



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Find Your Identity

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 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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Find Your Identity

Knowing who you are deep within is very powerful. Your basic core needs sit at the foundation blocks of your identity and so, by understanding this, you can live a life that is more suited to your needs. Your life can be without internal conflict.

Learned behaviours can be both negative and positive and the essence of self can easily be interrupted by patterns of life. These may be outdated or not grounded in truth.

Parents impart those first important lessons in life but, even then, those early foundation blocks can be built on false knowledge as they too may have been living without questioning themselves.

To identify your personal truths, analyse your core beliefs and question how and when these were formed. By doing so, you become more in tune with yourself. You can make up your mind. You choose what is right for you.

Our inner identities can often be obscured along the way. We are surrounded by information. We are told how to dress, what to eat, and how to live. These messages can detract from our connection with who we are. This information overload filters into every aspect of life. A barrage of marketing messages lies in wait on every corner, from billboards, magazines, television, and even the radio. It is no wonder that we are pulled away from our own core values at times.



Knowing your inner self enables deep **inner peace**. It forms your moral compass. It enables you to strive towards your true potential. You make the right choices, those that benefit your life. Establishing your identity builds confidence and integrity. It creates a base from which you can strive forward, living with supreme confidence as you are being true to your core values. Being authentic also means that more people are **attracted** to you in both business and personal relationships. After all, it is much easier to trust those who **embrace authenticity**. These are gifts that come naturally to those who understand who they really are.

Knowing the real you is similar to having a blueprint of your life handed to you. When you feel comfortable with self, life becomes easier. You trust your decision-making skills and feel confident that your choices are right for you.

Connecting with that truth enables you to say no to those elements in life which are not right for you. Equally, it enables you to reach out for **opportunities** that are perfect. Living life your way helps you to be instinctive. You give your time to the right causes and people. You value yourself and your time, you know what makes you **happy**.

This becomes a flowing truth once your core values are met.

We all have basic needs and if they are not met then, we do not achieve true fulfilment. This is damaging to both business and personal relationships. These basic needs need to be fulfilled. They are the foundation blocks on which you grow to reap the benefits of **success** and **happiness**.

By opening up to that inner you and finding your **true identity**, life becomes both exciting and rewarding



I want you to find a comfortable position and relax. Listening to my voice will help to guide you into a deep state of relaxation.

This is a natural progression.

As you listen to my voice you will find yourself becoming very calm.

Little by little, you will feel a sense of peace washing over you.

This is perfectly fine.

Let all other thoughts give way....

Just **listen** to the sound of my voice

Now, I want you to fix your eyes on one spot just ahead of you.

This can be on the ceiling or the wall.

In a moment, I will start counting.

When I say number 1, you will close your eyes, and then, on number 2, you will open them.

You will keep following this pattern on each alternate number until your eyes start to feel so **heavy**, and it becomes easier to keep them closed.

Keep your eyes focussed on one single spot.

Even when you close your eyes, imagine that fixed spot in your mind.



I will start now.

1. Slowly close your eyes but keep them focused on the point you have already picked out.
2. Gradually open them.
3. Closing your eyes again and noticing how **comfortable** it feels.
4. Now, open them slowly, focussing on that single spot.
5. Closing slowly and **listening** to my voice. This feels **wonderful**.
6. Opening very slowly. Focus on your chosen spot on the wall or ceiling.
7. Closing once more, your eyes are becoming very heavy
8. Slowly open your eyes again, if they are feeling heavy and **relaxed**, this is fine.
9. Close your eyes once more, give into that **deep sense of relaxation**, let your eyelids feel so heavy and wonderfully relaxed now.
10. Now opening and focusing on that one spot.
11. Closing your eyes, even more tired and **relaxed** on each number and this is perfectly normal.
12. Slowly opening, and it feels so calm and **peaceful**.
13. Closing again, and it probably feels very much like your eyes want to stay closed.
14. Really feeling the heaviness of your eyelids as you open them now.
15. Letting them close again, each number taking you deeper into **relaxation**
16. Opening once more, feel the heaviness of your eyelids
17. Closing them again, this feels so good and natural, with each number, heavier and **deeper into relaxation**
18. Opening but oh so **relaxed**

19. Allow them to close and this time, let your eyelids become truly heavy and **relaxed**, keep them closed.
20. Just resting your eyes and it feels so calm and peaceful. You are so relaxed now.



I want you to continue to listen to my voice which will allow you to drift even deeper into a state of **wonderful relaxation**.

As you sink **deeper into relaxation** you do not need to do a single thing. Everything is so perfectly natural.

You do not even have to think anymore, simply let all your **thoughts drift away** and enjoy this **wonderful peace of relaxation**.

Now you are **so deeply relaxed** it may feel as if you have no awareness of your body. External sounds have drifted away.

So relaxed and happy.

Only your **subconscious mind is open** and ready to receive suggestions.

Everything you are doing is perfect.

Continuing to listen to my voice.

Deeper into relaxation.



