



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Letting Go of Past

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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- 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 Past

Your past is important. It contains a host of beautiful memories and many life lessons. To say you are a product of the past is not quite true however, as it is more about how **you react and respond** to the past that counts. If you feel the burden of some past events, and then, find yourself reliving them over and over almost hoping for a different outcome then do keep listening to this Mindfulness Meditation.

The meditation works towards relaxing you and allows your mind to be at ease, something that it may not have been able to do for a while, and then, through meditation and suggestions, you will alter the way you think about the past. Your subconscious mind absorbs the information and can guide you in future. You learn how to let go of anything that chains you to a negative mind set. This will free you up to understand the good and bad things that have occurred, to identify their place in the present and how they might impact the future. This meditation helps you to balance out those experiences so that you can be free with your memories.

Let's begin with meditation. Do not listen to this meditation while driving or while operating machinery. You need to set complete time aside in solitude for the effect to take place.

I want you to visualise a safe, warm place.
Perhaps a walled garden or a clearing in a forest.
It could be a favourite room or even a secluded beach.

This place belongs to you.

It is unique to your thoughts.

You create **this place because it is special to you.**

The feelings you have about this place will come to life easily and make sense to you.



Wherever you imagine yourself to be, **relax.**

Every muscle is slowly releasing the tension.

You are breathing deeply but slowly.

Feel your muscles becoming heavier...

A wave of relaxed warmth flowing over you.

Deeper into relaxation all the time.

Focusing on my voice.

My voice guides you and allows you to sink into a deeper, relaxed space....

External noises are disappearing.

Your entire body is relaxed

The muscles of your face and neck feel warm.

Your eyes are getting heavier.

You can close them if it is easier for you.

This wave of pure relaxation continues to sweep over your entire body.

You feel so happy and safe...

Your subconscious mind is opening...

Your body feels as if it is in a deep but calm sleep...



This feels so good.



Calmer....more peaceful...relaxed.
My voice is now all you hear
You want more of this relaxation...

Taking this even deeper as you relax even more

My voice guiding and soothing you

You are very happy and content

Eyes closed now

Aware but happy to be guided

Drifting deeper

Much deeper

Body and mind both **beautifully relaxed**

Even **deeper**

Your inner mind opening as your **body relaxes even more**

You want this wonderful feeling to continue

As I continue to speak to you, then your body will naturally remain relaxed...and welcome this

beautiful feeling of pure contentment.



This is a **journey of enlightenment.**

It is a simple passage of **relaxation and calmness.**

Your subconscious mind is open and listening.

You continue to relax throughout this entire journey.



You recognise that there are things in the past that you are unhappy about...

Perhaps unresolved issues...

Emotions...

Difficult feelings...

You understand that by playing them over in your mind, it does not change the result.

You understand that it is not the past that makes a difference but how you think about it.

The past also contains beautiful memories...

All memories are a vital part of you...

Consider them part of life's lesson...

This makes sense to you now.

Part of this journey is about releasing any negativity within you.

You are able now to release these thoughts into the breeze.

Visualize each memory...

Imagine yourself picking them up, one by one, see how small they are...

Those memories that resonate positively with you, hold them and store them safely...

Those memories that cause you pain or discomfort...

Visualize them floating away in the breeze...

Feel how **deeply satisfying and cleansing this is**

Continue to work through them, keeping the image strong...

Until all that is left are wonderful positive memories and the lessons your subconscious mind has absorbed and remembers.

You can do this any time you wish.

You can always find that perfect moment.

Breathing in and out very slowly...

Think about the most comfortable place in the world to you.

Always unique as it belongs to you.

Take cleansing breaths...in and out...

Let this be a **daily ritual**.



When you are so deeply relaxed, it becomes easy to see the past and the present all woven together as if a dream.

The past is not chained to you

It remains in your thoughts...

You **own those thoughts**

If you **choose to release thoughts**, then you can.

If you choose to subtract the good bits from each thought, then you can.

Those thoughts which do not actively work for you can be **released easily**



Allow yourself to be aware of your feelings.

Do not think of emotions as a weakness.

Awareness allows you to be in control.

Use visualisation to take charge of your thoughts.

Think of your thoughts as being constantly cleansed.

Each breath in and out and each thought in and out.

As you breathe, you draw in **positive, life-giving energy...**

As you breathe out, you dispel negative energy...

There are positive and negative aspects to thoughts and memories.

By becoming aware of your deepest memories, you step away from the past...



The present is where you live...

You are aware of this.

The past can be played over and over but the outcome is always the same.

You cannot go back...

You must strive forward

The present is far more important as you are **creating new memories** all the time.

To remain in control of your life...you must learn to disconnect from the past and to deal with any issues...

So, as you relax further, allow yourself to feel emotion.

When the past haunts you, it is because of deeply-rooted emotions...

Your subconscious mind may have tried to protect you from these core emotions.

Hiding them...

By allowing yourself the ability to express those emotions, you take away their power.

