconscious mind to deal with your problems in an effective way. You can use the power of hypnotic suggestion to remind yourself that alcohol is an **undesirable substance**, rather than something you reach for to feel good. Very simply, you will no longer want or need to drink once the power of hypnosis re-frames the way you think.

Find a comfortable place to relax to listen to Mindful Meditation. It could be in your bed or in a nice comfortable chair. Turn off all gadgets or anything that could distract you and of course, never listen to this meditation while driving or operating any machinery as it could make you very drowsy.

Allow yourself to get cozy and relaxed. Adjust your pillows or blankets so you can be comfortable to listen to this meditation

In a moment, I would like you to take three deep breaths and with each breath, **exhale slowly**

As you exhale, completely **release the tension and stress** from your body.



On the third deep breath, as you exhale, let your mind and body really sink into a **deeply relaxed state**, let your eyes slowly close, and feel your awareness going to your inner mind.



Now, place your hands on your belly and breathe into your abdomen

Inhale deeply and as you exhale, let go of the stress and tension in your body.



Feel your belly inflating on the inhale and deflating on the exhale like a balloon

Visualize that as you breathe.

Focus all your attention on your breath now



Breathe in, and , out



Now take another breath in and let it fill you with a wonderful softness

Imagine a gentle warm breeze filling you in.

Letting your breath relax you and allow you to go into a perfect **state of deep relaxation**

It's easy for you and sometimes you drift and dream away

This is so enjoyable to not think about anything at this moment. at

You hear my words and music in the background of your mind

As you are experiencing this, you find it so enjoyable to be able to shift to a state of calm.



You are so calm now

It's like a pebble that you drop into a pool of

Water, it creates ripples on the surface but then drifts slowly

Down



Just below the surface of awareness.

The pebble drifts down...



And down



Gently descending, nothing is

disturbed

It slowly comes to rest on the bottom of the quiet pool

All is still and alm

Nothing to do

Just be



Perhaps thoughts, images, sensations come to mind in response to my words. And you can continue to enjoy these feelings of deep relaxation and feel comfortable letting go.

Absolutely nothing to do, nowhere to go, nobody wanting anything from you, just this time for you



Maybe you notice how easily your body responds to my voice, and how your mind may wander and drift, and then you notice **how easy** it is to come back to my voice. You go **deeper into relaxation** with each word.

Maybe you notice how wonderfully heavy your arms and legs are becoming and this feels

good

As you go **deeper and deeper**, so good to just,

Let Go, NOW.....



You may find that you trust this feeling more and more and simply begin to surrender to it.

And, as you surrender you may have already noticed how deeply relaxed your body has become

And my words can find their way into those deep inner spaces of your mind where you can make these changes **happen easily and effortlessly**

You have **all** the wisdom and ability to create what you desire.

You don't have to figure out how to make it happen, simply allow it to happen



I would like you to imagine a stairway now of 10 steps going down deeper into your subconscious mind, **now as you step down from 10 to 1.**

10- Relaxing, letting go

9- Feeling more relaxed, there is lots of time

8- Peace and serenity now fills your body

7- Twice as deep

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

5- Deeper still...

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

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

2- Or, maybe a warm breeze

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

Imagine now that you are lying down on a grassy hill on a warm summer's night.

You look up at the sky and it is filled with millions of sparkling stars in the clear dark night.

These stars give you comfort and a feeling of well-being as you marvel at the sight above you.

You think about the wonders of the universe and these **thoughts are healing to you**



You notice one of the stars are brighter than the others and you decide to make a wish

You feel it shining down on you as if it is your own **personal** star.

You make that wish **now**



You give that wish to the universe and your **sense of well-being becomes even stronger.**

As you feel the healing of the star entering your body, you start feeling so good.

It fills you with hope and a new sense of strength that gently tells you that you can accomplish anything you want.

You know this star is there just for you and anytime you want to get new strength and a feeling of well-being you can just think about your star.



