



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Healing Depression

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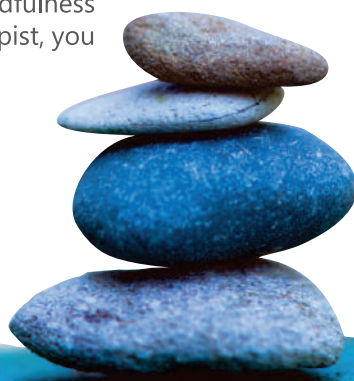
If you are a practising hypnotherapist, Mindfulness Coach, NLP Practitioner, or a psychotherapist, you may use the meditation scripts for -

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.
- 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.



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Healing Depression

Sadness and depression can be debilitating if left unattended. Depression creeps into every part of your life. Depression can lead to physical ailments and even suicide. It is not your fault and it is by no means an indication that you aren't a normal human being. Depression can happen to the best of us. Millions of people across the globe suffer some form of depression each and every year. You may find yourself wondering why you just can't "snap out of it" and get it together. Even getting out of bed can be a challenge.

Depression can lead to physical ailments and even suicide. Ask yourself what you are going to do to take control of the situation and overcome your depression.

The key is to reacquaint yourself with your power to be happy. To get back in touch with that part of yourself which you have lost touch with. That part of you, which is happy, well adjusted, moving forward with your plans. Reclaim your strength and control the situations in your life.

This Mindfulness meditation is not meant to replace medication or to be used in place of therapy from a licensed therapist or medical doctor.

Prepare yourself for relaxation by turning off all gadgets and make sure you will not be disturbed for about 30-40 minutes. Never listen to this meditation while driving or operating any machinery as it could make you very drowsy. It is best to use headphones to listen to these meditations to be able to hear all the subtle sounds that are integrated to take you into a deeper state of relaxation.

Rest back in a comfortable chair now. Or, lie in your bed and make sure you are warm and in a very relaxed position..Close your eyes and begin breathing from 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.

That's right.

As you inhale imagine your stomach inflating like a balloon and as you exhale feel it deflating.

Good.

As you are listening to the sound of my voice you can also concentrate on your breathing, let it be **slow and deep**



Take a deep breath in now, breathing in through your nose, hold it for a second, and then blow it out through your mouth, feel yourself **releasing** any tension from the day. Again, **breathe in**, hold it, and blow out, good!

One more time.



Feel how good it feels to let go of any tension, any tightness in your body.

Now **concentrating on your breath**, continue to breathe in through your nose and blow out through your mouth without holding your breath, just let it flow in and out in a comfortable way.

Slow and deep, relaxed, peaceful.

Perhaps as you are breathing and listening to the sound of my voice you might also notice the weight of your head resting on the pillow or against the chair, .allow yourself to be as relaxed as you want to be, and in your own time and your own way, you can allow the letting go to occur .into that quiet place within, that you can experience when you give yourself this opportunity to rest, concentrating on your breathing and listening to the sound of my voice.

With no one wanting anything, nowhere to go, nothing to do but rest peacefully now
Good



Now while you are resting there maybe you can be aware of your body

Aware of your hands resting where they are

Notice how your breathing has become steadier

Breathing so evenly, **comfortably**

Can you now sense the beating of your own heart?

Maybe you can feel it slowing down just a bit while you are resting



And now maybe you can notice your feet, what do they feel like?

What about your toes, just notice them, be aware of your legs, how they are resting, what about your arms, hands, feel them relaxed where they are, wondering if your arms and legs can relax even more, perhaps there's a smooth heaviness in your arms and legs.

As you sink down **deeper into relaxation**, and you may notice that your breathing has become quiet as you feel your entire body quieting down, **slowing way** down.

Your lungs, heart and all your internal organs are enjoying the rest, so peaceful, so quiet.



Notice your face now, is it relaxed? Is your jaw slack and relaxed? Your cheeks, mouth, feel your eyelids resting heavily on your eyes.

Feel your entire face **completely relaxed**, the skin and muscles smoothing out, feeling all tension **draining away** from your face and your entire body, like a warm shower pouring over your body, washing away any tensions, You are so relaxed now you simply can't be bothered to move a single muscle, even though you know you easily could if you wanted to.

Allowing yourself to just be, as lazy and relaxed as anyone could ever wish to be, letting go of the last tiny traces of tension in your body now, **simply letting them go**
You may think of memories that remind you of peaceful places and times in your life and as you become more and more a part of that experience, .that you may remember now, you can drift and dream away for a time, sometimes hearing my voice and other times not., and the unconscious mind continues to hear everything of importance to you.

