



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Sleep Well

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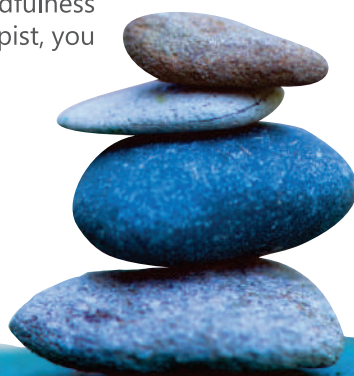
If you are a practising hypnotherapist, Mindfulness Coach, NLP Practitioner, or a psychotherapist, you may use the meditation scripts for -

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


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- 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.



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

Sleep Well

Imagine sleeping soundly through the night, every night.

Sleep is essential to good health. If you aren't getting enough sleep, you are probably tired and irritable during the day. Your brain may have that "foggy" feeling, and you may feel like you aren't fully present as you go through your day. Insomnia is caused by an inability to relax, and it can take several different forms. Some people toss and turn, unable to fall asleep, while others keep waking up throughout the night. Either way, if you don't sleep well, you know the toll that it takes on your health and energy. And the harder you try to fall asleep, the more anxious you will become, making it even less likely that you will be able to fall asleep or stay asleep.

There are a number of treatments for insomnia. Perhaps you have tried herbal remedies, warm milk or prescription medications without much luck. Some people resort to drinking alcohol to help them sleep, a habit which has obvious consequences of its own. Medications also have side effects and can be habit-forming. So what else can you do to get a good night's sleep?

If you have tried everything and still can't sleep, or if you want to forego costly medications or remedies with side effects, Mindfulness meditation may be the sleep aid you are looking for. With meditation, you can learn gentle suggestions to help you relax and fall asleep. If you combine this meditation with good sleeping habits – such as using the bedroom only for sleeping, avoiding caffeine and stimulants at night and making sure that the room you sleep in is totally dark – insomnia can surely become a thing of the past.

Turn off all phones or anything that could distract you and find a place either in your bed or in a comfortable chair where you will not be disturbed during this time...

Never listen to this recording while driving or operating any machinery as it could make you very drowsy..... just let your mind go and relax now ... It is highly recommended to use headphones to listen to these recordings to be able to hear all the subtle sounds and to help you go deeper without any distractions...



You will be taken into a deep state of relaxation during this recording, so it is important to make yourself very comfortable. Make sure your body is in a very relaxed position, and adjust your body as you need to...

Close your eyes

Take a deep breath in now...

hold it for 5 seconds and then release it with a big sigh...

Release any tension accumulated from your day with another big breath and a sigh...

Now breathe very slowly into 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...

Keep the breath moving in and out of your belly, and keep your chest still...

In.....and..... out.....

Breathing **slow, and deep.**

Breathe in relaxation, and breathe out tension and stress.
Maybe you can feel yourself drifting into a more relaxed state of being now...
As you feel a warm wonderful sensation of relaxation in your body, you can allow all
the tension to just **float away...**
Drift away...



You may begin to notice now as you feel the weight of your body resting there... that
you can allow your head to feel heavy, like it is just **sinking** into the pillows or
whatever your head is resting on.....into the most **comfortable** position for you
to relax now...

And you can allow all the muscles in your face to let go...
Particularly all the tiny muscles around your eyes, feel the weight of your eyelids,
allow them to be heavy and relaxed, and it feels good, that's right...

It is easy to leave them closed now as you feel the relaxation flowing down through
the cheeks to the jaw...relax all the muscles around the jaw now...
Release any stored tension there by just letting it just drop open a bit....now feel the
relaxation slowly, flowing into **all** the muscles in your neck.....letting
go.....and then sliding down the spine into the muscles of
your back...



And your arms are resting **comfortably** as you might begin to feel relaxing
sensations **all the way** to your fingertips...
Imagine a ball of pure energy or white light...in your abdomen now...



Feel it under your hands resting there...
As you inhale it rises up through your body... through your chest...into your
forehead...over the top of your head



Then let this ball of light slip down the back of your head with healing white light
energy and deep relaxation...
Feel this relaxation and healing flowing from the top of your head **all the way** down
your spine to your toes...washing away any negative thoughts, feelings or emotions
with it...and releasing them into the ground...

Now imagine as you inhale that this ball of energy or light travels up through the
soles of your feet, up through your legs.....through your
body.....your belly.....your chest..... your forehead.....to the
top of your head...and then glides down the back of your head...white light
cascading down, washing away any tension, pain or uncomfortable feelings...into the
ground...

Circulate this ball of energy through your body for a few moments...



You may wish to concentrate the energy on a certain part of your body that needs
particular healing...

You can direct the flow of energy there now if you want...



The circulation of this light is helping you to move into a more relaxed state of being...

Feeling yourself drifting deeper into relaxation...

Notice how you're slow breathing is beginning to induce a nice state of **deep relaxation**. Let the body breathe by itself...using its own natural rhythm. Breathing in, and breathing out....

In..... and out ...



With each breath every cell of your body becomes at ease...

As **all** tension...tightness....pain... or discomfort drains down your spine, down your legs into the ground and dissipates

And as you inhale you bring into your body new revitalizing energy, pure white light... cleansing and healing...

Continue circulating the energy and notice how you are **twice** as relaxed as you were a moment ago. More peaceful...comfortable...

At ease...

Allow **all** the cares of the world to take care of themselves **all** by themselves...any thoughts that were bothering you just disappearing for the time being, this is relaxation time **just for you** and you can let **all** those thoughts go while you focus on your breath... **feel** the circulating energy. Allow the subconscious to do **all** the work for you now... You feel a warm wonderful sensation of relaxation in your body as you allow **all** the tension to just **wash away**...

