



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Migraine Relief

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

The Matrix Mindfulness Practitioner Meditation Collection is owned by Dr. Paras Wellness Pvt. Ltd. The company owns Matrix, a corporate coaching and training firm. Dr. Paras Wellness Pvt. Ltd. was established in 2019 and offers authentic hypnotherapy certifications, NLP certifications, counseling, coaching, Mindfulness certifications, and more. We specialize in many areas of providing hypnotherapy and mindfulness services with training and education being the center focus of our activities.

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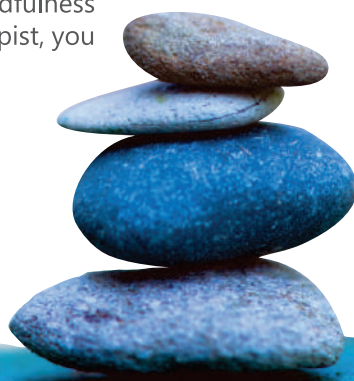
If you are a practising hypnotherapist, Mindfulness Coach, NLP Practitioner, or a psychotherapist, you may use the meditation scripts for -

One-on-one hypnotherapy sessions (in person or in online sessions) with clients


Remember:


- You cannot share the files online or in person for sale or for general purpose.
- You cannot duplicate or rework / modify files for commercial purposes.
- You cannot claim to be associated with us.
- You cannot connect any occurring results with us.
- 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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Migraine Relief

There are more than 300 million people in the world that suffer from migraine headaches. A migraine headache is an excruciating and debilitating type of headache that is usually accompanied by dizziness, nausea and extreme sensitivity to light. Often the only thing a person with a migraine can do is find a dark place to endure the pain until it finally goes away.

If you suffer from migraines, you know how much these headaches can interfere with your ability to enjoy life. You may even wonder when your next headache will occur. You may dread the pain and worry about how severe each new attack will be. Since half of migraines are triggered by stress, stressing out over the possibility of getting another migraine only makes the situation worse. Even when you are not thinking about headaches, you may find that the stress of work, school or anything else going on in your life is a constant threat that can lead to a migraine at any time.

Find a comfortable place to relax as you listen to this meditation. It could be in your bed or in a nice comfortable chair. Turn off all phones or anything that could distract you and of course never listen to this meditation while driving or operating any machinery as it could make you very drowsy. It is best to use headphones to listen to this meditation and be able to hear all the subtle sounds.

Make yourself very **comfortable** now, make sure your body is in a very **relaxed** position, and adjust any pillows as you need to. Begin breathing very slowly from your abdomen. Place your hands there and feel your stomach rising and falling with each breath. As you breathe in allow your abdomen to rise and as you breathe out let it fall. Focus all your attention now on your breathing. **That's right.** Breathe in through your nose and blow **gently** out through your mouth. Breathing **slow and deep.** Breathe in relaxation and out tension and stress. Feel yourself **unwinding.** Notice how you're slow breathing is beginning to induce a nice state of **deep** relaxation. Breathing in, and breathing out...

In, and out



Allow relaxation to spread down through your body starting with your head, relaxing the scalp, the forehead...

Allow your eyelids to be heavy and relaxed on your eyes as they close...

Your entire face letting go, your cheeks, your jaw

Let the relaxation flow down your neck and back, all the way down your spine, through your stomach and legs, and feet...



Feel your entire body now from your head to your toes **relaxed.....** Every cell and nerve in your body is enjoying this peaceful, tranquil relaxation. You are **completely relaxed** now, no one wants anything from you, this is time **just** for you.



Imagine a door in front of you now, you open the door in front of you and you enter the most **beautiful garden** you have ever seen.

Maybe you have seen a garden like this before or maybe it is one you have always

wanted to visit. As you begin to walk down one of the garden paths you imagine yourself digging into a pouch that you are carrying and spreading magical seeds wherever you want. As you throw them in front of you; you see flowers blooming right before your eyes. See **all** the colors of your magical garden blooming **all** around you now. Bright reds, the bold essence of yellow, delicate lavender and violets, lush greens....

Orange blossoms bursting into bloom around you...
Let your imagination take you on a journey...



You realize that this is your personal sanctuary! A place of creation and subconscious imagination. This place is an extension of you and you can be whoever you want to be here. You feel **relaxed**, at home and you feel all your cares and worries **washed away**. As you relax deeper maybe you can hear the birds, and feel a gentle breeze on your face or perhaps the warm sun on your back. You smell the scents of the flowers everywhere and this gives you a sense of inner peace.

Breathe deeply and evenly, let your mind and body rest, **let go** of all cares now and think only of **total relaxation**



Total, complete, relaxation.

I would like you to imagine a stairway now of 10 steps going down deeper into your subconscious mind, as you step down from 10 to 1.

- 10- Starting to let go even more
- 9- Feeling more relaxed, there is lots of time
- 8- Deeper and deeper
- 7- More relaxed
- 6- You feel at peace
- 5- Feel yourself immersed in an ocean of relaxation
- 4- You will become more and more ready to retain those ideas that I will give you.
- 3- Allow this feeling to wash over you gently
- 2- Deep now
- 1- You step down to one, you see a door in front of you

As you go through that door you go into a room that has a comfortable chair with a desk and a large computer screen on the desk. Sit down in that chair and look at the screen. Think of some words that describe your migraine pain, imagine the words and they will magically appear on the screen. Be as descriptive as you can. Some examples might be sharp..... shooting..... burning..... cramping..... gnawing..... penetrating..... squeezing..... throbbing.

