



The Matrix Mindfulness Practitioner

# Meditation Collection

*Dr. Paras*  
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts  
for Wellness Professionals**

Attract Success in Business

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.

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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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# Attract Success in Business

Striving for success in business may be difficult at times but every part of the journey can be a lesson in which to learn. Sometimes, failure in the present moment can be a catalyst for success later on in life. For those who really wish to achieve success, a step back can be the trigger to **ignite the desire to achieve**. Progression can come swiftly when you understand what works. Thinking positively enables a **smoother transition** towards business success. Our thoughts can make a big difference to the outcome. How we perceive our working environment and how we set up strategic goals can define the end result.

Some people fail because they did not define their goals sufficiently. They may not have believed in them fully. They may not be aware of their full potential and may have a lack of awareness of options in life. Self-limiting thought patterns or beliefs exist and serve to hold a person back. Doubts about ability or skills can easily seep into daily life and these may often form a part of one's beliefs. Doubts may occur due to failure or rejection or it may be a result of beliefs belonging to someone else installed in a person at an early age. When Our minds are impressionable at a tender age, and we do not think about risks, or, about failure to achieve. Sometimes, we let the negative aspects of life halt our progress both on a personal and professional front. So, we can use meditation to initiate a transformation in the way we think. One needs to turn away from fear of failure or doubts, and strive forward with positivity. By doing so, **we clear the mind**. We create stronger foundation blocks, and this helps us to take an alternative approach to **career success**.

So, how can we alter perception and solidify our resolve to achieve career goals? We do this by **opening the mind**. We do this by working on confidence levels and by harnessing the power of mindset. We clear our doubts and create a space in the mind and develop self-awareness. We examine existing plans and change them if necessary. **We open the subconscious** to improve our deeply-rooted beliefs. In a very **relaxed state**, we change how we take information onboard. We are open and calm, and our knowledge absorbs at a deeper level. **True success comes from within**.



**Today, we are going to create a mindset that is ready for success.**



Find a comfortable place in which to sit or lie down. Take a moment to release any tension and to settle.

Focus just on the **sound of my voice...**

Let the outside distractions drift away into the far recesses of the conscious mind.

The distractions are drifting away...



If you wish you can close your eyes.

Begin by **breathing deeply** and **slowly**.

Visualise pure positive energy filling your lungs

And, the deeply-stored tension dissolving away on the outbreath.

Everything is perfectly natural.  
Let all thoughts rise and fall as if in sync with the breath.  
There is no need to think about anything....**just listen to my voice....**  
Feel your muscles around your eyes....

**Relaxing.....**



Feeling this sensation become **deeper...and deeper....**  
Continue to breathe slowly.....



This is so easy, **sinking into a deeper relaxation** without even thinking about it.  
You will begin to feel that you are almost daydreaming.

**So relaxed and calm.**

**Nothing to do but relax.**

It is such a nice feeling when you forget about the stress of daily life.  
This is your moment, your time.

**Drifting deeper and deeper.**



This is automatic...very much like day dreaming.

You are slowing down.

It feels so good.

No worries, no cares.

Your perfect time to relax and **allow your inner mind to relax and listen.**

It listens to each word I say and remembers.

You do not have to do anything but let yourself drift...**relaxing...**

Feeling content

By using meditation and mindfulness, you become fully engaged in the moment. Feeling every experience....every sensation...



As you feel this deep sense of comfort, I will ask you to use your imagination.

Allowing yourself complete freedom.

**Giving yourself permission to relax further.**

So deep now

You might imagine yourself in a large field, the grass vibrantly green under the pleasant summer sun....

It is a warm day.

There is a gentle caress of the breeze against your skin.

As you look around, the glorious yellow of dandelions springing up...

Fills your heart with joy...

The streaks colour is seen against the blanket of green.

Notice some dandelions now with the seed heads...

The breeze teases the seeds...gently picking them up .....

