



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

Exclusive Mindfulness Scripts
for Wellness Professionals

Letting go of Perfection

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.

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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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Letting go of Perfection

If you look out across a landscape and admire the beauty of the natural scene you may notice that there is rarely perfect symmetry. Trees grow at odd angles, and some hills are larger than others. Generally, a scene can appear a collection of different ideas – life is filled with varying shapes and sizes. Nature gets its beauty from imperfection.

We all view the world around us from very different perspectives and we all have different viewpoints. It would be strange if each person saw the world in the same way. Yes, many people strive for perfection and yet, much of the beauty in life is less than perfect. If we can see the beauty and feel the connection to a natural world, one that is filled with imperfection, we must consider why life generally is all about striving for perfection.

This need for life to be perfect often occurs through ingrained behavioural patterns and we often pick up these patterns when young or, at least in our younger days. But, when we focus only on being fully accurate or, being right consistently, it can be a misguided trigger, one that causes anxiety and other problems deep into our adult life. Perhaps pressure from peers or social demands overemphasizes the importance of being correct and it may instil a sense of perfection that this perfect way is all that matters.

Chasing perfection is damaging as it can rarely be achieved.

Almost everything falls short of absolute perfection, simply because few things, no matter how wonderful, can still be improved upon. This can lead to a **never-ending** cycle of frustration and it can even filter outwards damaging self-esteem and confidence. This reflects in the same way in every aspect of life from relationships to business.

Sometimes, we need to accept that we are not perfect. **Instead, we are unique.** This is a different type of perfect. To be happy and complete in life, we must lower the barriers and accept that life is not perfect. If we continually seek it, then this route only leads to unhappiness, to a rigid approach and it can damage who we are as individuals.

It is actually healthy to identify those little imperfections and to consider this a normal part of life. Imperfections are fine. **Laughing at our silly mistakes** as we muddle through life is liberating. Getting something right is different to something being perfect.

Even with successful businesses, we see entrepreneurs continually tweaking and making changes to their business process. This is because there is a drive towards being the best. This invisible barrier moves because of market changes and it's the same in all aspects of life. Constant change is like the surface of a pond, it is never often still. The line that draws perfection in life is shifting and like a rainbow, **it is always just out of reach.**

Chasing excellence will only end in defeat and for some, this becomes a burden. Does this mean we should settle for second best? **No, it does not.** Reaching for the stars serves to drive the progression of life forward and helps us all to achieve our goals. We must always aim for the best but not at the price of self-esteem and **inner happiness.** We should understand the reality of our barriers and boundaries and realise that everything we need is contained within them. There is a **freedom without perfection.**



Now I am going to ask you to listen to my voice and open your imagination.



To be in the right place to open the inner mind it is **important to relax**.
Sometimes, you may feel uncomfortable or need to move in the beginning but that is **perfectly normal**.
It disappears in **your own time**.
Everything happens at your **own pace**.
You will be listening to my voice as I **guide you**.
Your own imagination will also take part as you slowly **relax more**.
Everything is both **calm and normal**.

As you relax, you start to understand that this is a natural feeling ..similar to daydreaming.
You are in control but allowing yourself to **relax and drift**.



Even just listening to **my voice is relaxing you**
Any tension you had through the day just **floating away**.
You may even feel your **shoulder muscles relaxing**.
They may slump forward a little and your neck muscles will follow this feeling of looseness.
This is a very calming feeling.
It makes you both **relaxed and calm**.
All the muscles are now **relaxing**.
As you sink **deeper** into this wonderful feeling of **calmness**, you begin to feel **happy**.
Your imagination is alive and like your inner mind it is **open to guidance**.

Now as you continue to **listen to my voice**, I want you to imagine you are in a warm room.
There is a log fire in a large hearth.
It is crackling away, and you can feel the heat.
The flames send an orange glow throughout the room.
This is the place you would choose to be.
Your vision may be slightly different and that is perfectly ok as it **belongs to you**.
The result is always the same.
You will always feel **deeply relaxed** when you imagine this scene.
Shadows dance around the walls of the room and this **relaxes you further**.
There is a **comfortable** chair near to the fire and it is the perfect place in which to feel the warmth from the fire and in exactly the right position for you to feel the **right amount** of warm relaxing heat.
This scene created by your own imagination is your **perfect place to relax** in.
You are only five steps away from it.
I want you to imagine walking towards that place of **comfort**.
Each step **relaxes you further**.
I will count them with you.

- 5: Taking that first step, feeling the warmth on your skin.
- 4: Closer and **relaxing deeper**.
- 3: So much nearer and the whole body **feeling deeply calm**.
- 2: Only my voice counts, and you are so **wonderfully relaxed**.
- 1: At last you are there, and it feels so incredible to sit down and **relax** in this comfy place.



You are so **deeply relaxed**, and this feels a wonderful place in which to close your eyes and enjoy this moment.

