



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Exercise Motivation

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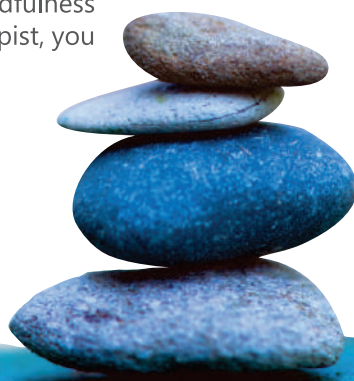
If you are a practising hypnotherapist, Mindfulness Coach, NLP Practitioner, or a psychotherapist, you may use the meditation scripts for -

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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Exercise Motivation

Exercise is essential to good health and to weight loss. Once you are in the zone and motivated to exercise, you may actually look forward to each workout, knowing how good you will feel once it's done. But how do you get that motivation in the first place and keep it once you have it?

The trick to exercise motivation is to keep the enthusiasm long enough to realize the benefits you want from exercise. When you reach that stage, you won't have to search for motivation any longer. The benefits of exercise will simply be too good to give up! You may start out with great enthusiasm but give in too soon. So how can you become someone whose daily routine includes exercise? The answer is to get to the point where you exercise without thinking about it – where exercise is as much a part of your lifestyle as is showering and brushing your teeth in the morning. The motivation to exercise needs to be part of your subconscious mind. When it is, you will no longer struggle to get yourself out for a run or down to the gym for a workout.

Find a comfortable place to relax. 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 meditation while driving or operating any machinery as it could make you very drowsy. You may hear ocean sounds or different sounds from nature and these are integrated to take you into a deeper state of relaxation. It is best to use headphones to listen to this meditation to be able to hear all the subtle sounds.

If you are given suggestions that don't work for you or match what you are thinking, such as..... I say you are in a garden but you feel like you are in a mountain meadow..... you can just change that part to what you want in your own mind as you let my voice fade into the distance and it will work out the same way... It's more important that you just let your mind go and relax ...

Let's begin with meditation.

Close your eyes.

Take a **deep breath** in now, hold it for 5 seconds and then release it with a **big sigh** Release any tension accumulated from your day with another big breath and a sigh.

Now breathe very slowly into your abdomen.

Place your hands there and feel your stomach rising and falling with each breath.

As you breathe in, allow your abdomen to rise, and as you breathe out, let it fall.

Focus all your attention now on your breathing.

That's right

Keep the breath moving in and out of your belly and keep your chest still

In, and out

Breathing **slow and deep**.

Breathe in **relaxation** and breathe out tension and stress.

Maybe you can feel yourself drifting in to a more relaxed state of being now

As you feel a **warm wonderful sensation of relaxation** in your body, you can allow all the tension to just **float away, drift away**

You may begin to notice now as you feel the weight of your body resting there, that you can allow your head to feel heavy, like it is just **sinking into the pillows** or whatever your head is resting on

You find the most comfortable position for you to relax now And you can allow all the muscles in your face to let go

Particularly all the tiny muscles around your eyes, feel the weight of your eyelids, allow them to be heavy and **relaxed** , and it feels good

That's right

It is easy to leave them closed now as you feel the relaxation flowing down through the cheeks to the jaw

Relax all the muscles around the jaw now

Release any stored tension there by just letting it just drop open a bit

Now feel the relaxation slowly, **flowing into** all the muscles in your neck, letting go, and then sliding down the spine into the muscles of your back, and your arms are resting comfortably as you might begin to feel **relaxing sensations all the way** to your fingertips

Imagine a ball of pure energy or white light in your abdomen now

Feel it under your hands resting there

As you inhale, it rises up through your body, through your chest, into your forehead, over the top of your head, then let this ball of light slip down the back of your head with healing white light energy that gives you **deep relaxation**

Feel this **relaxation** and **healing**, flowing from the top of your head all the way down your spine to your toes

Washing away any negative thoughts, feelings or emotions with it, and releasing them into the ground

Now, imagine as you inhale, this ball of energy or light travels up through the soles of your feet, up through your legs, through your body, your belly, your chest, your forehead, to the top of your head, and then glides down the back of your head White light is cascading down, washing away any tension, pain or uncomfortable feelings into the ground

Circulate this ball of energy through your body for a few moments



With each breath, every cell of your body becomes at ease

As all tension, tightness, pain, or discomfort drains down your spine, down your legs into the ground and dissipates, and as you inhale you bring into your body new revitalizing energy

The pure white light is **cleansing** and **healing**

Continue circulating the energy and notice how you are twice as relaxed as you were a moment ago.

More **peaceful, comfortable**

At ease

Allow all the cares of the world to take care of themselves all by themselves
Any thoughts that were bothering you are disappearing for the time being
This relaxation time is just for you and you can let all those thoughts go while you
focus on your breath, feel the **circulating energy**. Allow the subconscious to do all
the work for you now
You feel a warm **wonderful sensation of relaxation** in your body as you allow all the
tension to just **wash away**

As you are listening to the sound of my voice and the gentle music in the
background, you can feel yourself **drifting away** very comfortably, wherever you are
in time and space, like a flow of comfort, deeply, just enjoying the restfulness of not
having to do anything in particular right now

You are so calm now, like a pebble that you drop into a pool of water, it creates a
ripple but then drifts slowly down, just below the surface of awareness.

The pebble drifts down., and down, gently descending, nothing is disturbed

As it slowly comes to rest on the bottom of the quiet pool, all is still, and calm.