The individual seeds are floating all around...

Looking for a place to **settle and grow.**

Your ideas are a little like this.

Hundreds of ideas floating around.



Like your ideas, it is impossible to focus on all the seeds at once.  
There are too many.  
They become a blur.  
Thousands scattering all around...

### **Wanting to germinate**

You see the **impossibility** of focussing on them all.

So, you choose just one seed and follow its journey buffeting through the air...  
Until it lands...



You recognise its **relevance**.

You must focus on **one idea**.

One area of change.

Focus and mental clarity is key.

It is impossible to do it all.

You know that you must sharpen your approach.



### **Be methodical**

Committed.

#### **Targeting the tasks on your list.**

With an open mind...it's **possible to focus deeply**.

Focus just on one idea...

#### **Just one task....**

Everything makes sense...

Life becomes simpler...

There is plenty of time to complete everything that is needed.

As you use your imagination, **you relax even further**.



### **Let all thoughts...come and go....**

#### **Relax and create space between your thoughts**

Your subconscious **always hears**, it **always remembers**.

**Meditation** is just giving you time.

#### **Relaxing and calming.**

Clearing out old cluttered thoughts...

Making space for powerful ideas...

Making space for **ideas to form and grow...**

Creating **positive energy and growth**

Creating confidence deep within...

Knowing you can achieve everything

You understand so much more now about clearing your thoughts

#### **Everything I am saying to you is making sense.**

Nothing else matters.

Only this **moment**.



Now you are so **relaxed** that you can easily absorb information.  
You do not need to do anything, or even try to remember what I say as your **inner mind is listening for you.**

This moment of pure relaxation is available to you any time.  
You are in the moment.

**This is mindfulness at its best.**

You can recall this wonderful feeling whenever it is needed.

It becomes a habit that you approve of.

You are learning many things about yourself.

You feel the **desire to learn...**

To engage ....

**To commit to your future...**

You are able to imagine yourself in any situation you desire.

This is the world you create, and you can visit it anytime you want.



Success comes from within

**It is there within you.**

You need a strong foundation

Your mindset is the foundation block that your business life is built upon.

You understand that you require **empowered beliefs** to be part of your mindset.

As you listen to my voice and relax, let go of any self-limiting beliefs

Think of it as easy as if releasing a balloon into the air.

Imagine self-doubts....**drifting away**.....up and into the sky....

You feel free.

You do not need doubts to hold you back...

**Positive energy** is yours....

**Determination exists** within you

You have all the skills necessary for success.



Your inner mind reprograms thought patterns....

It creates a positive environment for change.

**You are starting to see that you have a choice.**



**Believing in yourself**

**Choosing the positive route.**



**Choosing to be successful.**



It just takes these thoughts

And a willingness to embrace **positive energy.**

To strive forward with determination

To have a positive association with money.

**To know that money is the facilitator towards the life you want.**

It is time....

To believe in yourself

You yearn to be successful

You are **strong-minded**



### Driven...

You know that you **can create success in your chosen field.**

You identify the areas that hold others back.

You eliminate negative thought patterns and **embrace positivity.**

You believe in your ideas

You believe in your abilities

**You believe in making the most of all opportunities**



When you meditate and take yourself back to this very **relaxed moment**, you may want to use **positive affirmations**. These fuel your intent towards success.



Repeat these words to yourself after me.

**I have complete faith in my ability to succeed.**

**I am always capable of accomplishing my goals.**

**I support and encourage myself and others in business.**

Let these words resonate within.

Take a deep breath in and then, **exhale fully....**



**Inhale again....**feeling the sensation of your lungs as the oxygen fills them and then, **release the breath slowly**, feeling warm air leave as your lungs deplete..

It feels so good to be relaxed...and completely content within this moment.



Now, soften your breath, let it become rhythmic and natural...**in and out...**

Focus on all that you will accomplish.

