



The Matrix Mindfulness Practitioner

# Meditation Collection

*Dr. Paras*  
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts  
for Wellness Professionals**

**Increase Study Motivation**

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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# Increase Study Motivation

You need motivation to achieve almost anything that you desire. When you set goals as we all must do in life, motivation is the driving force to achieve these goals. Desire and ambition go hand in hand with motivation. There may be times in your life when you need a little more focus or drive to achieve a goal. We've all gone through times when we lacked motivation and this can be draining. Being able to tap into an abundance of motivation is very powerful. It enables you to be positive even when things are not going exactly how you want them to.

To be truly motivated you need to know exactly what you want to achieve and the reason behind it. An example would be training for a new job or perhaps a new career that offers more money and is appealing to you. However, your true reason may not be the additional income. Money is a facilitator to other things. So perhaps your real reason is to be able to afford something like a home or a car, maybe an extra holiday or children's education. The extra money will get those things, and in this case, the motivation would be the reason behind wanting more money.

Motivation can come from almost everywhere. Consider wanting your children to have more in life than you had, or, maybe it is to prove to yourself that you can achieve more. You must understand exactly what your real source of motivation is. When it comes to learning, the desire may be to do with employment gain, or it could be for personal satisfaction at having **risen to the challenge**. Find your motivation.

By using this Mindfulness meditation, you will be in a very **relaxed state**. This meditation will expand the visual effects of **deep relaxation**, and we can set triggers that help to delve into your subconscious and allow your inner mind to truly understand why you are motivated. This is like having an extra person pushing you forward when the going gets tough. It helps you to think in a highly positive way and this has so many benefits. **Your confidence will increase**, and you will be **extremely focused** in your thinking.



It is important for you to know that you are always in control. The sensation will be pleasant, similar to daydreaming. You are about to experience a wonderful feeling of relaxation.

We can start right now.



It is important to find a comfortable space.

Seated or lying down, this is up to you. Just be comfortable.

It does not matter if you find yourself fidgeting a little, it is perfectly normal and will soon go as you start to **relax**.

This is very much your time and your moment.

I want you to **listen to my voice, focus on it**.

Allow your journey to begin.



Take a **deep breath** and hold it for one second and slowly release all the way out. It feels like you are **cleansing yourself**.

The air leaving your body is removing all that is toxic.  
All tension is lifting and being exhaled away from you.

**Even now you are beginning to relax.**  
**Your inner mind is saying yes.**

Your body is feeling **more relaxed** with each minute that passes.  
Your arms and legs feel **heavy...so heavy**.

**Muscles relaxing.**

You feel like a rag doll.

This is a lovely feeling.

**Your body is relaxing** already at a deeper level than you have felt before.

You understand how wonderful this feels.

Not a care in the world, just peace and calm.

Now I want you to use your imagination.

I want you to think of a beautiful lake.

As you look across the lake, you start to feel **incredibly relaxed**.

Nothing bothers you.....

The lake is calm.....soothing...not even a ripple disturbs the surface...

**Calming....peaceful.**

Your mind is clear....

Every single muscle and nerve in **your body is beautifully relaxed**.

Now it is time to go much deeper.



You **feel yourself relax even more** as I count from ten down to one.

With each number you will feel a **deeper sense of relaxation**.

All the way down to the essence of you...deep within....

**So deep.**



Ten, relaxing...

Nine, feeling peaceful

Eight, so calm

Seven...letting go..

Six **so deeply relaxed**.

Five...at one with yourself

Four...**so deep now**

Three, muscles grow heavier as **you relax**

Two....feel yourself slipping into a deeply relaxed state

One...you are there in complete relaxation. **So deep and calm.**

Now you will go deeper still.

I want you to imagine that your eyes are growing so heavy.

So heavy that the lids feel as if they are made of lead.

As I count again, your eyelids will simply close and you will be so peaceful, you will not want to open them.....

It is in your imagination, this ability to **pretend and make it happen**.





Five....feel **deeply relaxed**

Four...so calm and peaceful...

Three, body becoming heavy

Two, tension dissipating...

One... you are in a **perfect state of relaxation.**

You know this feels wonderful right now.

Your subconscious mind is open and absorbing **all** the positive suggestions I give it.

You feel as if you are part of a complete universal energy.

Everything positive flowing through you.

Gentle like a flowing stream that carries debris away...

Now taking away **all** thoughts...

Your energy is pure and flowing in the same way.



You are now in a **pure state of relaxation.**

You can now **expand your knowledge.**

You are very receptive to suggestions.

You can simply enjoy this very natural feeling.

As my voice directs you and suggests new ways of thinking you can see life unfolding before you...as if you are watching a film that is about you. You can continue to **allow** your imagination to work for you. Just relax and enjoy this feeling of serenity.

Perhaps you visualise yourself studying for your exams...

You see yourself taking your exams...then, witnessing the results..

Consider your feelings...

That **excitement...**

The **reward of success.**



**You are always positive** in life

You are determined...

You are ready for a challenge...

You understand that **your thoughts create your reality.**

You are in control of your thoughts.

**You focus on the good things.**

You are aware of how important goals are to you.

Because of this you constantly think about your goals and desires.

Sometimes you like to frame them in your mind.

You never lose track of what **you want to achieve.**

Still **so deeply relaxed.**

You look forward to accepting new challenges.

