



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Improve Concentration and Focus

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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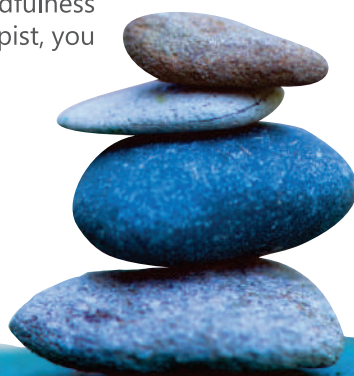
If you are a practising hypnotherapist, Mindfulness Coach, NLP Practitioner, or a psychotherapist, you may use the meditation scripts for -

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.



Dr. Paras Wellness Pvt. Ltd.

 A Fortune House Flat # 201, 2nd Floor, Near Badshahi Hotel, Baner Pashan Link Road, (Road Opp Mahabaleshwar Hotel) Baner, Pune 411045.

 020-27293-555

Improve Concentration and Focus

Clarity of mind is so important, yet, it is something that many people lack these days. There are many reasons for this. Sometimes, poor lifestyle choices increase pressure and prevent concentration levels and focus. Poor time management skills can impact concentration or, an excess of stress can overwhelm the mind. Making the right lifestyle choices is so important. When thoughts are jumbled, clarity dissipates and concentration wanes. Decision-making becomes difficult because it is harder to see a situation in its entirety. Self-doubts set in and there is often a sense of vagueness and frustration.

Sleep is a vital element required for concentration and focus along with good nutrition. You feed the mind and you nurture it. When stress is prevalent, it can easily erode the potential for improved concentration. When you consider that the human mind utilises up to 60,000 thoughts each day, negative thoughts, self-doubts or stress can greatly impact the way the mind can function, concentrate and learn.

This Mindfulness Meditation session will free up the mind considerably. Think of it as a way of clearing out old clutter and being able to see clearly again. There will be space between your thoughts, and perhaps, this is currently lacking at times. When you can think clearly, you can focus with intent. This improves concentration levels enabling you to achieve any goals. Meditation **relaxes** the mind which is highly beneficial for letting go of daily stressors or those niggling little anxieties that detract your mind from its needed focus.

Space opens up so that you can become an observer, judging how to spend your time more wisely, it's easier to respond to difficult scenarios which as a by-product could impact your ability to concentrate. The mindfulness element of this script enables you to alter how you think. This is because you retrain the subconscious mind to think in a different way and it **guides** you helping you to channel your focus and to embrace a more mindful approach.

I want you now to visualise a space that is **warm** and **safe**.
This could be sitting by the beach watching the rhythmic motion of the waves
You may opt for a sunny forest glade where the gentle green foliage adds a sense of serenity and calmness to your mind.

You may choose to visualise your garden setting where it is safe from the demands of outside life.
Anywhere you choose is perfectly fine for this visualisation.
Whatever your mind conjures up, know that it belongs to you.

This is your safe haven.
It is unique to you.
Your mind has **created this haven** because it represents a place of **safety and warmth**.

When ready, let your eyes close if you wish.....
Feel yourself relaxing in this space.....

Every muscle of your body gives way to **deep relaxation**.

.....



Inhale deeply and exhale slowly.....

As you feel the gentle rise and fall of your chest, **your muscles become heavier...**

You are moving into **deeper relaxation all the time...**

Safe and **secure** in your chosen haven

Focusing only on my voice.

My voice is guiding you and as I do so.....

All **external distractions begin to fade away....**

You **feel so relaxed**

Your eyelids are heavy.....

You feel peaceful.

The muscles of your face, neck and shoulders...each one begins to relax...

Letting go.



Your shoulder muscles release

Your body feels heavier as waves of relaxation sweep through you.

It feels wonderful to be this relaxed.

You feel so **happy and safe...**

Warm and content

In control...

So relaxed

Your subconscious mind is opening...

This feels so good.

So peaceful.

Keep listening to the **sound of my voice...**

Soothing you into a **deeply, relaxed state...**

You want more of this

It feels wonderful

So peaceful.