You are completely calm and relaxed, this is a wonderful feeling and it is happening right now.

No matter how deep you allow yourself to sink you will still hear my voice guiding you.

Right now, you are allowing this wonderful process to happen.

So relaxed, deeper every minute.

Inner mind **open and ready**.

Still listening to my voice.



Now you are **completely relaxed**.

Your subconscious mind is open and ready for suggestion and guidance.

You are happy to continue listening to my voice and **relaxes you even further**.

You understand the importance of the words, **know yourself**.

Gaining the knowledge of who you really are is now becoming your focus.

You know the **benefits of self-knowledge**.

You are happier when you can **express who you are**.

The ability to express your desires often leads to you getting **exactly what you need**.

The ability to eliminate inner conflict is reassuring to you.

Relationships seem to run more smoothly for you.

There seems to be a **natural flow to your life**.

Understanding who you are gives you the ability to follow guidelines that were previously hidden.

You know what your **true motivation** is, and this allows you to express yourself in a more fulfilling way.



Still relaxing

You have started to **develop good habits**.

You are more **aware of what you desire**.

You know what makes you happy.

You can easily evaluate your life and clearly see the direction you should take.

Your inside feelings and **values are clear to you**.

You feel wonderfully **alive and more fulfilled**.

Life just seems **more exciting**.

You have found the real you.

Take a minute to think about what this means to you.



How do you feel?

Understanding your basic needs allows you to be more tolerant of others.

You have more energy.

You have more empathy.

You feel like there is a **constant balance in your life**.

Think of **your perfect day**.

This is how you feel most days when you fully **understand your core needs and beliefs**.

Most days you ask yourself questions about your life.

You **want to explore why** you believe in certain things.

You wonder why you are **curious about life** and how it all fits into patterns.

You are **constantly learning**.

You have **so much confidence**.

You will naturally **continue to grow** in this way.

Still calm and relaxing.



Self-knowledge has become so **important to you**.

You understand so much more about yourself now.

The connection between your subconscious mind and all that is around you is **very strong**.

You know the outside world and your inner one.

You are **perfectly balanced**.

You have **more awareness**.

You are not frightened to take chances because you instinctively **know what is right** for you.

You are happy to hear other people's ideas and understand when it is time to support or say no.

You are becoming **more tolerant**.
You know when to walk away.
You understand the moment to **embrace new ideas**.
You have less fear.

You may notice how your **interests are expanding**.
When you understand who you are it **opens doors** that were previously hidden.
Your inner passions reveal themselves.
You are no longer chained to false or misguided beliefs.
You **examine everything** with an open mind.
You are finally connected to an **energy you understand**.



One of the most beautiful things that can happen to a person who **truly understands** who they are.... at the core is that you **attract the right people to you**.

Relationships become easier and **deeper bonds** are formed.
Like for like is **important at the core level**.

Your perfect partner will have very **similar basic needs** to you and understanding your own has made it easier to **attract the right people** into your own life.

This works for business and personal relationships.
You may find that you **make new friends** now.
As your interests increase then so will your social circle.



Think about how this new life will feel to you.

You will find it **easier to reach out to people**.
Caring for those that need it takes on a new meaning.
You identify with those that have the **same core values**.
These are your people.
You do not feel the need to change anyone.

As you continue to relax, all this **information sinks into your subconscious mind**.

You are becoming a **master at understanding yourself**.
Your **core needs** are going to be catered for.
You know what pleases you and you **understand what you need**.
This enables you to feel **secure and safe**.
This **breeds more confidence**.
People notice this in you.
You are an expert at being you.



You are influenced by your own needs rather than external forces.
You see through advertising and understand the message they are trying to put across.
This **allows you to purchase only the things that you really need**.
You are a **stronger person** because of this.
Your choices work for you.

Imagine your **perfect life**.
What would that look like?

You can open doors to anything you want and desire.
You are connected to a constant universal flow of energy.
Your inner mind wants to **explore the truth**.
By doing this it creates a path to being **true to yourself**.

You have an **internal calm** that is built from **understanding your own needs**.

You are so relaxed
So **peaceful**



It is now time to wake up from this very relaxed state.

In a moment I will count from 1 to 5 and, when I reach 5, you will open your eyes and be back in the room feeling wonderfully relaxed and very positive. You will remain relaxed and calm but will be fully aware of your surroundings.

I will begin now

1. So relaxed but beginning to wake
2. Becoming aware of your muscles
3. External sounds are filtering through
4. Eyes flickering, and you feel like stretching
5. Fully awake and feeling relaxed and calm.

This has been a wonderful journey and thank you for being part of it.

You may experience moments of pure clarity in the next few hours and days ahead. This is perfectly normal and reveals the new connections you have made. Even without this, things will start to feel more natural.

Your understanding of who you are is now deep within your subconscious mind. This will allow you to understand things at a deeper level. Decisions will become easier to make as you will instinctively understand what is right for you.

You understand who you are.

Life should become easier now. Your mind is open. You are ready to connect with that inner you and to explore the truths around you.