Only my voice is **calming you** and guiding your imagination.

The subconscious part of your mind is open and is ready to **listen to my words**.

You don't need to do anything.

Just **relax**.

It is so easy.

You might even feel that warmth from the fire.

You simply want to let your **muscles relax** and drift into a daydream.

Nothing else matters.

So calm.

So relaxed.

You will continue to relax even deeper as you allow my voice to guide you.

This is your moment.

This is your time to daydream without a care in the world.

Only my voice and a **beautiful feeling of deep calm and inner peace**.

All anxieties are drifting away.

All worries floating away from you like clouds.

You can only **visualize peace and contentment**.

So wonderfully relaxed.



Now that you are completely relaxed your inner mind is open to **suggestion and guidance**.

Your subconscious mind always wants what is **best for you** and is keen to absorb more information that it can use to guide you in your journey of life.

As you relax even deeper, this becomes **easier**.

Always listening to my voice.

So **calm** and peaceful.

You already understand that perfection is not possible.

It remains unachievable to everyone.

You need to ask yourself why would you chase the impossible?

Why has it been **important** to you in the past?

You know it is not anymore.

What is it you really want?

Your inner mind knows that your best is **all** that can be given at any time.

Your best is all that is needed.

You already know this is true.



This is a weight off your shoulders.

You feel relieved.

You are able to **achieve anything you want** - in both business and a personal life.

Your best input is **all** that is required.

Your frustrations in the past are all gone.

Lifting away like balloons.

All that stress gone.

Floating away.

You feel liberated.





Wonderfully calm.

Every time you are faced with a task you will give your best. You will **feel relaxed** in this knowledge.

No matter what the result is, you do not need to keep chasing perfection.

Once you have tried and given your **focus and attention**, this is all that is required.

You clearly recognize that perfection is an illusion.

There may have been times when you have beaten yourself up because you felt you had not got something right. Now you look back and see that you had already achieved the maximum that was possible.

You will always be known as someone who gets it right.

You are extremely **confident** in everything you do.

This **confidence** is growing daily now that your subconscious mind understands the illusion of perfection. It realizes that there is no such thing.

Life is meant to be improved in stages, life is constantly changing, it evolves.

You need to adapt and change with it.

This may mean doing something different.

This is normal.

Relationships and business, it's all the same, you make changes to achieve the desired goal.

You have the **freedom** to choose

Life will be what you want it to be.

Your happiness depends on effort.

There is no need for perfection.

Your world is beautiful as it is.

Understanding that everything can be changed or improved is part of being human.

This is a **wonderful feeling**.

It both calms you and energises you.

You feel a **sense of peace** as you open up to this new knowledge

It builds **confidence** and makes you ready to take on any challenges the world puts in front of you.

You understand that those who seek perfection often miss out on so much. They are fixed in their minds.

You are different.

You are in control of all that you do

You understand the way forward

You know what is important.

When you complete a project, consider it to be perfect anyway.

That is what perfection could mean to you.

All your goals or tasks for the day were completed.

As long as you did them to the best of your ability then that is all that counts.

You are happy with this.





You are still **incredibly relaxed**.

You know that success brings **incredible positive emotions** and you can reach this point in almost anything you do. If a task is important to you then it will be worth your time.

You now know when to switch off.

The never-ending treadmill that the illusion of perfection brings can be switched off at any point.

It is **your choice**.



Sometimes plans fail.

There is nothing wrong in that.

Often this will be out of your hands.

Knowing this makes you even more capable of **achieving overall success**.

You are strong enough to know **this** is enough.

You know you can change direction **whenever you want**.

How does this make you feel?

Imagine how life will change for you now.

You will feel so much **more relaxed**.

A feeling of **being free** when it really matters.

This makes you better at making decisions.

You become **more productive** as now you place your energy where it is needed the most.

You will never feel contained by barriers of perfection again.

It is as if you have always been this way. The knowledge was there all the time.



In a moment, I will bring you back to the room by counting to 5.

When I reach the number 5, you will be wide awake but still relaxed and calm.

I will start now.

1: Still **beautifully relaxed** but ready to rejoin the room.

2: Eyelids flickering and feeling starting to come back to each limb.

3: Aware now of external sounds.

4: You can now feel the chair beneath you and **energy returning** to your whole body.

And 5, eyes open, fully awake, **your mind is clearer and positive**. You are ready to take on the rest of the day.

Thank you for taking part in this powerful session. You will continue to feel relaxed throughout the day and remain incredibly calm. You are free from the constraints of perfection. Your focus will start to alter slightly now as you are aware that life does not need to be perfect. This will give you a **new freedom** and you can expect your **productivity to increase**. It will also make things easier in other areas of your life. This also introduces a **new confidence** in you. Other people are likely to notice this first.

You are now ready to embrace a new-found confidence and enjoy unlimited opportunities now that these barriers are gone. Thank you for listening!