



The Matrix Mindfulness Practitioner

# Meditation Collection

*Dr. Paras*  
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts  
for Wellness Professionals**

Divorce Relief

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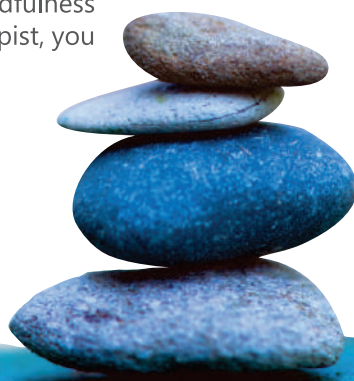
If you are a practising hypnotherapist, Mindfulness Coach, NLP Practitioner, or a psychotherapist, you may use the meditation scripts for -

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.



### 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

# Divorce Relief

Divorce is one of the most **difficult situations** anyone can go through. The guilt and pain it causes can be **emotionally draining**.

Divorce hurts everyone, it affects every gender and the families involved in both relationships.

More often than not, divorce is a devastating blow, even if **you see it coming**. It changes the fabric of your life. . Men struggle with the pain and guilt of divorce just like women do, and that can cause **a lot of problems**.

Losing your family is a life-changing issue and one that cannot be overlooked. Divorce is a process that may cause emotional loss and it has a profound impact on your world.

One of the biggest issues people face is the **guilt and pain** caused by divorce. Looking back is a difficult process because it causes you to re-examine everything you have done that may have caused the situation.

Divorce is a **two-way street** and no matter how hard you try to be amicable, it always seems to turn out messy.

When you divorce someone, you **lose your identity** and the life you once knew is gone forever. This can create a lot of **guilt and pain**.

However, you can **change** the way you view this. You can turn this around and embrace change through your divorce.

Divorce can be a **new beginning**. But before you start anew, you also have to **process the old**.

One of the best things you can do is to acknowledge and **express your emotions** as you go through the process of change.

Holding your emotions can create problems and it's not healthy.

Although it may be hard to **focus on the positive**, it is important to keep a light-hearted attitude if you can by remembering to laugh and **feel joy as you start this new life**.

So if you are ready, let's begin that process. Gently close your eyes and **relax** if you haven't done so already. Remember to listen to this meditation while completely relaxing in a safe space. Please do not listen to it while driving or while using any machinery.

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 as you breathe in and out, allow every muscle in your body to just **let go**.

Imagine yourself surrounded by a **beautiful white light**. Know that you are safe and **protected here**.

And as you relax a little more deeply, you find yourself walking along a beautiful forest path.

This is your **new path of life**. You are undergoing a **paradigm shift** today. You are **transforming**. You are moving forward creating a **new reality**.

As you walk, you see a **beautiful scenery**. You notice colorful plants and flowers. You smell the aroma of pine from towering trees. This is a new road but an **exciting one**.

You are **ready for change** and ready for whatever is coming.

You can do this. You are becoming **highly confident** with each step you take.

You are coming from a place of **empowerment and confidence**.

As you walk you hear the crunch of gravel under your feet. You are not sure what is coming on the road ahead but you are **excited to see**.

As you walk, you feel the **warm sunlight** beaming down from above. You **feel good** today. You are ready to **move forward** in life.



And now as I count back from 10-1, you will find yourself **relaxing more and more**. You are ready for whatever tomorrow brings.

So just relax and **let go**. It's OK to take this time. Take a **deep breath** in and let go of all your cares and concerns.



You're just **breathing deeply**, listening to the sound of my voice. Breathing in and out - **resting and relaxing**.

As you breathe in, you take in **new energy**. This energy **feels warm and bright**.

Feel that warm loving energy **pouring in** through the crown area of your head. Let this **warm energy flow** down through your body.

Let **everything go**. Know that you are on **a better path in life**.

Letting go of all cares. Letting go of all worries. This is your time to **rest and relax**.

You're just **walking along this new path in life**. Ready for a **new life** with new

people to meet and new places to discover.

10. **Relaxing** even more.

9. Going **deeper and deeper** down.

8.. It feels nice **to relax**.

7...6.. Your mind and body are **relaxing nicely**.

5..4. Drifting down a little more.

3..2.... You're almost there. And on that next number, you will be **deeply relaxed** and focused on beginning a brand new life as a single person.

And 1. You feel **deeply relaxed**.

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



Divorce is difficult no matter how you look at it. Going through a divorce can really take a toll on your emotional health.

Being in a toxic relationship can affect your entire life because it basically takes over your life.

Relationships can be **exciting and thrilling** or they can be emotionally draining. If you need time to heal, there is **no shame** in admitting that you need some time off.

Today, you have decided you're ready to take steps to **push yourself beyond** your comfort zone. You are ready to move forward and to heal.

You feel as if you're coming out of the shadows, the shadows of your life - and you are ready for a **brand new life**.

You are ready to step into a new life, a life in which you are **happy and thriving**. You are **ready to heal**. More than ready. You are ready to **let go in love**.

You are ready to step into a new life, a life in which you are **happy and thriving**. You are **ready to heal**. More than ready. You are ready to **let go in love**.

If you are ready to take a leap of faith with me, I will help you step into this **new life** and this new mindset.

So let's **get started**.

In order to help you step into your new life, you will be traveling to a theatre, the **theatre of your mind**.

In order to help you step into your new life, you will be traveling to a theatre, the **theatre of your mind**.

Imagine with me any kind of theatre you like, this can be a drive in theatre, a theatre in a **big cinema** or even a small theatre inside your own home, you can decide the visualization here.



