



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Overcome Nervous Breakdown

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 Nervous Breakdown

Overcoming a nervous breakdown is **challenging at best**. You may feel completely overwhelmed. You are **stressed**.

Your body is exhausted and you cannot **think clearly**. You know you want to change and **think differently**, you just can't get motivated to do so.

However, one way out of this hurtful thinking is by **relaxing deeply**. You **will feel** better. You **can** overcome this. It is possible.

Your mind is **very powerful** and it **can** help you heal. With each session, you will **begin to change**.

You will start **feeling hopeful** once **again**. **Life will get easier**. **The more you relax**, your mind and body the more you will heal.

Feeling **peaceful and calm** is similar to being happy - you have to make a conscious choice to engage in more positive behaviors.

Sometimes it's not easy to **overcome negative tendencies**.

Making that **conscious choice** to slow down and carve out time to tap into that well of inner peace can help you **make profound changes**.

You can create moments of **peace and joy** whenever you want.

In this beautiful session, you will learn to **acknowledge** these negative feelings. You will **process the pain**. You will allow yourself to be **filled with love**.

You can learn to let go of these negative feelings with **practice**.

When you **contemplate peace** and go within, you tap into that **peaceful blissful feeling** whenever you want.



Now, take a moment to **relax and get comfortable** and close your eyes. And imagine a very **peaceful place**.

Everyone has somewhere where they feel **peaceful and calm**. This could be a place outdoors or indoors.

Picture that very peaceful place in your mind - a place of **peaceful contentment**.



Very nice. Now 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 sense of nervousness. Ask for the power to let 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.

Ask for help in letting go of any behaviors that do not support **peace and love** and a sense of well-being.

Sit in the quiet and listen for the answers. Feel this **pure clean energy** coming in. Open up your heart and **feel the warmth**.



And as you do this, take a few nice deep breaths. Fill yourself up with **light and with love**.

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



You may even feel a **warm light** flooding 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**.

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 negative thoughts. Let go of fear. Let go of worry. Let go of **sadness**.

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**, let it fill up any dark spaces.

You may even feel Angels or other spiritual beings 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.



As you **breathe deeply**, take a moment to acknowledge the work you are here to do. Sometimes in order to release hurtful emotions like nervousness, you must first **acknowledge them**.

It does no good to shut nervousness out or put a lid on it, for it will only build up and **gather more energy**.

Today you will take steps to move **through your feelings**. Today you will acknowledge these feelings as **valid emotions**.

Without the ability to **experience negative emotions**, you would not appreciate the positive ones as much.

Now that you are relaxed, let's focus on the idea of releasing your nervousness and **letting it go**.

Take yourself once again to **your peaceful place**. Now notice there is a **beautiful mirror** in front of you.

Go ahead and stand in front of this mirror.

Gaze upon your reflection.

You begin to see a reflection of yourself in silhouette. You see the outline of your

body as well as the energy **inside your body**.

Take a nice deep breath, and notice the path your breath takes as it moves **through your body**.

Now begin to mentally **scan your energy** in your reflection. You might notice several pockets of **dark energy** as you do this. These are the places in your body where you are inadvertently holding onto **destructive thoughts** like nervousness.

Go ahead and do that now, and use **your imagination**.



Keep checking for areas in your body that may be holding **onto negative emotions**.

You may notice **little dark spots** in your lower back, or even in your abdomen.

Notice how certain areas within your body are a **different color** than others. Negative emotions usually have a physical component or expression in **our body**. Recognizing that your body holds onto negative emotions can help you take steps to **release them**.

These negative emotions may even feel **warm or hot** as they gather energy or move around your body.

See, sense or feel this now.



These feelings may be reflected back to you as pockets of deep dark color; deep shades of red or **indigo or purple**.



You begin to realize that you have not processed these emotions. All you have done is push them down **deeper into your energy**.

It's time to release these **feelings with love**.

And as you do this, you will feel **better and better**.

Take another nice deep breath and begin to **acknowledge your feelings**. You are not hiding from them any longer because they **deserve to be heard**.

It doesn't matter what caused these **feelings**. You can **let that go**. These negative feelings simply need to be **honored and felt**.

Breathe into these feelings and acknowledge their presence and embrace them as valid emotions.



