



The Matrix Mindfulness Practitioner

# Meditation Collection

*Dr. Paras*  
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts  
for Wellness Professionals**

Quit Smoking

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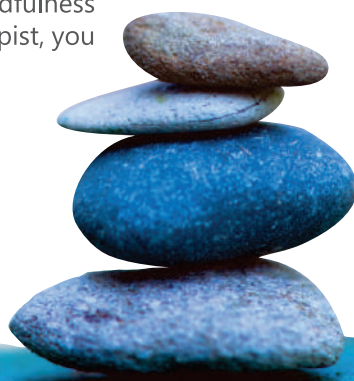
If you are a practising hypnotherapist, Mindfulness Coach, NLP Practitioner, or a psychotherapist, you may use the meditation scripts for -

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


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- You cannot 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

# Quit Smoking

Most smokers know the health risks of tobacco. Smoking is linked to many diseases. A pack-a-day habit can cost up to \$1500 per year, not to mention the extra cost of medical bills for smoking-related illnesses. If you are a smoker, you have an increased risk of developing heart disease, lung cancer, and emphysema among many other diseases. In fact, cigarette smoke contains hundreds of poisons and dozens of cancer-causing chemicals that can contribute to a number of diseases and disabilities.

More than 400,000 people die from smoking-related causes each year. If you smoke in your 30s and 40s, you have five times the risk of having a heart attack than people your age who do not smoke. In addition, non-smokers probably avoid you because cigarette smoke makes them sick too. So why don't you just quit?

If you are like most smokers, you probably started when you were young. You may have thought it was cool to smoke, and you wanted to fit in with your friends. Now, years later, you are addicted to nicotine. Even though you know you have a dangerous and expensive habit, you just can't seem to stop. So what can you do to break this addiction? Try Mindfulness meditation!

Find a comfortable place to relax for sometime. 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 recording while driving or operating any machinery as it could make you very drowsy. You may hear ocean sounds or different sounds from nature and these are integrated to take you into a deeper state of relaxation. It is best to use headphones to listen to these recordings to 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



Notice how you are twice as relaxed as you were a moment ago. Allow yourself to be as lazy as you want to be. Allow all the cares of the world to take care of themselves all by themselves. As you are listening to the sound of my voice and the gentle music in the background, you can feel yourself drifting in to a more relaxed state of being now, breathing in relaxation blowing out all tensions, 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. 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 **float away, drift away**.

I wonder if you can imagine now standing under a warm shower and the warm water is relaxing **each and every muscle** in your scalp, **each and every nerve**, and then that relaxed feeling spreads down to your forehead wiping away any lines of tension

on the forehead as your eyelids become heavy and rest comfortably on your eyes, and it feels good to close the eyes and let the subconscious mind do the work for you. Letting go with the cheeks and the jaw, allowing the jaw to relax and hang loose..

This warm feeling is **spreading** down your neck now **all** the way down your spine into your lower back, like a **flow of comfort**..... **peacefully**..... moving through you and soon you get the feeling that you don't even have to be aware of it anymore as you let your body shift into cruise control...

You now feel this **marvelous warm feeling** in your shoulders, spreading down your arms to your fingertips. You can enjoy whatever feelings of heaviness or lightness you are feeling and let this become part of your relaxation. Allow this feeling of comfort to enter your chest now and relax **all** your internal organs, breathe into them and let any tension there **go**.

Feel the flow of comfort spreading through your stomach down to your legs into your thighs, knees and calves and **all the way down** to your toes....

Every muscle in your legs now is limp and relaxed. Feel your **entire body** now from your head to your toes relaxed. Imagine this relaxation is like the warm rays of the sun on your body and you feel lazy like a summer day on the beach. Imagine your arms and legs stretched out like a limp rag doll, and every cell and nerve in your body is enjoying this peaceful, tranquil relaxation. You are **completely relaxed** now, no one is wanting anything from you, this is time just for you.

I would like you to imagine a stairway now of 10 steps going down deeper into your subconscious mind. Perhaps you can feel a cool plush carpet under your bare feet or something else, I don't know but your subconscious can present to you a safe stairway of your own making, 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 inside and out

7- Twice as deep

6- A place where you can experience serenity and peace,

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 bath

2- Twice as deep now

1- You step down to one and you feel so relaxed.

You see a door now in front of you....

You go through that door and you see 2 more doors, the one on the left says smoking and the one on the right says non-smoking. Choose a door and be aware as you choose the door if there is any question in your mind as to the door you are choosing. If there is **any ambivalence** about which door to choose, you will not want to continue on with this recording but if you are **sure** that you are **clear** about the fact that you are **thoroughly** interested and **willing with full intention** to follow this plan to quit smoking, then you may enter the door on the right, because as of today, you are a person who **USED** to smoke! As you enter you may hear a voice or an echo in your mind that says I am a person who **USED** to smoke! That thought can be comforting to you as you go through the door.

On the other side of the door you see a path; it is a beautiful garden path that is lined with flowers. The scent and the beauty of the brightly colored flowers seem to fill you.

