



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Overcome Anxiety

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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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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Overcome Anxiety

We all get anxious. Anxiety is something **everyone deals with.**

We usually only become aware of anxiety when it begins to **overwhelm us.**

While small amounts of anxiety can be quite manageable, a little **goes a long way.**

One thing that is important to realize is the fact that anxiety is a **perfectly normal** human emotion.

We all have times when we feel nervous or anxious but those who suffer from extreme anxiety may notice that their distress prevents them from leading a **normal life.**

Anxiety and anxiety disorders are marked by frequent, irrational or excessive worry often accompanied by **physical symptoms** such as a rapid heartbeat or sweating.

There are many reasons and causes for anxiety including concern about medical procedures, test and exam anxiety, social anxiety or even general anxiety about **life itself.**

Anxiety disorders affect millions of people and there is no **single cause** or factor involved.

Anxiety can cause irrational fears or worry and even physical symptoms such as agitation, apprehension, sweating, irritability, and of course, stress.

Stress and anxiety can impact you all at once **or over time.**

Learning how to **manage your emotions** when you feel extremely anxious can help you manage that anxiety in a healthier way.

In this session you will learn some **valuable tools** for managing your anxiety, tools you can use going forward.



Now, take a moment to relax and get comfortable and **close your eyes.**

And imagine a **very peaceful place**, a place filled with love.

Everyone has somewhere where they feel peaceful and loved. As you breathe in deeply, try and let go of all those negative feelings. **Let go** of the anxiety and let go of the pain.

Make a commitment right here and right now to go inside yourself and look for those **answers you need.** As you breathe deeply, fill yourself up with **light and love.**

You are **not** your anxiety. It does **not define** you. It is **simply a feeling** that needs to be managed.

Now that you are starting to relax, imagine you are seated in a **beautiful garden**; a peaceful and restful place.



And in this garden you have no worries and **no anxiety**.

And as you listen to the sound of my voice you can let **everything go**. You can listen to my voice and **still deepen** your level of relaxation.



And as you do this, you can ask for **anything you need** at this moment. You can ask for a sense of peace, ask for help from a higher power or simply sit and listen to the wisdom **of your thoughts**.

Ask for assistance to give up any harmful behavior that may be contributing to your anxiety. **Let it go...**



Feel the love and the peace and the joy as **it floods in**. As **you love yourself**, you are able to step away from the negativity.

Sit in the quiet and **listen for the answers**. Feel this pure clean energy coming in with **each deep breath**.

Open up your heart and feel the warmth.



And as you do this, take some more nice **deep breaths**. Fill yourself up with light.

Imagine you are sitting in this **very peaceful garden**, soaking up all of these happy positive feelings.



This is a garden of love and **peace and joy**. This place exists **within your thoughts**. As you go deeper and deeper you will feel **more and more relaxed**.

Imagine a garden filled with **colorful flowers and plants**.

As you rest and relax, you are **filled with love**. The grass **smells sweet**. The air is **warm**. You are safe **and secure**.

And as you rest you can feel the **warm light of the sun** filling you up.

Let this warm light **fill your body**. Let this light come in through the top of your head.

Feel this **warm light** as it flows down through your head and neck. Feel this light flowing over your shoulders and **down your back**. It feels so nice.

Let this warm light **fill you up**. Open up your energy, **let go** of the negativity. Feel your **muscles softening**. Feel the peace and the love and the joy **this warm light brings**.

Let this warm light flow down your back and hips and over **your legs**. Your legs may even **tingle**.



And now sense or feel this light completely surrounding your body like a **halo of light**. This is the white light of **healing and protection**.

Let this warm **white light fill you up**.



Let go of all **anxious thoughts**. Let go **of fear**. Let go of **worry**. Let go **of everything**.

Fill yourself up with **peace**. This is your natural state of **wellness**.

You are a **beautiful immortal soul**. You exist **beyond** your body. You can tap into this feeling of eternal peace whenever you feel you **need** a little more **peace**.

Immerse yourself in this healing light and let it fill up any **dark spaces**.

You may even feel **Angels** or other spiritual being around you. Know you are never alone. You are **guided by spirit**.



Surround yourself with this feeling of **peace and contentment**.

Let your mind drift. And now as I count back from 10 to 1 you will feel even more **deeply relaxed**.

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 this feeling of supreme peace and relaxation.

And 1.....**Deeply relaxed**.

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



You are here today because on occasion, the feelings of anxiety have **taken over your life**. Today you are learning some very **useful tools** that will help you overcome these feelings, once and for all.

Every time you use these tools, you will be able to **better control** those anxious thoughts and feelings.

Strange as it may seem, these feelings may have once served some kind of **useful function** in your life.

However, you have no need for these feelings any longer so you are free to **let them go**.

The truth is that your anxiety is related to your **fight or flight response**. When you experience a threatening situation, your body reacts by **producing adrenaline**, which can cause anxiety.