It feels good to let go of all stress and tension and allow the night sky to calm your spirit. You are now feeling **very comfortable and relaxed** and your subconscious mind is ready to accept and act upon each suggestion that I now give you. The suggestions will go deep into your inner mind and they will have an immediate and **permanent effect** upon you.



You see a path ahead of you and you begin walking down it.

You soon come to a fork in the road and you realize you are standing at the crossroad in the journey of your life.

It is a decision point, it takes you ahead 10 years into the future no matter which way you go.

You decide to go down the road to the left because it looks easier as it goes down hill, it feels familiar. As you walk down hill and look at either side of the path you see people that you know, they are your friends

At first you are glad to see them, as you haven't seen them in awhile, but as you look at them 10 years in the future, you notice something about them doesn't look good.

They look older, they look sad, depressed, sick.

Then you see broken bottles on either side of the path, different types of alcohol bottles, wine bottles, beer cans strewn around.

You see lots of them, in fact they litter the whole path on either side.

These include all the kinds of alcohol that you drink.

You can see the names on the labels of the bottles .

The many bottles that you have emptied recently,

As you continue walking into your future, you are starting to feel **miserable**,

You feel out of control.

You feel you are carrying a weight or a burden and it feels **heavy**.



You see a mirror along the way and you look into it.

You see yourself as you are today. And ask yourself, **am I pleased with myself?**

Do I like the way I look?

Am I proud of the 10 years advancement into the future after continuing to drink for all this time?



Look carefully in the mirror and see how it has **affected you**



How do you feel about the self-destructive behavior that has led you to this point? What kinds of problems has this addictive behavior brought into your life?



Are you happy with your choice of friends? Do they encourage you to be better?

As you continue down the path you see a hospital and you realize that you are going into it and you have no choice.

You see people in the beds on either side of the hallway with illnesses related to a life of alcoholism

It could be the cirrhosis of the liver, or cardiovascular problems. Some have attempted suicide.

You notice accident victims from drunk driving or maybe just very sad people who could never overcome their drinking problem and they are alone because their partner has left them and their kids don't speak to them anymore.

Not only has everyone else given up on them they have **given up on themselves** and feel hopeless

You can see it in their eyes



You are being led down the hall now to a hospital bed of your own.

You see the open door to your room and the empty bed

You suddenly remember there was another path, it was an uphill climb and a little harder travel but not impossible

Somewhere deep inside you,

You realize that the road up the right path will take some effort as the high road usually does.

But it is a way of **freedom, health, life and happiness.**

It is the road to being in control of your life,

The high road to success!

You decide you cannot live another moment with this disappointment in yourself and the discouragement you have created in others that love you.

You do not want to waste 1 more year of your life because you want to make the right choices for self...

You realize you still have a **chance**, and you run out of the hospital and down the path past all the bottles and broken glass, past old friends and acquaintances and see that they don't even notice you, as they are so caught up in their own problems

You come to the fork in the road and you catch your breath, you've had a glimpse into the future and it isn't the future you want

Take a deep breath in now



Release it with a sigh

And again, deep breath in, let it go now with **an exhale of freedom**

You have decided not to let this happen to you.

You have decided to take the high road of success on the right

You know it will take greater effort but you know it will be worth it.

Listening to this meditation is the first step on the road to the right path

You are deciding to take better care of yourself.

With each step you begin to gain more energy..

Your optimism levels are growing...

You are beginning to see changes in your life as the 1st year mark passes and you now reach into your pocket and feel the one year chip for being clean and sober

It feels good in your hand, it reminds you of the **success** you can look forward to for the next **10 years** and beyond...

Think of the changes that are beginning to happen now that you have been sober for a year

What about 2 years?

3 years?

Now jump ahead 10 years and see yourself



Where are you?.



What are you doing?

Are you happy?

Look in the mirror.

What do you see?

Are you proud of yourself?

Are you enjoying the feeling of knowing you will never go back to that old way of living?