You are aware that it is positive to think and act as if success is yours

**If** you act as if **you already are a success.**

You will always act in the way that you want to be

Your focus is to create your own world.

**You are very happy with the thought of success.**

You know that you can **study and absorb new information easily**

It feels right to you to do what is needed to get there.

Your **mind is open.**

You are **receptive to studying.**

You find it a pleasure...



It is exciting to learn.

You understand that even some negative situations also have some **positive elements** at their core.

You are good at finding the way forward.

You invent new ways to learn.

**You see yourself as constantly growing.**

You always know why you want to do things.

**You are becoming a success magnet.**

When you study, **you are excited to learn**

You feel relaxed...

Prepared



When **you relax** and connect with the flow of energy that is constantly there for you, it energises you and creates a link to everything you want to reach.

It helps you to understand the reasons why you want to achieve something.

You understand the root reasons that motivate you.

You search deep within for your true motivations.

You know why you want to achieve

You connect with this feeling.

You have a **desire for the truth**

You seek out answers

You look deeper within and understand why **you want to succeed.**

Visualise the stepping stone meditation in your imagination.

This helps you to focus on bigger or major goals.

You can try it now while you are already **deeply relaxed.**

Just continue to allow my voice to guide you and your imagination will open.

As you do this, **you will relax** more...

It is all very natural and pleasant.

I want you to imagine a stream where the water is fast and clean.

You are sitting on a grassy bank looking across at the other side.

You are in a lazy peaceful mood.

**You can do anything you want as this is your time.**

You feel incredibly relaxed.

The water splashing over the rocks is **relaxing.**

It helps you **go deeper into relaxation.**

You notice how the water is constantly repeating its patterns.

How it flows and changes directions

Splashing over each rock that it passes over.

Although its journey is undulating...this is always the same.

You are in a lazy peaceful mood.

**You can do anything you want as this is your time.**

You feel incredibly relaxed.

The water splashing over the rocks is **relaxing.**

It helps you **go deeper into relaxation.**

You notice how the water is constantly repeating its patterns.

How it flows and changes directions

Splashing over each rock that it passes over.

Although its journey is undulating...this is always the same.



The other side of the stream is a meadow.  
There are butterflies everywhere.  
You want to be there, but the stream is too wide to cross without getting wet.  
You decide to walk along the bank to see if there is an easier place to cross.  
The sun is warm on your back.  
The air is clear like the water.  
The water is pure.  
You are in a very happy mood.

**You feel connected to everything.  
Incredibly relaxed and calm.**

In your mind, you find the perfect spot.  
There are a series of flat stones that cross the stream.  
These stepping stones represent your crossing over obstacles...  
They create a solution for exam stress, for nervousness or any type of anxiety.  
You step onto the first stone, it is flat and secure.  
Within a few steps, you are halfway across the stream and now, you feel that the route to the other side is easy after all.  
Small steps help you to achieve big things.  
If you were to take each barrier or problem and tackle it in stages, it would become **so much easier to accomplish the end goal.**  
You step on to the last stone,  
It moves slightly...  
Once you are on the other bank, adjust the stone so that it is firm.  
Your route through life is stable.  
You want to progress  
This encourages **your motivation.**  
While you are **so relaxed, so calm.**  
**Your inner mind absorbs this.**  
You can achieve everything you want.  
All goals are possible.  
**You have the ability** to achieve exam success....  
You just must **find your inner motivation.**

This simple **use of your imagination** can be used on a daily basis.  
Every time you relax, you can visit this spot in your mind.  
A new wave of **motivation and energy can be created** every time.

So, you now understand small stepping stones enable you to achieve big things.  
Big problems can be broken down into smaller ones where they are easier to manage.  
Study time can be shortened because concentration is stronger.  
You work harder in less time.

**You have the ability** to pass any exam.  
Nothing can stop you now.  
**You are fully motivated.**

You find it easier to write down the reason why **you want to achieve things.**  
You always delve a bit deeper when you do this.  
Over the next few days you will start to **attract positive people** into your life.

You recognise the value in this, because their energy is the same as yours.  
You often bounce ideas off each other.

When you decide to do something, it gets done.  
You do not fear learning new things...  
You love to learn.....  
You are never envious of others, you control your own fate.  
Inspiration is all around you and you tap into it daily.

Successful people do exactly the same things you now do.  
You inspire other people too.

You are living a life that is **filled with motivation**.  
All **goals can be achieved** as you have everything you need.  
Your subconscious mind has been absorbing all this information and will guide you from now on.  
It will always be easy for you to **relax through meditation** and use your imagination to incite desire to learn.  
You are a **highly motivated** person.



It is nearly time to finish this meditation

I will count to five to ensure you are completely awake.  
When I reach five, you will be wide awake with your eyes open and ready for the rest of the day.

One, **fully relaxed...**  
Two, moving fingers and toes  
Three...still relaxed but coming back to the room....  
Four, **eyes opening...**  
Five...and awake

You will feel very energised for the rest of the day but also very **calm and relaxed**. You will also notice a new confidence creeping into your life and others will spot it too. You will spot things that **motivate you** almost everywhere.

Whenever you need to ignite motivation and desire for learning, simply close your eyes and return to the stream and the stepping stones. This will reinforce the knowledge now absorbed in your inner mind.

**You will achieve anything you desire.**