You free your mind

You **release the chains** that tie you to bad energy....



Give yourself permission to feel.

As you are so deeply relaxed, and your inner mind is open to new suggestions and learning, we are going to use our imagination once again.

You are continuing to drift deeper into relaxation.

I am going to count down from 3 to 1

On each number, you will without effort feel lighter and even more relaxed.

I will start now.

3. So very relaxed, so deep it feels like a daydream.

2. Getting deeper all the time, your body feeling lighter, almost as if you could float.

1. Deeply relaxed and calm, ready to use your imagination as you listen to my voice.

I want you to imagine yourself walking across a meadow.

The grass beneath your feet feels spongy and soft.

It feels very comfortable.

The sun is warm, and the light breeze is filled with fragrant scents.

It seems as if you hardly need to put any energy into walking.

Your feet are hardly touching the ground.

Almost skipping without effort.

So relaxed.

You begin to notice that you are taking longer to put each foot down.

You are travelling across the grass further with each step.

You are floating between each step.

This is a wonderful feeling.

You are free in so many ways....

You are in complete control.



It is not important how far you go or if you float just above the ground...

You own these thoughts...this is your imagination

Just as you own all your thoughts.

The warm breeze feels pleasant against your skin.

You feel content and free

You know that some of your thoughts are no longer important....

You are releasing them as you heal...

Let thoughts about your past float to the surface...release them as you move easily

Let go of anger

Let go of tension

Let go of self-doubts

You are free

Each unhelpful thought **can be released** and swept away on the breeze.

This feels good

You are no longer tied to the past.

The past remains always in the past, you understand the importance of this.

Thoughts that turn to grief can be held onto at first but understood before releasing them too.

Whether grief, anger, resentment or self-doubts.....they can all be released
Free up space within for positive thoughts, positive energies and good feelings.

As you float through your imagination, you feel a sense of relief.
There is a burden lifting from you.
You can already feel it.

Negative energy drifting away.....
You feel lighter....
Tension dissipates...
Your movement is easier.....

Mind and body filled with peace.
Universal flow of energy passing through you.
Cleansing you.



Releasing past thoughts that once chained you **is enlightening.**
You feel a sense of freedom that you had forgotten existed.

It is easy for you to visit this place in your imagination.
You have pure energy flowing through you again.

In your mind, you may gently touchdown and the grass will feel soft beneath your feet.
The sun is warm on your skin.

Life is vibrant now..

You have positive energy flowing through you now.
With the negative past thoughts no longer binding you, there is room for your mind to expand and
explore all that is good in your life.
This calm, warm feeling will stay with you.

If a thought generates sadness, then, allow that emotion to wash over you...
If it makes you feel angry, feel that inner emotion, make friends with it
It is perfectly fine to feel...
Accept it, acknowledge it, allow it to move on...

Sometimes, surface emotions are released but other past issues remain...

Let them go
Picture any unresolved issues as a dark knot at the core of yourself.
This **is healing** at its deepest level.....
Think of a coiled rope knotted together, tight, unyielding...
Give it a colour...
Brown, red, black, let the colour match your feelings of these past **deeply-buried memories**

Feel them...
Connect to them
Visualize the knot unravelling as you become an observer.....
See each **strand fraying and releasing...**



It feels so good to seek out and to **release deeply buried angst...**

Let it all go

Your inner mind understands that you must feel an emotion so to heal from it...
Any emotion or experience with a negative residual energy can be treated this way.
The knot is becoming looser....
It feels good to watch this...

This is a **positive moment in time.**

You are healing...

With every **released fibre, you are letting go of the past...**



You have a responsibility to yourself to accept and acknowledge these emotions and memories...
They are a part of you, but they must not overshadow the here and now...

Your subconscious mind understands this...

You have the solution

Allow yourself to be free.



Learn to accept what has happened.
It is what it is.
Life moves on in a constant flow like a river.
Live for today and take the past as lessons for the future you are about to create.

Take a moment to think about this.....

Turn your mind back to the knot that once existed within, see how it is releasing all the time..
It continues to do so...
Feel the difference within...
That unexplained troubled core....

You are now at peace...

A river continually flows but over time it changes its shape.
Your life is the same...
It ebbs and flows....
Ideas and values change...
You are the same person but have a renewed outlook.
You are not judged by the past....

You are relaxed

Contented

At peace...

This state of relaxation will continue, but it is now time to return to daily life...

I count you back into the awareness in the same way that we counted down earlier.

I will start **right now.**

1. Still deeply relaxed but becoming aware of everything around you.
2. Calm and ready to take the rest of the day on
3. So very relaxed but feeling positive and looking forward to the future.



You now understand that the past is only as important as you want it to be.

This is a breakthrough moment in your subconscious. You will be in a far better place to release any negative emotions that hold you back. You will find it easy to meditate and allow your emotions to come to the surface just as you did with your imagination earlier.

This feels good and gives you control over your life going forward. You are now present in the moment without any fear or regret. Thank you for listening, have a great day!