Allow yourself to imagine any aspects of the pain that you are trying to heal even if you don't have the pain just at the moment.



I would like you then to imagine if this pain were to have a color what would it be



If it had a shape what would that be?



Just imagine it in your mind and then see it on the computer screen. Now rate your

.....

pain on a scale of 0 to 10, 10 being extreme pain and 0 being none.

Look at your computer screen and see the shape and color of the pain. I would like you to imagine that you are softening the shape a little. If it has sharp points make them a **little less** sharp and if the color is a bright red or orange, tone it down a little to a softer pink or peach color. Maybe even some of your favorite sunset colors.

Allow the shape to shrink in size. See it getting **smaller and smaller**. The power of your subconscious mind is working for you now. As your subconscious diminishes the size of the pain, the pain itself becomes less intense. It is fading now, **lesser and lesser. Smaller and smaller.**



Now imagine the description of the pain that you came up with. See if you can substitute it for a feeling perhaps you can tolerate. An example is if you have what you feel is a stabbing pain maybe you can substitute that feeling for a sensation of a vibration instead.

If the pain feels like needles you might imagine them becoming dull and not so sharp. Perhaps cool and not hot. In a while maybe in 5 minutes or maybe in an hour you might be able to feel a vibrating feeling of blunt warm needles. Perhaps if your pain is a burning neuralgic pain then maybe you can imagine it becoming just a slight itching or an occasional tickle. Allow yourself to relax into the uncomfortable feeling, let yourself go to it, embrace it and let it know, that you know all you need to know about the pain, you know how it comes and generally when it will leave. There is nothing for you to do now but try to relax into it. Tell it that it can **relax with you** and **quiet down** as you quiet down. It is **OK** to let go now and let the pain go its own way while you go yours.

Allow yourself to relax right through the pain to a place beyond it of quietness and calm awareness..... Through that feeling and out the other side, drifting into a space of relaxed letting go, where the mind can drift the way, waves drift from one place to another, as the mind becomes smoother and softer. Imagine you are watching a flock of geese as they soar across the sky and fly away into the mists, the rhythm of their sound becoming softer and softer, quieter and quieter.



Maybe it would be interesting for you to try to imagine moving that pain to perhaps a toe where it will not hurt so much. See it **slowly** moving **gently** down your leg... notice a very slight movement of that feeling going toward your little toe. You might be curious about its movement. Is it moving in a circular motion?



Maybe clockwise or counter clockwise?



Or is it moving straight down like a **slow molasses or honey**. As it moves down your leg imagine the number that you gave this pain somewhere between 10 and 1. See a dial in your mind and turn it down to a level that is more tolerable. If perhaps it is an 8, you might see the curves of the 8 beginning to fade and look more like a 7..... Then the angularity of the 7 might take on the graceful curves of a 6..... Perhaps you can then see a 5 in your mind and you begin to feel a **growing comfort now...** Be aware of this pain moving down toward your little toe. You might begin to feel like the pain is at a 4 and then perhaps moves right past 3 down to a 2. The number you see is the number you feel and the number you feel is the number you see. Watch the

numbers and your feelings begin to change. Just see a dial in your mind and turn it down.

That's right...

Now you can feel as if you have not only brought the pain down to the number 2 but you have reached your little toe as well.



Is it there yet, has it reached your little toe?



Perhaps now that it is in your toe you can let it move **outside** of your body all together.

Allow yourself to be curious how all this can happen. Isn't it interesting that you can move this pain right out of your body! See that shape, color, and size..... of the pain moving from your toe right outside your body. Watch it **float away** up into the sky far, far away from you. Notice if it is gone. If there is still a little bit left turn it down even further to something you can tolerate. You may just want to stop at a 2 or a 1 because there may be a reason for that pain to be there, but a 2 or a 1 feels so much better than a 10 or a 9 does it not? Much easier to live with. You hardly notice it.

Now I don't know just how much **relief** you are having right now but it may be sometime later **today or tonight**, I can't really say what time it will be, but maybe it would be interesting for you and even enjoyable for you to notice at some time later today or tonight how much more comfortable you feel than you thought you might. How all of a sudden you realize that the pain that had been there, perhaps is a bit less, or is less intense. How nice is that?

Just relax and take a moment to enjoy your comfort.



Anytime you wish you can go into the computer room of your mind and change the color size, shape and texture of your pain. See a dial in your mind and turn it down from whatever you feel it is at the moment, to a 2 or a 1. Then let it slide out of your body like a **slow** molasse, down into your big toe and right out of your body into the sky and **disappear**.

You can now begin to drift back across time and space to the present moment... and in a few moments I will count you back to full waking consciousness from 5 to 1, if you are listening to this meditation in bed and wish to drift off into sleep you can just take off the headset and in the morning you will wake refreshed, awake and excited about your new day.

- 5- Stretching and bringing your awareness back into your body
- 4- Remembering to return refreshed, awake and aware as if you have just taken a short nap
- 3- Take a deep breath in, release it with a sigh
- 2- Wiggle your fingers and toes
1. Open your eyes whenever you are ready