My voice is guiding and soothing you

Moving towards a deep sense of contentment

Happy to be here...in your **safe haven**

Fully aware of all that is happening

Mind and body connected by **deep relaxation**

Even **deeper**

You welcome in feelings of contentment

Deeply relaxed.



Keep listening to the sound of my voice...

Know that your **subconscious mind** is ready to listen and absorb this....

You hear **positive messages all leading towards greater transformation**

Your **subconscious mind opens** now.

It recognises **this as a healing pathway.**

You understand that there are elements of life that you wish to change...

You choose to let go of stress

To eradicate poor choices



To instead embrace a **healthier lifestyle**

You may have felt that it was difficult to concentrate

Your thoughts were muddled...

Focussing was difficult due to the number of thoughts becoming obstacles of the mind

Concentration waivered...

But now, it is **time for change**

You always had the potential to **open your mind**

Concentration was always there...

Deep within

Waiting....

You just needed the right setting

You simply needed guidance and a **path to follow**

Sometimes, we become overwhelmed

The mind becomes muddled.

Thoughts become erratic

They restrain progress

Thoughts can be linked to fears

The **desire to learn is strong**

You must **let go of thoughts**

Let go of unresolved feelings

Visualise **these thoughts one at a time....**

In order....

Try to see whether they are negative or positive

Visualise them in two separate piles....

Doesn't that **feel good?**

You deal with the abundance of thoughts.

You gain control over them

By placing difficult thoughts to one side, your ability to think clearly increases

Notice how it feels good to remove negative thoughts

Embrace **the space within your mind.**

You **have freedom** from cluttered thoughts.

Keep sorting thoughts as they come to mind

Arrange them to suit your needs.

These thoughts are so small

So easily controlled

Your **mind is open now**

Feel this **natural transformation**

This feeling of **space within**



Your mind is sharper

More focussed

Concentration levels are back

Simply by sorting through the bombardment of thoughts
You shape your destiny

You always were able to manage your thoughts

To **concentrate and focus fully.**

Now you know how to do this...easily.



Imagine yourself picking up each thought...

Examining them....

One by one...

See them, understand them and then...

Let them go....

Feel the soft breeze rippling through the trees...

You feel it gently on your face

Against your skin...

Clearing your mind.

As you sit in **perfect harmony** within your chosen space.



Watch as the unwanted thoughts are plucked out of the pile

Dancing in the air...

Whirling around in the breeze

Lightweight...

Irrelevant....

You do not need them anymore.

Your mind is clear

It **feels wonderful**

To be this free

Visualize them floating away in the breeze....

This is **so cleansing**

So, satisfying

You feel contented

The image is strong in your mind...

Create a **positive routine** for change

Clear out old clutter

Bring **space to the mind**



Now **breathe in and out slowly**

Feel the sensation of the breath...

Healing...

Nurturing

Creating the ability to learn and **absorb new information**

Focus only on the sound of my voice.....
Leading you to greater contentment and focus

This is a **ritual for life**

You are always in control....

Visualise a time when you will need greater levels of concentration

This may be an exam

A job interview ...

Or, outstanding work that needs to be completed

Face this situation with determination and openness

There is nothing you cannot do

Inhale deeply, feeling the air in your lungs and exhale any doubts.

You are capable of anything in life.

Your **mind is clear**

Approach any tasks **with an open mind...**

Place errant thoughts together in a pile, moving them..... from out of your conscious mind.

It is easy to do this...

You are always **in control**

You always were.

Use visualisation to **control your thoughts.**

Your thoughts are being cleansed

Release any self-limiting beliefs

With every breath, you feel stronger, calmer...positive

It is as if you harness inner energy

With each breath, you feel **more in control**

You release negative energies...

There are no doubts...only determination

You want to achieve

You feel the **desire to succeed.**

It does not matter if you believe you have failed in the past....

You will achieve everything you want in the future

This is part of your ongoing journey

Positive energy surrounds you.

You feel it within you.

You want to achieve your life's purpose



Become aware of self-doubts...

Let them go

Become an **observer of your thoughts...**

Free your mind

When you **embrace awareness**, you enhance the ability to focus with intent

Inhale slowly.....

Exhale fully.....

