



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Improve Mood

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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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


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- You cannot share the files online or in person for sale or for general purpose.
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- 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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Improve Mood

Almost everyone experiences mood swings from time to time. Mood swings may be mild or severe and this depends from person to person. They may swing quite quickly, and sometimes, without reason. Or, they can be indicative of conditions such as depression. This fluctuating sense of moods can easily impact the relationships you have with others at work and at home.

What causes mood swings?

Mood swings are rapid fluctuations that relay a person's emotional state. They can alternate between feelings of happiness and well-being to sudden dips towards anger and depression. Moods that fluctuate so easily can make it difficult to gain contentment or, to understand or to talk to others.

It is easy to see how this can become a problem in everyday life for those impacted by the rise and fall of moods. In many cases, the cause can be as simple as an imbalance in the chemicals of the brain. In other cases, there may be problems with **hormonal imbalances** including the time of the menopause in women. Men may also experience mood swings. False relaxants such as alcohol and drugs can change how someone feels in an instant.

Thousands of people suffer from mood swings. It is not unnatural but, it can be frustrating. For many, these changes are linked to mindset but, fortunately, it does not have to be ongoing. It's about creating balance in life and changing faulty perceptions. It's about understanding how and why we think about the world around us and how we perceive ourselves and others. All this can be altered. Sometimes, by evaluating our thoughts and feelings, we spark the beginning of change.

How we think will often have its roots deeply connected in learned behaviours. When we start out in life, we have a blank sheet and slowly absorb lessons and facts, and we learn how to react too. This information is all given first from our parents and later, from teachers and other authority figures. Often, information is passed down through the generations and this can easily be outdated or, simply incorrect. It can become confusing to a person if they believe and then, act, upon false beliefs.

Our perception of who we are may be distorted and different from the view that others have of us. Moods affect our ability to see clearly. We are constantly told by popular media what we should look like and how we should act. We are given instructions that may clash with our own views or feelings.

No wonder people feel less than satisfied with how they look or how they feel. It is easy for disharmony to impact self-esteem and increase mood changes.

How we think about ourselves will affect mood. Our thoughts may impact the environment and world around. Our thoughts govern our behaviours and subsequent actions caused through ever-repeating patterns of thoughts and feelings can lead to a ripple effect all around.

Mindfulness Meditation helps to balance out the origins of those fluctuating moods. **It calms and soothes.** It provides greater equilibrium in the face of change. It can help if we develop and set positive triggers in areas where we sometimes entertain negativity. This can remove barriers that block positive thought and facilitate a pathway to understanding who we are and to identify our place within society in a more positive way. Mindfulness meditation helps to **release the inner being.** It aids the stripping back of time and experiences all the way to that core you.

Mood may create a false path through life.

Mindfulness enables a smooth transition towards change eradicating barriers created by false beliefs and misguided perceptions.

Right now, let's proceed towards mindfulness meditation.

It is important for you to relax.

To let go of tension and to **embrace deep relaxation**

So, I want you to find a comfortable spot.

Know that you are always in control...

So, now, **just relax.....**

This is your moment.

This is your time.

I want you to give yourself **permission to relax.**

In fact, it will help if you say this in your mind to yourself.

I give myself permission to relax.

Repeat this slowly to yourself.

I give myself permission to relax.

Even saying this in your mind to yourself allows your muscles to release tension...

Notice this **deep relaxation** beginning in your shoulders?

Now breathe in deeply and exhale slowly.

One more time.

And again, **very slowly.**

This is **causing you to relax** more and more.

Now you can breathe normally.

Already you **feel more relaxed.**

More comfortable.

As you **listen to my voice** this will continue.

You will **grow ever more peaceful and calmer.**

As you **continue to relax** you may find that you do not need to **focus on my voice** as your subconscious mind is doing that for you.

It will start to feel as if in a daydream.

You are relaxing completely.

You are experiencing everything I am saying.

This appeals to your inner mind.

You are happy to **drift into a deeper relaxation.**

You don't need to think about anything.

It all happens quite naturally.



You are opening your imagination.
It feels a perfect and easy thing to do.
Letting go of any tension.
Relaxing even deeper.



Now I want you to imagine a perfect **summer's** day.
Maybe you are relaxing in a comfortable position near to a clear stream...
Everything is so beautiful.
The air is filled with the scents of the forest and a warm breeze drifts past
Even just the sound of water trickling by is **relaxing you**.
It becomes unimportant to do anything.
You are simply **letting me guide you**.
Your subconscious mind is absorbing everything I say.
As you imagine this tranquil scene, **a feeling of calm** and drowsiness sweeps over
you ...
From your head down to your toes.
This continues to make you more relaxed, even more calm.
With your eyes closed, you feel yourself drifting into **this peaceful calm state**.
Almost like day dreaming.
No worries or cares.
So peaceful.
You almost feel as if you could sleep.
Sometimes, my voice is far away.
Your inner mind is always listening though.
Your subconscious mind is always listening.
You do not have to do a single thing.
From now on you will be influenced only by **positive thoughts**, ideas and feelings.
The following thoughts come to you.