As I continue to speak to you, you can allow my words to drift through your mind like a gentle breeze on a summer day, and you can allow yourself to go even deeper into this trance and my voice drifts down with you to become part of your experience as you become **more relaxed and comfortable**, just for a time, you can feel yourself **slowing down**, and notice your breathing and pulse has slowed down with you, as your mind continues to drift and wander and this feels good.

So good not to have to think about anything right now



And maybe you can imagine a stairway now of 10 steps going down deeper into your subconscious mind, taking yourself to a place deep inside, where there is peace, calm, and tranquility.

Stepping down now...

10- Down into **deep relaxation**

9- Feeling more relaxed, there is lots of time

8- A deep, deep calmness inside and out

7- Allow this feeling to wash over you like a warm breeze

6- Deeper down

5- Feel yourself so peaceful now

4- Relaxation and calm

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

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...



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 lazy and 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



As you walk down the path through the sweet fragrances of the flowers, 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 have not 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, perhaps fragrant 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 complete relaxation.

You are so relaxed now

Depression is a common and serious disorder. However, depression is very treatable. There is hope. Everyone feels "blue" at certain times during his or her life. In fact, transitory feelings of sadness or discouragement are perfectly normal, especially during particularly difficult times. But if you cannot "snap out of it," you may be suffering from depression. Depression is one of the most common and treatable of all mental illnesses.

Unfortunately, you may not feel like getting the help you need because you feel helpless, hopeless, perhaps sad and irritable, most of the time. You may be so disabled by feelings of despair that you can't even build up the energy to call a doctor. You might think it will pass in time but if your depression lasts for more than two weeks, then you may need to get some medical advice. For more serious depression a doctor can prescribe medication that can be very effective. Listening to this recording in conjunction with or without medical advice will also be very helpful in getting you back to feeling like yourself again soon!

Realize that depression is just a dark cloud that is covering your sun for the time being that it won't always feel like this. You may have negative, self-defeating thoughts that are clouding your mind and they seem real to you. but the journey out of depression does not have to be long or even difficult.

You have a **right** to be here. You are as good as anyone. You are a **child of the universe**, no less than the oceans or mountains. You have a right to be here, and whether or not it is clear to you, the universe is unfolding the way it should be. If you accept that there is a universal plan, greater than any man, greater than any one of us, it will help you to be at peace with yourself.

You can be at peace with yourself, if you want to be.

If there is loss in your life there are the stages one goes through. Whether it is the loss of a job, the loss of a friend or something else.

There is a darkness that one goes through when things haven't turned out as they wished. Acceptance comes finally with surrender. With the strength and the power of the heart to open even to the most adverse circumstances.

We pass from resistance to acceptance as each stage unfolds.

During these stages one goes from fear and darkness into grace, and from confusion, to insight and wisdom

Be aware of the voice in your head that is telling you negative things
 Like, be afraid of this, that, what if this, what if that.

.....

The voice may be critical, criticizing everything you do
Telling you what is wrong, the way it should have been
Imagine that, that voice is just a channel on the radio and that you can turn to a
different one anytime that you wish.

Turn it now to a **soothing** channel that has music that you love and a voice that tells
you all the positive things that you know deep down inside yourself are true...
And if they aren't true now, maybe they could be sometime in the future with positive
thinking and good intention

Put your middle fingers and thumbs together on both hands and say these
affirmations to yourself every day, it will help imbed these suggestions into your
subconscious mind:

I am a wonderful person



I am unique - there is no-one else like me



I am loveable



I am not alone



I **will** recover from this



I did not **choose** to feel like this



I **can** get better



It's **not** my fault



People **do** care about me



I deserve good things in my life



I can ask for help when I need it



I am **worthy** of love, care and attention



I **do** help people

My heart is open to **joy** and **happiness**

Maybe you were depressed yesterday but today is a **new day!** Every day is a **fresh beginning**, and every morning is a world made new. Today is our most important day. Yesterday is gone. We can learn lessons from our past but each day is a new opportunity to move forward to a positive future.

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

How nice it feels to be completely relaxed, letting your mind take this important rest from your busy life.

This is an important time you need to take for yourself to work on yourself and become all that you can be. The more you

listen to this recording, the more **powerful** the results will be. You will look forward to this relaxing self-improvement part of your day, everyday. You will find yourself becoming more and more positive about your life!

Now allow all these suggestions to take an effect in your mind, and over time the more you listen to this recording, you will start to notice that you are becoming **happier, laughing** more and having a positive, new outlook on life.....



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 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