As you are listening to the sound of my voice and the gentle music in the background, you can feel yourself drifting very comfortably wherever you are in time and space, like a flow of comfort...

deeply...just enjoying the restfulness of not having to do anything in particular **right now**...

A deep sense of peace, weightless suspension...

Nothing to think about, nothing to do except let yourself be...

Enjoying whatever sensations of heaviness or lightness...warmth or coolness...

And let them become a part of your experience, a part of your comfort...

You might feel that you are **all mind** without a body...

Moving in and out... of space and time...slowly...

Free...relaxed...at peace...

Deep..... down..... inside...and it may feel like you are so calm now...so quiet...

Feel a stream of energy flowing into every part of your body, from your head **all** the way down to your toes...

Bringing with it new feelings of wellbeing and balance...

And anytime you drift off someplace deep inside the mind...

It's like a vacation.....going off to a different place... experiencing different things and forgetting for a time...

Your cares and concerns, nothing to think about now...

Nothing to do...

Just be...

You can continue to allow the trance to grow now, as you listen to the things I might say along the way...

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

10- Starting to go on that inward journey now, relaxing letting go

- 9- Feeling more relaxed, there is lots of time
- 8- A deep, deep calmness
- 7- deeper down
- 6- A place where you can let go of all your thoughts and worries
- 5- Feel yourself immersed in an ocean of relaxation and calm.
- 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 like a warm breeze on a summer's day
- 2- Twice as deep now
- 1- You step down to one and you feel so relaxed.

You see a door in front of you.



As you go through the door you see the most **beautiful deserted** beach with miles and miles of soft white sand...

You slip your shoes off and step onto the warm sand. Your feet sink into it as you cross the grassy dunes down to the ocean. You gaze out over the vast ocean and perhaps see a small sailboat **far** in the distance...

You **breathe** in the salt air and listen to the seagulls as they fly overhead. You let out a sigh and feel the warm sun on your body just **melting away** any worries or problems that might have been bothering you. This is time just for you and you only. Nothing to do, nothing to think about, just the sound of the waves moving in and moving out...

The gentle ebb and flow of the tide..... In..... and out....



In.....and..... out. It feels good to let go of all stress and tension and allow the ocean to calm your spirit.



As the warm sea air ruffles your hair and caresses your face you feel a **growing** feeling of peace and calm...



You then notice a beach cottage...the door is open.....

As you walk closer to the cottage you realize it is there **just for you...**

You walk in and find yourself heading for the bedroom as you are very tired now...

The bedroom is the most **comfortable** room you have ever seen...

It has a comfy bed full of soft comforters...

You go in the room and close the door leaving outside the door any problems or worries from the day. **Know** that they will stay out there till morning...

You lie down in the bed and feel the silky clean sheets, your head sinking into the soft contours of your pillow...

You feel comfortable and **safe** here and know this is a place where you can sleep anytime you want, as much as you want. You take a deep breath in and on a big exhale release all the stress of the day...

You smell the sea air and this is relaxing to you...

You feel like a soft feather is moving from your head to your toes and wiping away any stress with it. As you drift deeper and deeper, and my voice **drifts, down** with you, becoming a part of your experience as you become more deeply relaxed and quiet. You have the opportunity now to enjoy feeling yourself **drifting** maybe even

floating..... gently.....like on a breeze, on a summer day and you are able to be aware of the different sensations on your face and sound of the leaves as they rustle in the trees...

You have **all** the time in the world now to **rest** in the ease of the gentle breeze, or perhaps a warm breeze and gentle times. Natural rhythms that gently rock you Back and forth, back and forth...side to side...

Feel an enjoyable drowsiness coming over you now. You feel yourself **moving** into a relaxing restoring sleep. **Sleep now.** Sleep. When you hear my voice say sleep now you will drop deeply...

Deeply down...way down...

Into a peaceful restful **sleep**

Sleep is a natural state for the body and mind in order to revitalize and heal from the day. Let **all** the cares of the day just **slip** away as you allow yourself this time just for you. You can't do anything about those things now anyway so the most important thing for you to do right now is allow yourself the **peaceful** indulgence of the silky sheets and the warm comforters or whatever it is that you like when you are in bed. Allow your eyelids to be heavy now, so heavy and relaxed that you don't want to open them even though you know you can but it feels **good** to let the eyelids rest heavy on your eyes...



Drifting deeper and deeper into slumber now, so relaxed so grateful. Your subconscious mind is healing you and allowing you to get a deep and **restful** sleep. Your breathing is slow and deep like the ebb and flow of the ocean, in and out... In...and out...

Back and forth....ebb...and flow...

That's right, **so drowsy** now, falling into a deep slumber,

So relaxed, so peaceful

A deep sense of peace, drifting and floating gently. Nothing to do, nothing to think about. This is time **just for you** to **completely** let go and enjoy whatever it is you are experiencing right now. Feelings of heaviness or lightness, warmth or coolness. So lazy, so quiet. Sleep now, Sleep now...Sleep Now...

That's right.

I don't know when the last time was that you allowed yourself to rest deeply like this, drifting off to no place in particular...

but I do know that you can allow yourself this luxury of relaxing in an ocean of calmness...that's right an **ocean of calmness**. The sound of my voice is relaxing you and you feel safe in your secure, peaceful, sleep... now...**SLEEP!**

If you are listening to this recording 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 ready for your new day. Have a restful and peaceful sleep now.