



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Saying No

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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You cannot use the Matrix meditation files for commercial purposes such as broadcast or for sale.

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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Saying No

It is very natural to want to please people. Kindness is a wonderful act and most people gain great pleasure from giving. This may be something you want to do and you find it difficult to refuse the requests of others. A society where we share love and want nothing in return is a beautiful place. However, to constantly give to others when there are so many demands on our time and resources can be counterproductive.

When we consciously think about this, it creates feelings of guilt and sometimes, denial. These conscious, negative thoughts can soon creep into our subconscious mind and cause anxiety as well as other problems. The key is to reach directly into the subconscious and set the boundaries that protect us and allow us to feel free to give when the time is right.



I want you to find a comfortable position.

In a moment, you are going to start relaxing and it will be a very natural feeling where you remain in complete control.

This is one of those times when you are able to daydream.
It will feel as if you are drifting away.

Soon, your body will begin to relax, each limb will feel heavier as your muscles release inner tension and you relax deeper and deeper. It is all perfectly normal.

By using your imagination, we are going on a journey.

By relaxing, you begin to open your mind and your imagination is free to explore. This freedom of spirit enables your subconscious mind to open to suggestion and guidance.

You are listening to my voice and this is already allowing you to relax. Those muscles are releasing tension more and more.

This continues as you listen to my voice.....

I am now going to ask you to use your imagination.

I want you to visualize a beautiful, sunken-walled garden that is cut deep into the foothills of a mountain. Majestic peaks reach up into the sky all around. The sky is blue, the sun is shining and you are standing slightly above the garden and have wonderful views. The air is crisp and as you breathe in and out, you feel content and ever more relaxed.

Your imagination may create a different version and that is perfectly ok as it belongs to you alone.

This is a safe and private area.

You can see some steps leading down a gravel path towards a door fitted neatly into the

.....

the wall.

The steps have a wooden rail fitted to the wall for support.

There are ten steps leading gently down.

Step ten, as your feet touch this step, you begin to **relax** even more.
Each step allows you to **sink deeper** into a beautiful state of relaxation.

Step nine, feeling so relaxed and calm

Step eight, **muscles releasing** all that built up tension

Step seven, a **wonderful relaxation** moving throughout your whole body

Step six, so peaceful and you feel light, as if floating. The rail feels smooth beneath your fingertips.

As you take each step, you very naturally feel **calmer** and more **relaxed**.

Step five, halfway down and everything is so **peaceful**

Step four, so calm, everything is quiet and **relaxed**.

Step three, your muscles feel warm and **relaxed**. Life feels so good.

Step two, you can see the gravel path leading to the door

Step one, the last step before you find yourself on the path and you feel so peaceful and calm.

You are ready for this..

Now, slowly walk towards the door.

In your imagination you can touch the door, is yours made of wood?
Is it rough or shiny, dark or light?

So **relaxed**.

Once the door is open, in front of you, a beautiful lawn with an abundance of flowers.

The walls around the garden make the whole place feel safe and warm.

The grass in the centre is so green

This is the perfect moment to lie back on the grass and close your eyes.

You are now more **relaxed** than you have ever been before.

Everything is just how you want it.

Perhaps you can even smell the flowers or hear the gentle sound of bees moving from flower to flower.

You are so relaxed with your eyes naturally closed.

You breathe in pure mountain air...

This feels perfect.

Your imagination and my voice guiding you.

Your inner **mind is open to suggestion**.



Now with your mind and body so relaxed you are open to guidance.

You will continue to relax as you allow my voice to guide you.

You are a natural giver in life and this is a gift you have.
You have compassion for others and are open to their needs and problems.
You find it easy to feel empathy.

Sometimes though it is important to step back and think of yourself.

Now you are so incredibly relaxed, your inner mind understands this.
It absorbs every bit of information.
So deeply relaxed.

You are able to give more in this world by looking after yourself first.
Now, that you have thought this does not sound so bad does it?

Sometimes, you must put yourself first.

Your **inner mind** knows this, and it wants to protect you, but it needs some guidance occasionally.