Now that you have seen your future...

Allow yourself to walk back down that path to the present and know that you will have that **successful future**, if you just keep on the right path.

Forgive yourself for your weakness, maybe it's not even your fault. You may be allergic to alcohol just like some people are allergic to other things. And so if you're allergic to something, it's unsuitable for you and you must never consider it as an option in life. The same is true with alcohol. If you're allergic to it, you can't have it.



For your body, alcohol an unworthy addition to your body
Your body places trust in you as an innocent child would on its caregivers...
You are now aware that it will absorb anything that you consume

Like an infant, your body can't tell you in words that it is being affected. It tells you through the symptoms that you experience. The hangover in the morning, the reduced efficiency, the inability to stay sober. Remember Alcohol is like a poison. You **need** your body to live:
Your body is like a precision machine and when you pour anything unworthy into it, it can't work very well.
You **owe** your body respect and protection.
You need to treat your body with the **respect** it deserves.

Put your middle fingers and thumbs together on both hands and make 2 circles.
Say these affirmations to yourself everyday, it will imbue these suggestions deep into your subconscious mind:

Say to yourself now:
For **my** body alcohol is a poison
I **need** my body to live
I **owe** my body respect and protection
I **want** to live a long, happy and healthy life

Say this as many times a day as you need to remind yourself that Alcohol does not nourish your body.. You will lose **all** desire to **ever** drink alcohol again because you will associate it with a bottle of poison. As you look at any bottle of alcohol now in your mind, you will remember it harms you.



Say the serenity prayer if it helps you.

God grant me the serenity

to accept the things I cannot change;

the courage to change the things I can;

and the wisdom to know the difference.



Today is the day in which you turn your life over to something **higher** than just you, not only to a higher principle, but to a higher power. Let that power run your life. You don't need to punish yourself anymore.

Today is the day that you let go of your past mistakes no matter how painful it is and prepare your mind to be your higher self.

Today is the day that you allow yourself the success you deserve.

From this moment on you are **free**, free from the alcohol, free from its entangling tentacles.

You've lost all desire for alcohol in any form. When you go out you find another drink like cranberry and soda or any other non-alcoholic beer that satisfies you. You will be surprised how much easier it is than you may have expected.

And so you remove all connections in your mind that have to do with alcohol.

You are starting a new life. You will be present in the moment and able to appreciate all the little things in life, like the sunshine that gently touches the trees and the birds that tweet on the branches.

You will be **grateful** for a second chance to make your life all that you have always wanted it to be.

Tell yourself now that you are starting over, that you are creating a new life for yourself.

Life exists in the moment

The past and the future are only in our thoughts.

You will begin to have **increased energy** and as you do you will see things from a new perspective and know that you can handle your life even if it is just one step at a time.

Don't let things overwhelm you by taking on too much.

Just tackle what you know you can handle **one day** at a time.

Feel your determination to accomplish your goals but to do it in a creative and timely way without pressuring yourself.

Choose friends that encourage you to be the best you can be and hold you accountable to accomplish your goals and stay sober.

You are realizing that you are in **charge of your life** and what a **powerful** and good feeling that is.

You are attracting loving and caring friends that support you.

Starting now a feeling of happiness and peace of mind can be with you because you are making it yourself!



Now allow all these suggestions take an effect in your mind, as you sink **deeper and deeper into relaxation** and they seal themselves into your subconscious mind and they reinforce themselves over and over again. I'm going to give you a period of silence in which all this takes effect.



You will be awakened very shortly. Before you come back, think about how good you feel right now...

The more you listen to this the more **powerful** the results will be.

In a few moments I will count you back from 5 to 1, if you are listening to this recording in bed and wish to drift off into sleep you can just take off the headset and in the morning you will wake up refreshed, awake and ready for your new day.

- 5- Stretching and bringing your awareness back into your body
- 4- Remembering to return refreshed, relaxed, 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