I am calm, secure, and relaxed.
I feel so **comfortable and relaxed**.
I am in control of **this wonderful feeling**.
I can **always feel this relaxed** whenever I want to.
My mind is **open to guidance and suggestion**.
I feel ready and **relaxed**.

As you continue to listen to my voice you will **continue to relax**.
Deeper every passing minute.
So calm.



Now that you are **so deeply relaxed**.
Now that your inner mind and body is **so calm**.
We can begin **to allow the subconscious mind to absorb information** that it needs
to guide you with.
You will **always feel relaxed** while you listen to my voice.

Sometimes you may wonder why you feel different on some days than others.
Now you are beginning to understand that it is **perfectly normal** for this.

You are **more positive** about your thoughts now.
You **embrace change** when it comes.
You have started to think about the **good things in life**.
The **smallest of things can make you smile**.

You notice changes in other people sometimes.
You understand that this is normal.
You look for the good in events and understand that life needs to be balanced.
You are **increasing your awareness**.

You enjoy life.

You easily make friends.

People tend to think of you as upbeat.

You feel more balanced...

Calm...

Centred...

Just as you listen to these words....

This is very **important to you**.

You find that by embracing your thoughts **you control them**.

You are like the tide...

The ebb and flow

Nothing stays the same forever.

You are happy to understand this.

You are **deeply relaxed**.

Your **energy increases** when you need it.

You find even the smallest of hobbies and interests pleasurable.

You tune into those moments

Content

Happy

Focussed

Your sleep pattern begins to **improve each day**.

Most of your thoughts are happy now.

You understand that not every thought can always be the same.

By knowing this **you can change anything**.

You are more relaxed with others...

You **find it easy to relax**.

Most days you **feel in control of your emotions**.

You are happy that you have the full spectrum of emotions.

You are not frightened to **express yourself**.

Others see you as **very confident**.

You **feel secure within yourself**.

You understand change.

You know your own self-worth.

You are **aware of your abilities**.

You like **learning new information**.

You feel comfortable in planning ahead some days and going with the flow on others.

You are learning to be **happy in your body**.

You always feel like something exciting is likely to happen in your life.



Nothing interrupts your intensity for life.
You can feel **calm and relaxed** whenever you want.
You move with the undulating waves of time
You are good at **living in the moment.**

Take a few moments to think about how good life can be when you are filled with **positive thoughts.**



How do you see the days ahead?

Has knowing that you can **change your thoughts** to suit your needs made you feel happier?

More in control?

More **secure in your emotions?**

This is such a good feeling.

It is giving you the opportunity to take control

You are no longer a passenger in life

This builds confidence.

Encourages growth.

Your basic needs are being met.

You feel good about helping others.

Your thoughts allow you to be in control.

You are more understanding of other people's moods.

Relaxed

Balanced

Content



You find that you are interested in the types of food you eat.

Your diet is improving, and you understand the value of nutrition.

Eating and understanding what different foods do in your body gives you a **sense of control.**

You feel so very calm.

Right here

Right now, embracing a new calm you

You find yourself exercising more and being aware of how **being active suits you.**

You find it enjoyable to **be active.**

You have always wanted to be **fit and active** and a deep level

You can see the correlation between **exercise and a positive mindset.**

You understand that this is at your personal level



You can calm yourself and **change your mood** simply by breathing deeply and slowly.

This comforts you.

Gives you a sense of control because you know you can call on this any time you so desire.

Understanding your body and how it responds allows you to also understand how your mind works.

You are in control of how you perceive your own thoughts.

All of this instils a **sense of calm and peace.**

Even just **listening to my voice** does the same thing.
You are in control of every aspect of your life.
You are prepared for change because **change gives you the power.**
There is a balance between good and bad.

You understand that most **life events are balanced** in this way.
You embrace them.
You accept challenges knowing that **your best is good enough.**
You do not feel the need to **please everyone.**
You go with the flow.
You are happy with your own moral compass.
You know who you are.
This feels good to you.

You are constantly aware that you can **change the way you think**, and this allows you to perceive from new angles.
You feel fully in **control of your moods** and the way you think.
This grows **stronger every day.**

Each day, you **look for the positives** from each day.
This becomes your daily routine.



Just drift
Feel the peace and inner harmony



In a moment I will count from one to five and when I reach five, you will have your eyes open and be back in the room feeling wonderfully relaxed and very positive.

On each number, you become more aware of your surroundings.



I will begin now

- 1. So relaxed** but beginning to wake from this wonderful journey.
- Becoming aware of your muscles, a **slight tingling sensation** in your fingertips or toes.
- External sounds filter through and you are becoming more alert.
- Eyes flickering, and you may wish to **stretch those muscles.**
- Fully awake and feeling relaxed and very calm.

Give yourself time to move and to stretch. Allow the blood to circulate. You may feel a **warm glow** within and this is perfectly natural. **Embrace these new feelings**, they form part of your new connection with self.

You will almost certainly feel a new confidence in life...
You will have a better understanding of the way you perceive the world and how you interact with it.

This too is an **enlightening process** as it enables you to control your thoughts and in turn influences your mood.