It needs to understand that by looking after your own needs first, it places you in a far better position to help others.

Your inner mind is **open** and **absorbing** all this information.

Pressure builds up and it is not always possible to be there for everyone else. You have to look after yourself too.

You will start to understand this more and more and know that your health and well-being is important too.

Everyone wants to be liked.
Everyone wants to be respected.

This desire can lead us to want to please everyone.

You now understand that this attitude is counter-productive.

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Happiness starts with you.

It is part of the essence of your inner self.

This energy that flows through you must be encouraged and protected at the same time. You do this by understanding your own boundaries.

By refusing to do something you are not being unkind.

By making choices that incorporate your own feelings, you are being sensible.

People start to respect your time even more when you do give it.
It makes sense to be firm sometimes about your own needs.
You are as important as everyone else.
This makes your time worth more.

You must think about yourself first.....

I want you to think for a moment about this sentence and what it means to you.
When you say no to something you are saying yes to something else.

This means that by refusing something that is not possible, means, you can say yes to something that is good.

You now understand that this is true in all areas of life.

Saying no is good if it is the **right decision**
You understand the common sense of your own ethics.

There is a reason behind your decisions that benefits you and those around you.

Still relaxing.

You start to recognise those around you that are unlikely to help you with your goals.

You understand that you need to sometimes say no if it does not fit into your overall plans.

This does not make you uncompassionate, it **strengthens** who you are

You are **stronger**

You are **decisive**

You will make important decisions based on the evidence

You are always open to suggestions but will only say yes to those that make sense.

By understanding when it is important to say no, you are building a solid foundation for life.

You are also freeing up time so that you can really help those that need it the most.

You are building your own self-worth and learning your real role in life.

You are a compassionate person who clearly knows what the right thing to do is.

Your confidence **grows daily.**

You feel in control of your life.

You understand that in business, relationships and daily life there are times when no is the right answer.

You feel that you are on the right path and aligned to your own moral values.

People respect you more than ever.

They see you as a fair and honest person.

People value your opinions even more now than they did before.

This continues to grow.

You are in tune with your real self.

Deeply relaxed and feeling very **comfortable.**

You recognise the people that are unlikely to support you.

They simply are not on the same journey as you.

By saying no to demands, you are doing both of you some good.

People who are right for you are naturally drawn to you.

These are the people that can benefit from you and will give back in return.

Life should be a **balance.**

You give and take and understand the ebb and flow of life.

This feels like **enlightenment.**

You truly feel alive.

Your future is clear from the debris of indecision.

How does this make you feel?

Anytime you feel the need to reinforce this moment of clarity it is very easy for you to do.

You simply relax and take yourself back to this **wonderful feeling of deep relaxation.**

You can repeat the words inside your head to yourself

I can say no when it is the right thing for me.

I want you to repeat these words every day.

You have **empowered yourself** by simply allowing your inner mind to absorb these facts.

You are still that same compassionate person, but you are **stronger** and aware of your own health and durability. You feel free from the chains of guilt.

In a moment, I am going to count you back into the room.

I will start with the number one and when I reach ten, you will be wide awake and back in the room.

I will start now.

One: Still very relaxed but ready to become aware of the room you are in.

Two: Waking slowly, muscles becoming alive again.

Three: Starting to feel the need to stretch.

Four: Eyelids maybe flickering.

Five: Still very calm and relaxed but starting to be aware of external noises.

Six: It is ok if you can hear your own heartbeat, still very calm.

Seven: You can feel the chair beneath you or the floor beneath your feet.

Eight: Almost awake and feeling very refreshed.

Nine: Feeling a buzz of energy but remaining relaxed.

And Ten: Eyes open and ready to take on the world.

You may want to stretch out your muscles, perhaps shaking your arms. You will feel incredibly relaxed for the rest of the day but may notice a new confidence in yourself. Others who are close to you, will certainly notice it. This is because you have a new-found knowledge of when to say yes and when to say no. You are empowered and confident.

Take this journey at any time you need to reinforce this aim.....your mind is now clear.

This will undoubtedly open new doors for you and enable you to gain control over your life.

Welcome back.