Embrace your nervousness and **welcome it in**. Sit for a moment **within these feelings**.



Begin to process these feelings and **move through them**. Acknowledge your

feelings, and **bathe them with love.**



Sometimes negative emotions have a purpose and a reason. They can even **help you heal.** Once you take steps to acknowledge them and face them, you can then begin to **move beyond them.**



Keep breathing into these feelings and bathing them with **love.** Feel that warm positive energy **flowing through you.**

And repeat:

I acknowledge these feelings.

I honor these feelings.

It's OK to feel these negative emotions.

It's OK to let them go **with love.**

Ask to assimilate whatever message these negative emotions want to give you.

Do not force and do not demand, but gently **request in love and respect.** Begin to see inside these feelings and see **beyond them.**

Ask **what message** these feelings have for you.



You begin to see that these feelings are **quite manageable.** You are no longer **afraid.** As you look at the mirror in front of you, you notice these dark colors beginning **to dissipate.**

The strong colors begin to break up **and soften** as they move out of your body's reflection.

You realize that these feelings simply wanted to be **acknowledged.**

Now send your body a dose of **love and healing.** Breathe in the warm **feeling of love.** Let it **fill you up.**

And notice your reflection begins to come out of the mirror, and back into you, embracing you with **love.**

You have been given a great gift today, you have faced your fears and **moved beyond them.**

Anything is possible now. You have done it....and done it **quite well** as a matter of fact.

And now let's try another technique. Imagine yourself as a young child **laughing and playing.** See yourself in a **happy moment.**

Fill yourself up with love. **Feel** the joy. Bring a **big smile** to your face. Give yourself a **mental hug**.



Tap into a time in your life when you felt **nothing but love**. Keep surrounding yourself with love. Feel how **warm** this feeling is.

Imagine this feeling is like that **warm protective white light**. Let it pour over you and bring you **immense joy**.

Ask for **healing**.

Ask for **love**.

Know that you **are safe**.

You are **never alone**. You are divinely guided and **supported** on this journey.

And now with another nice deep breath, gather up any **remaining nervousness** you feel. Imagine it like a **child's ball** in your stomach.

Do this in whatever way feels right **for you**.



And now, as you see and feel this tense energy growing and growing, imagine this ball of energy is in the **palms of your hands**.



Now take this ball of energy and **toss it up** into the sky. Throw it **far, far away**.

Watch it disappear **until it is gone**.



You are **in control**. You can feel **calm and peaceful**.

You know you can handle **whatever life** puts in your path.

You've got this. You always have the option of **relaxing** under any stress or strain in life.

Now whenever you feel your muscles tighten or your jaw clenching, you'll remember that **you are in control**.

And the next time this happens, you'll take a nice deep breath and breathe in that feeling of **peace and calm**. You'll breathe in that feeling of **control and of patience**.

You **know and believe** you can always calm your nerves. All the fear is gone and will always be.



And now as you continue to breathe in thus feeling of peace, repeat the following affirmations:

I am **peaceful**.

I am **calm**.

I am **relaxed**.

I am **happy**.

I can **choose to feel calm**.

I can **choose to feel peaceful**.

This **peace** is always within me.

These suggestions have already been accepted by your subconscious mind where they grow **stronger and stronger** each and every day.

The more you listen to this session, the more these suggestions will become a part of your actions, your behavior and **your personality**.

The more you listen to this session, the **quicker and faster** you will be able to focus on peace.



Today, you have taken on a **new attitude**. You have **processed** the pain.

Take a moment to feel how **powerful** this feels.

Feel the **beautiful peaceful energy**. It is part of you now.
Very nice.

And now you may choose to consciously remember these suggestions or allow them to **sink back into your mind**. The subconscious mind **remembers everything**.

You have done an **outstanding job** today! Well done.

Now as I count from 1 -5....you will awaken....with a new sense of **peacefulness**.

1.....Feeling great.

2.....Coming back up.

3.....Almost there.

4.....That's right....coming back around.

5.....Eyes open.....feeling incredible.

Welcome back! **Congratulations!**

As you return to conscious awareness, know that you may return to this **very peaceful place** whenever you need to.

Have an amazing day!