Know that you are constantly cultivating a **positive attitude**

Your mindset is **becoming stronger**

You have a **stronger focus**

**You know what you want**

You are ready to **take new opportunities**

Your mind is **open and ready to learn**



You constantly check your progress

Your life goals evolve

You have learned to replace any negative thoughts by saying to yourself.... **I have all I need to succeed.**

What you think is what you attract into your life.

You are aware of this and monitor your thoughts.

Communication is very important to you.

You have the ability to **communicate your ideas**

You are **happy to listen and to learn**

You forge **deeper connections with colleagues and employers**



### You are a people-driven person.



You let go of any inner fears...and **focus just on success**

You recognise that failures often lead to success.

This is the positive way of being.

You are **learning and striving forward.**

#### You are energised

Understanding this can be very powerful.

You use **affirmations alongside meditation.**



### You understand your own worth.

#### You are successful because you provide value and integrity

You embrace feedback from others because it **supports your growth.**

You want your business opportunities to grow

You constantly look to improve.

You understand that value means different things to different people.



Being successful in a work environment means understanding people and their needs.

It is about communication and building networks.

It is about support and being able to spot changes in the market.

It is understanding the reasons why you get up in the morning and drive on with your plans.

Knowing what you want to achieve and forming the timeline keeps you focussed.



Consider this.

### What you want and why

Let these **thoughts take shape.**

Create a visual imagery within your mind.

**See it, feel it, bring it to life.**



Be specific.

Let your **goals become tangible.**

Believe in them.



Your true motivation comes from deep within.

Consider your motivations.

Money....

A bigger house

A rewarding career

Professional acknowledgment of your hard work.





The money that comes from being successful is just the bridge to lead you to all that you really desire.



Consider these motivations...

To achieve success....

Find your motivation.

**Hold onto it.**

**Become it.**



Internal roadblocks are overcome by being self-assured.

To promote yourself

To stand out in the crowd.



**Meditation is so powerful**

It harnesses the mind.

It provides **inner strength and resolve.**

When you meditate and visualise these topics, you **embed this knowledge into the inner mind**

This helps to guide you in the future.

It enables you to **grow and learn.**

You accept that you can't be right about every decision you make but this is a strength....

You know what works....

Life is now straightforward...



Success is built on a series of stepping stones

You are mindful and you **trust your instinct** in all ways.

You become purposeful



When you practice mindfulness and meditation, you **energise your intent.**

It becomes so clear.

You quite naturally **strengthen your resolve.**

You feel the energy of commitment in everything you do.

You map out your plans and have a **strong sense of purpose.**

This makes sense to you.

It aids your focus.

You quite naturally see an **organised plan ahead of you.**

Your inner mind knows the route to success

It is there to guide you.



You are ready to **learn and to grow.**



Success is just **one step away.**

You pay attention to your **health and well-being.**

You understand what drives you and how to get the best from yourself.



You understand that success means **opening your mind**

You need space between your thoughts.

Relaxed and peaceful moments add weight to your desire.

**They recharge your intent.**

They drive you forward.

Your confidence continues to **grow**

You will find it easier than ever to map out the route ahead.

You communicate with others far more easily.

You care about the outcome.

Life becomes **streamlined** and effective.



You are mindful and successful

You are ready for the career of your dreams.

You are ready to attract success in your business

You know what you must do.



**Inhale deeply and exhale fully.**

Feel a sense of peace flooding through your body....

Your mind is clear....

You feel calm and **peaceful...**

**You are in control.**



Give yourself time to return to the real world....

While you still enjoy this peaceful state of being...

Gently move your arms and legs...

Sense your fingers and toes.

Take a **deep breath in and out....**

Waking up now...

You are sensing the environment...

When you are ready, you may open your eyes.

You will remain relaxed and content and there will be space between your thoughts. You are likely to remain positive and in control for time to come. Anytime you need to find your motivation and inner peace, you simply need to close your eyes and return to this visualisation.

Thank you!