You come to a little walking bridge and as you walk over it you stop and look down into the stream below, the sound of the water trickling over the rocks fascinates you and you feel happy and relaxed. As you continue down the path you come to a small cottage, you see that the door is open and you enter... as you look around you see a beautiful white room that has soft white rugs, cushy white couches, a big bed with a comfy white comforter, sheer white curtains and the room is clean and organized, there is a vase of colorful flowers on the table and candles lit with a delicate scent that makes you feel relaxed immediately. Then as you sit in this **beautiful, special sanctuary** you notice that there are **no ashtrays, no lighters, no matches, and no cigarettes....**

You realize that you have entered a cottage where smoking **does not exist!!!** You are in a special place where you do not have to **refrain from smoking**, you do not have **urges** to smoke because smoking does not exist in this place and it never has. It is as if you have entered a magical land or another planet where no one has ever **heard** of smoking. This thought gives you a feeling of peace and tranquility. You look out the window of this cottage and notice as the breeze blows the sheer white curtains inwards that outside is your future and you can make it what you want. You may see a beautiful landscape that reminds you of health and clean lungs... you may see your family, friends and loved ones out there cheering you on....you see yourself living a **new clean lifestyle**, perhaps hiking up a mountain with energy and **strong lungs**. I don't know what you will see but I will be quiet for a moment and let you go to the window and look out



See a **clean, happy future for yourself** where you are not willing to chance illness or early death. Begin to get a feeling of how **good** it is to be alive, to taste and to smell. To know that you **smell good** to others. Begin to get the feeling as if you are starting a **new** life, determined to live in a **new** way, with **full** health and **complete** awareness. See your healthy **non-smoking** friends and family out the window doing things that you will look forward to doing...

Perhaps, hiking without being short of breath, no more coughing spasms, no more pain in your lungs or worrying about your health, no more having to leave your friends to go outside to smoke....

No longer will people complain about the smell of smoke when they are around you. You may not even realize how much people are turned off by the smell. Not even to mention the cost...Think how much you will save!

You are a person who **USED** to smoke and you are now **free! Free** from the prison that has been holding you for so many years. You may occasionally look back at the prison that held you and see other prisoners who are still there but you know you are free now...

Say to yourself, I **need** my body; I **respect** it and **honor it**.  
Choose to be the programmer of your own destiny and the master of your life.  
The habit, the harm and the memory of smoking are a part of your past. You are accepting yourself as a **happy, healthy, non-smoker...**

So as you lie down now, in your smoke free sanctuary, your cottage you can listen to the sound of my voice and allow your subconscious mind to take in what I am saying



to it.

Your craving for nicotine will diminish; in fact the nicotine is out of your body in three days after quitting even though it takes two years for the tar to completely leave. A craving only lasts a very short time, perhaps 3 minutes. If you ever were to have any cravings again you will remember your cottage and know that you can return there anytime you wish to that special sanctuary, where smoking doesn't exist and never did...

You will not stress and strain your vital organs, causing your heart and lungs to work much harder than necessary. Because your subconscious mind has great control and does not want you to continue with such a negative and potentially fatal habit, it will remind you in subtle ways and your cravings will become less and less till there are no more at all. You are a person that **USED** to smoke. You are now **FREE!**

You are confident now that you are going to stay free of nicotine, you will let go of the habit easily and soon wonder why you ever **bothered** to smoke. You will be surprised at how much **easier** it is to quit than you once may have thought..... In fact you may even **forget to smoke**, you won't miss it at all...

During those little breaks in the day when you used to take a smoke break you will take a breathing break instead...

You can go outside still and take a break, but this time you will place your hands on your chest ...breathe in through your nose...inhaling relaxation... and blow out through your mouth, exhaling any tension or stress... and say to yourself, I am a person who **used** to smoke and I am **so glad** I am not smoking anymore...

I am respecting my body so that I may live a long healthy life and enjoy my family and goals I have set for myself!

You will take 6 long deep breaths inhaling through your nose and blowing out through your mouth, do that now. Inhale...exhale...

Feel your hands on your chest and remember with each breath why you have become a non-smoker and are determined to continue to be one. Allow yourself to reach your highest potentials, allow yourself to have a **victory!** Continue to breathe



You will enjoy drinking lots of water and cleansing your system of all the old toxins and this will feel good...

You will find a new desire to exercise and be more active and you will enjoy feeling good about your body...

No one could ever talk you into poisoning your body again...

Everyday you are determined to live in a new way, every day to appreciate the body you have and to utilize all the strength and health that can now be yours. You will feel **SO** pleased with yourself, as you have a new lease on life! Place your hands on your chest and breathe in through your nose and blow out through the mouth six times and while you are doing that remind yourself of the reasons you have become a non-smoker.



You will be awakened very shortly. Before you come back, think about how **good** you feel right now...

The more you listen to this the more **powerful** the results will be.

These suggestions will plant themselves deep into your subconscious mind, you can feel **so** pleased with yourself now....**you are smoke free!**



In a few moments I will count you back 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 alert and ready for your new day as a non-smoker.

5- Stretching and bringing your awareness back into your body

4- Remembering to return refreshed, relaxed, 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

Have a great day ahead!