These feelings can be **frightening** causing you to develop even more anxiety.

That is what is happening to you. The fear of having anxiety causes a **chain reaction**, so you need to unlearn those feelings and take back control.

This may take a little practice at first, but in a short amount of time, **you will be FREE....forever**.

We're going to start this process by taking this **one step at a time**.

It's important to realize that you are **safe** and **secure** here in meditation.

And with that take another nice deep breath in and connect with that feeling of **safety and security**.



Very nice.

One very common symptom of anxiety is the conscious beating of your heart. When you start to feel **anxious**, your heart beats faster than usual.

So now let's imagine that you're experiencing this symptom - but only to the degree that you **feel comfortable** with at this moment.

Very good.

Now that you are safe in **Mindfulness Meditation**, imagine yourself slowing down your heartbeat with **each deep breath**. Breathing slowly in and out, **slowing that heartbeat down**. Nice and slow, feeling **very relaxed**.



And you know since your mind created this feeling - your mind can easily **reverse it**; you are in control.

You are using your powerful subconscious mind now to **slow down that heartbeat**.

You can do this by imagining your heartbeat like the sound **of music**. Listen as the music gets **slower and slower**. Feel your heart settling down to a **nice slow beat**.

Slower and slower; deeper and **deeper relaxed**.

Go ahead and keep breathing **deeply, slowing** that heartbeat down, **deeper and deeper down**.

Very nice.

Another trick you can use is to simply experience the feeling of anxiety for a **brief moment**. You can even acknowledge those feelings by saying out loud: **I am feeling a little anxious**, but it's just an emotion and it will **pass**.

This may seem strange but it works **quite well**.

Let those feelings gently **wash over you now**. Just observe, and don't get caught up in these anxious feelings. Let these feelings go with **each exhale**.



Breathing in **peace and serenity** and exhaling those anxious thoughts.



You can also take yourself in your mind to that quiet **peaceful garden once again**. You're sitting on a **lovely bench**.

It's a **lazy summer** day; you have absolutely nothing to do. You are **calm and relaxed**. You feel **peaceful and easy**.

Keep tapping into this lazy **relaxed feeling**. Feel the sun on your skin and the cool **air on your face**.

Notice how good you feel tapping into this **lazy relaxed feeling**.



Letting **everything go**. Let the light of the warm sun melt away any **anxious thoughts**, just like that. It's so easy to **feel peaceful**.

You can easily process this feeling, **whenever it occurs**. You have the tools. And remember anxiety is simply **another feeling**. It is **not** who you are.

And you might even imagine yourself walking around in this **beautiful garden**. As you walk, you suddenly notice a **beautiful art exhibit**.

This might be a painting with a **jumble of colors** or even a solid red painting. Go ahead and find that painting right now that **perfectly represents** how your anxiety feels when you experience it.



See yourself standing there just acknowledging the feeling....and **admiring the artwork**.

Now notice how you can **walk away** and look at another painting, perhaps a happy scene or a tranquil peaceful scene with beautiful soft colors. And notice how easy it is to **walk away** from these anxious thoughts and think of something else.

The point is you can process these emotions - and then let them go. It's really **very simple**.

The next time you have these **strong emotions**, simply take a moment to acknowledge them.....and let them go. You can simply walk away or take yourself back to that happy place or to **that serene garden**.

The more you do this, the easier it gets. The feelings will **quickly subside** and they will be replaced by happy feelings of comfort.

Every time you listen to this session you take back that control more and more.



And now gently anchor in this feeling of peacefulness by lightly touching your index finger and thumb together. As you do this, **gently repeat** these affirmations in your mind:

I am **in control**.

I strive to **remain calm**.

It's OK to **acknowledge** my anxiety.

I easily **diffuse** my anxiety.

I **control** strong emotions.

Anxiety is simply another **feeling**.

Being calm and relaxed is part of my nature.

Acknowledging your anxiety has been transformative and **life changing**.
Congratulations!

Take one more moment to honor this feeling of **peaceful control**.



You're now **well equipped** to deal with anything that might come up, and because you feel much more comfortable about the whole situation you begin to lose your fear of anxiety. It's just another emotion.

The fact is your creative subconscious mind can come up with a **number of solutions** just like the ones you practiced today.

And now you know it becomes easier and easier to deal with these strong emotions every time you do this session.

You have done a fantastic job today. **Congratulations!**

And now as I count from 1 to 10, you will wake up feeling calm and refreshed.

1, Coming back **slowly**.

2, Feeling **fine**.

3. Feeling **calm** and **relaxed**.

4, 5 Coming up a little more.

6, 7 Starting to stretch your arms and legs.

8, 9 Beginning to open those eyes ever so **slowly**.

And 10, Opening those eyes and coming back into the present moment.

As you return to conscious awareness, know that you have **faced your anxiety** and embraced it and can now take steps to move beyond it.

Have a wonderful day.