Continue to drift away on an ocean of relaxation....

Feeling heavy....

So relaxed



I am going to count down from 5 to 1

As I count, you will feel even more relaxed...

I will start now.

5. Letting go of errant thoughts
4. Embracing inner peace and clarity of mind
3. So deeply relaxed....as if floating away...
2. Every muscle.....letting go.
1. Ready to listen to my voice...



Imagine yourself

Standing on the beach overlooking the sea.

It is warm.

The sky is a beautiful cloudless blue

Waves gently ripple onto the beach

The sand is warm beneath your feet.

This feels so relaxing.

All fears dissipate under the warmth of the sun...

You feel peaceful...

Life is easy....

You are so relaxed...

The gentle sound of the waves against the shore...

Here, there are no stresses and strains.

You feel protected...

Imagine now a bubble around you..

Its shimmering layer **protects you**

Here, there is clarity of mind

Your **mind is open**

You are so relaxed.

So calm.

Whenever life becomes difficult, you can imagine this **bubble of protection...**

Before an exam....before a stressful situation where focus is important

This gives you space from the world...

It gives you time to prepare your body and mind.

To relax

To breathe deeply..



You are in complete control.

Let go of tension
Feel your body relaxing further...
There is no place for doubts...

Just **clarity of mind**

You are free

Protected...
Peaceful within this bubble...

This feels good

Your mind is **free** and filled with positive energy,
Your thoughts are positive.



There is nothing you cannot do.
No pressures you cannot manage...

You see life clearly now

You know the secret to protecting yourself
It is as if a burden has lifted from you.

You can **feel the difference.**

You let go of negative energy
Your mind is clear...
You can see the **true reality** of any situation.
Your **analytical skills improve**
You take a **methodical approach** to tackling any task
Your mind is unburdened by anxiety

You are free

Life feels good

You are in control
You are ready to face obstacles
You are ready to **overcome issues** that may have daunted you previously.

You are protected and you are ready to face life with **enthusiasm and clarity**

Pure energy flows through your veins
It is as if a button has been reset
You always had the potential within you
Your **mind is peaceful.....**

Contented

This feeling will remain...

If self-doubts niggle, visualise a bubble around you
Breathe in deeply and exhale fully



Release tension

Embrace freedom of thoughts

Transport yourself to a place where you feel safe and secure...

Take control of your thoughts...

Clear your mind

You can do this at any time...

Let it all go



Your **subconscious mind understands** the way to approach situations that need focus and clarity.

Utilise the in-breath to help increase **mental focus**

Breath out negative thoughts and energy so to aid commitment to the task at hand.

You are ready to embrace any new challenge

You are **excited to learn new things**

You do not fear difficult subjects

You **yearn to learn**

Nothing holds you back in life

You absorb knowledge with ease...

Everything you do becomes easier...

Others recognise this new confidence within

You feel so different

Ready to reach your true potential

Your subconscious mind understands this...

You have the solution

You have a fresh new approach to focus and concentration

You have never felt so relaxed...

So peaceful....

So in the moment

It is as if you are protected from difficulties...

You want to progress

The thirst for knowledge is enticing

You want to learn

You need to learn more

You realise that you can **achieve anything you desire...**

Your mind is open to the challenge

You are ready to focus

To study...

Your brain acts like a sponge soaking up new information

This is because **your mind is clear** from the jumble of thoughts

Your mind is open

You will continue to feel relaxed

Life will become easier....

If you feel overwhelmed, you simply visualise this place
It is time to return to daily life....
I will count you backfollow my voice at all times...

I will start **right now**.



1. Relaxed but becoming aware of your fingers and toes.
2. Feeling the breath coming in and out gently.....
3. Feeling positive and ready to face challenges
4. So **relaxed** and feeling serene
5. Peaceful but ready to face the future.

Your subconscious mind is **protecting you** and **guiding you** for **greater clarity** and focus. It understands that you need to learn and to be prepared. Use the breath to trigger this during times of stress or difficulty and you will approach each situation with greater positive energy.

There is nothing that can hold you back now. You feel positive about the future. This feels good and you have far greater control of your life going forward.