The first step to getting where you want to be is **acknowledging** where you are now. This helps set the stage and helps you **move beyond it**.

Now in this session you will be picturing two screens in your mind. One screen, the first screen, will present you in your **current situation** and a dark frame will surround it.

When you view your current situation, you may feel emotional, if you do just go with it and **experience the emotion** as best you can.

Try and examine your current situation in every little detail by seeing it, feeling it, and even touching it.

You will work to see **all** the details as **clearly as you can**, experiencing the present situation with **all** your senses.

The other screen, which will be surrounded by a light colored frame, will help you experience **all** the details of your **desired outcome and your new life**. Again, you will work to experience this as deeply as you can with **all** of your senses.

Let's begin.

Go ahead and picture this first screen surrounded by the dark frame. As the movie begins, you notice the title of the movie running across the screen and it simply says **"Your life as it is today"**.

You begin to watch the movie with some interest. If there are any parts of the movie that you find uncomfortable, you can **step away from the movie**, turn the movie off or dim its intensity by making it a black and white movie as opposed to a full color show.

You begin to watch the movie as a **detached observer**, not judging in any way, just examining. See every detail and **be there now**. Look at **all** the situations in your life that have kept you from **moving into the future**.



It doesn't matter where you are now. You may be in the midst of a divorce or just coming out of one.

Perhaps you see yourself in an uncomfortable situation. You may be in the process of managing a divorce right now, or trying to move forward after one.

Either way, it is a painful situation. Feelings have been hurt. You and your partner are estranged. Life feels difficult at best.

You realize as you watch this movie that you are ready for **something to change**. Things cannot stay the way they are, that you know.

Take a moment to **process this feeling**. Feel the **anguish**. Feel the **pain**; let it go in love.



As you let this old energy go, you are ready to take on a new challenge, and you feel excited about this.

You know that every aspect of your life will improve, once you **make this decision to think differently and to change**.

This is your **shifting point**. Once you make the decision to **start moving forward**, nothing can stop you.

You are excited at the possibilities that lie before you.

You are ready for the **next phase of your life**, whatever that may bring.

Now picture another screen out in front of you. Surround this screen with a **beautiful white frame**. This is your **brand new life**. In this new life you are **embracing change** in a BIG way.

Now run the new movie exactly the way you picture your **new life**.

In this new life, you have processed the pain and the hurt and moved **beyond the divorce**.

### **It feels great!**

You are **ready to thrive**. You are ready to **let go** of damaging hurtful relationships. This **does not** define you. You did the **best you could do** in a hurtful situation.

It's time to **forgive yourself and forgive others** as best you can and it's time to move forward.

As you watch this big screen, you see yourself in a **new light**.

You see an image of yourself and a title that reads:  
**"My new life after divorce."**

The movie begins.

This movie is a little different than the first and the first thing you notice is how **good you feel now**.

You have managed your divorce **easily and effortlessly**. You have made through this with greater courage and self-love. Whatever details you were worried about have just **fallen away** and worked out beautifully.

You and your ex spouse have **reached an amicable agreement**.

You see yourself **living a new life** with grace and ease. You are **thriving** in this new role.

You notice something else is dramatically different but you can't quite put your finger on it at first, but then it **dawns on you**.

As a result of this new mindset you are living differently. You wake up **happy**. You look forward to **each new day**.

Everything in your life **has improved**, because of your efforts.

As you watch yourself in the movie, the movie of your life, you see a **new you**. You see someone who is calm, **confident and gracious**.

You see someone who is happier and **much more peaceful**. This has **changed you**. You no longer feel angry or guilty. You have **moved on**.

You like what you see, and you enjoy watching yourself in this new and **content life**.

You sense something within you has shifted and you are ready to take on a **new attitude** and accept new challenges.

You suddenly feel like you can accomplish **anything** you set your mind to.

You see yourself doing things you never thought you could do, you see yourself **rising to the challenge**. You see yourself trying **new things** and loving life, every step of the way.

Take a moment now to see yourself living **this new life**. It's a much different life but a **happier one**.



You may not be ready for a new relationship yet and that's **OK**. Now is the time to focus on what **you need**. You are beginning to realize that you have **much to offer someone**.

You have learned to **embrace forgiveness**. You are **letting go** in love. This process **does not** define you. You have let go of the pain.

You no longer carry past baggage, you have more energy to focus on your life.

You are giving yourself some much needed **time to heal**. You are ready for this **new life**. You know you are at **work in progress** and that's OK.

You are ready to love yourself for exactly what you have to **offer**.

And when you are ready for a **new relationship**, when you have let the past go, this new relationship will come to you in the **perfect time** in the perfect way.

You have **moved forward**. All of your relationships are **improving now** because of this new outlook.



And now you find yourself repeating the following suggestions:



I am **ready for change**.

I am ready to **move forward** in life.

I am **healing**.

I **embrace change**.

I am **letting go**.

I **forgive myself** and others.

I am ready to **feel happy**.

I love who I am and **who I am becoming**.

**Great job.**

These suggestions have now become a part of your personality, your actions and your behavior from this moment forward. The more you listen to this session, the quicker and faster you will heal.

You are ready for this **new life to unfold**, more than ready.



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 have done an **outstanding job** today! Well done.

You have taken a **brave step** into the future.

You have **clearly envisioned** the life you wanted to achieve and made it happen.

You feel **delighted** as a result of this new change, and you are strong, confident and happy.

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!

**Have an amazing day!**