Nothing to do

Just be



I would like you to imagine a stairway now of 10 steps going down deeper into your
subconscious mind. Perhaps you can feel a cool plush carpet under your bare feet or
something else, I don't know but your subconscious can present to you a safe
stairway of your own making, now as you step down from 10 to 1.

- 10- Starting to go on that inward journey now, relaxing and letting go
- 9- Feeling more relaxed, there is lots of time
- 8- A deep, deep calmness inside and out, peace and serenity are filling your body
- 7- Down into your own internal home now, finding that place in your innermost
being that knows all the answers.
- 6- A place where you can experience internal harmony, serenity and peace
- 5- Feel yourself immersed in **an ocean of relaxation and calm**.
- 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 or a warm breeze
- 2- Twice as deep now
- 1- You step down to one and you **feel so relaxed**.

You see a door in front of you now, and as you open the door you can feel the
gentle breeze
of a warm summer's day



Gently. caressing your face and moving through your hair like a soft whisper
You feel **so relaxed now** and at **this** moment in time, you have nothing to do



Nowhere to be

No one wants or needs anything from you



You see a path through a beautiful garden with brightly colored flowers on either side, and decide to follow it

You go over a small foot bridge with a babbling brook beneath and you stop to listen to the sound of the water rushing over the rocks



Notice as you walk down the path through the sweet fragrances of the flowers, that there is a big comfortable looking hammock ahead suspended between two big, strong trees

It's empty and calling you, so you get in it, and lower yourself into this cocoon of **relaxation and comfort**

You feel the hammock wrap itself around you, and waves of relaxation start to flow through you.

All the stresses and strains of everyday life are just washed away as you begin to rock gently, back and forth, to and fro, you feel at peace, calm



You look up through the leaves above to the blue sky with puffy, white, clouds, like cotton, passing by

As you swing back and forth, the sky and clouds move with you

The sounds of the babbling brook are relaxing you and you close your eyes feeling as if you don't have a care in the world



You let your mind wander and drift, to happy times, gentle times, feeling a comfort **deep** inside you, sinking

Even deeper

Into a trance like daydream

Occasionally you notice the sweet smells of nature, the flowers in the garden nearby, you feel a **warm, wonderful** sense of relaxation as you snuggle yourself a little deeper into your hammock

You are enjoying this tranquil peaceful relaxation in every part of your body

Think only of full relaxation, **complete relaxation.**

You are so relaxed now and you are listening to the sound of my voice and it is **relaxing you.**

Your subconscious is taking in everything that is being said.

You are receptive now to what I have to say because you know it is what you want.

You will remember what I tell you and use it throughout your life because it feels good.



Each morning we wake up to our daily life. Most of our activities are on automatic pilot, such as brushing your teeth or eating breakfast. Automatic pilot is a trance state that can be very useful for what is considered the habitual activities of life and

exercise needs to be one of these.

Our bodies **Need** to exercise, it has been medically proven that we are emotionally more stable, physically healthier and mentally far more alert if we do. The ideal solution is to review your **lifestyle** and attitude. Look for ways you can incorporate exercise as part of your everyday life. Some ideas might be to use the stairs instead of the elevator, walk when you can, look for opportunities and interests that involve physical exercise. The important thing is that whatever you do, it is easily adapted into your life. You are in a process of change, your exercise is an important part of that. Take some time each day **just for yourself**, and exercise during this time, even if it's just 15 minutes walk around the neighborhood.

If you start to talk yourself out of exercising, a negative affirmation is being repeated in your mind such as an affirmation that says "I can't do it, I don't have time." So if a negative affirmation works, why can't a **positive** one? Repeating an affirmation in your mind will remind you of your desire to be healthier and help you become more consciously and subconsciously aware of your healthy lifestyle goals. Strive to repeat healthy lifestyle affirmations to yourself several times each day. Because affirmations actually **reprogram** your thought patterns and they change the way you think and feel about things.

Take a deep breath in now inhaling relaxation



And then exhale all tension



Put your middle finger and thumb together on both hands making 2 circles and repeat these affirmations to yourself after you hear them. Do this with your hands whenever you want to remember as it will help imbed the suggestions deep into your subconscious mind.

"I know that I can master anything if I do it enough times."

"I exercise every day and I love it."

"With a solid plan and a belief in myself, there's **nothing I can't do.**"

"I am in great shape because I never miss a workout"

"The more often I **choose** to exercise, the better I'll feel, both physically and mentally."

"I really **enjoy** the exercise program I have chosen for myself."

"I am totally focused on getting myself in shape."

"I have enough time in my day to do my exercise program because it is **important** to me."

Visualize yourself getting **"In the Zone"** whether that means putting on your exercise outfit or turning on some aerobic music you like that makes you want to move.

See yourself doing the exercise that you have chosen.

Imagine your muscles gaining more tone.

Say some affirmations to yourself.

Project your thoughts into the future, of say, how you will look in 3 months.

See yourself pleased with your progress, perhaps looking in a mirror in your mind.

Imagine yourself in your workout outfit looking great, feeling good

Visualize your friends saying how good you look and how did you do it?

Endorphins are triggered by exercise; they are chemicals that are secreted by the

brain. They are triggered each time you do your exercise and help you to feel good.



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



During this time, picture yourself in a few months after working out on a regular basis. See yourself in a bathing suit or your favorite workout outfit, imagine how good you will feel and look. **Feel proud of yourself** for sticking with your program.



In a few moments I will count you back from 5 to 1, if you are listening to this meditation in bed and wish to drift off into sleep you can just take off the headset and in the morning you will wake 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