



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Fear of Commitment

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

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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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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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Fear of Commitment

We're all having a relationship with everything around us. Right from our connection with the **energies** and the objects that we use, the people we meet, our families, it's all connected. We've may or may not have had moments where we've felt extreme forms of love. We may not have received the same kind of love that we were so eager to share. We've all had different experiences.

Some relationships have brought us immense joy, while others moments of pain. You may have wanted the joyful ones to last forever. Everything seemed beautiful. Yet, it did not end up being a **'happily-ever-after'**. Possibly, you may not have made the attempt to make it last. Something held you back. You've repeated this pattern. **Again and again.** Finding love, only to lose it again. Your non-committal attitude pushed everyone away. **Your friends, partner, everyone.**

We, humans, are **interesting creatures.** We do funny things despite knowing what is best for us.

In the realm of intimate relations, you might have often found yourself thinking, "why am I afraid to commit myself?" Today, we are here to understand this fear and to **release it from your tight grasp.**

Sometimes, couples throw away something they have beautifully built and created as well as invested time in it, only to regret it later. Others may feel they are not ready for the next step. The fear of commitment happens when you feel yourself break into a sweat every time you hear the word, 'commitment' and everything associated with it. You want to enjoy the joys of the relationship without any strings attached. Knowing fully well, **as you sow, so shall you reap.** Does that resonate somewhere? Why are you feeling this way? **You attracted it to yourself.**

Perhaps, you enjoy the thrill of the chase. This chase is enjoyable only because you feel being desirable is enticing. Has it helped you? You know the answer. Or, you are probably too focused on your own priorities and goals. You have no time for relationships that require commitment. That's too much work? **Actually not.** A great relationship is building up each other and supporting each in life for career and personal goals. This should happen harmoniously. It should be as easy as breathing, one where you do not feel the need to 'make extra time' to love because it blends so well in your daily life. Or, you may be **afraid to commit** due to fear of rejection or loss of your freedom. You think commitment indeed means loss of freedom. This is something you have derived from your own conclusions.

Your reasons may be many - these could be associated with your past, traumas, failed relationships and things that revolve in your subconscious mind telling you that the **same thing will repeat itself.** And, it does. Because you haven't corrected this pattern of thinking.

I've worked with many clients who have felt regret for not making the change they wanted to see in their lives. I've changed their **focus on the now.** I've helped them **close to the doors** to those negative thoughts that were firmly planted in their mind.

I've uprooted these thoughts to discard them away. I helped people see beyond their closed mindset.



I'm glad you have chosen this session. The powerful meditation process you will encounter will give you an experience of bringing that shift and helping you break this repetitive pattern of making the same mistakes, again and again. I want you to leave all this behind you **to open the doors for true love.**

Before we could move ahead, let me bring this to your awareness. Do not listen to this session if you are driving or operating machinery. Also, do not use session as a substitute for any medication.



I'm glad you are here
For this session
I'll need you to

Relax very deeply

You can find yourself a comfortable seated position

Block out all the noise

Slowly close your eyes

Allow yourself to relax

There's no need to worry

I'm here to guide you

Let your **body relax**

Observe your shoulders

Why do you have the tension there?

Relax

Observe the muscles in your body

Relax

Let your arms relax

Allow your legs to be comfortable

Relax deeply

Now your facial muscles

Relax them

As I count from 5 -1

You must **relax deeply**

Focus on your breath

5

Inhale all the **positive energy from the universe**

Exhale all the negative toxins from your body and mind

Allow it to go back where it came from

4

Breath in again

Breath out

Relax

3

Block your mind from all the noise

Relax

2



You are **relaxing deeply**

1

You are creating a **balancing rhythm in the heart**

This will benefit your mind and body in so many ways

So, as you are **relaxing very deeply**

I'd like you to

Slowly lift your right arm

And, hold it to your chest

Let it rest

Relax

You can feel the warmth of your body

As you connect your hand with your heart

Your heart that is filled with goodness

And, sometimes with doubt

A heart that knows to **love endlessly**

To feel **warmth and affection for someone**

It can be a pet

It can be a person

It can be a time when you felt moved with your connection with someone

Now, spend some moments recollecting

Thinking how it is to feel those emotions

The best feelings you got doing something you love

Like taking a walk in the nature

Loving someone truly

You now place your arm back comfortably



You are here

In a large open field

You are enjoying the **warmth of your body**

That **emanates** from the heart

As the cold wind gently touches your face

Blowing the leaves off the large oak trees around

You are in this field

Watching the leaves fly by

As you gently begin walking

Passing flowering shrubs

That sway in the wind

Looking pretty just as they are

Selflessly, for you



You feel **relaxed**

You look around you

A white fence runs around the field

You are locked in

You feel good but alone

Wouldn't it be nice

To share your joys with someone?



You are **happy and relaxed**
You know there is something missing
Despite the beauty of nature

The natural flow of this experience
Brings up an uncomfortable feeling
Your fears that are locked within your heart
You feel them **struggling to be released**
It's right here, right now
You can release these fears
Your mind **does not need it**
Your heart **does not need it**
Your body **does not need it**



Are you feeling vulnerable?
That's good
Allow yourself to be vulnerable
Are you having regrets?
That's good, you can release them too
Are you afraid of loving?
That's only your fear

Release it



Are you afraid of commitment?
That's temporary
You want to release this too
If you are feeling trapped
Yet crave for something good
You need to **release these fears**

Right here, right now
Relax deeply in this green field
As you'll look yonder
You'll see there's more happiness
Happiness that is waiting for you
You are releasing these fears
It is happening slowly
Drifting away with the breeze
As it scatters them away out of your reach

That's it
Allow yourself to drift **further and further**
You walk around admiring the beauty
As you walk you reach the gate of the white fence
You long to open it and step out
Into an even more beautiful world



This moment right now
Is holding you back



You can go into the comfort of your safe field
Where everything feels familiar
It's like you've known this place forever
It's safe
You don't want to leave it
You crave for something more
Somewhere you feel the need to explore



Good
You are now **relaxed**
You feel the **warmth of your heart**
It's **glowing**
After **releasing the fears**
You feel **lighter**
You are **breathing comfortably**
Think about this warmth
Does it have a colour?
It is glowing?
Now, let the **light become stronger**
So that it **radiates from your body**
You have so much love to give
So much to share
Your body **shines**
It radiates an aura of kindness and friendly warmth
Bathing the greenery around you in warmth
As I talk
You are **relaxing even deeper**



I'd like to sense your feelings now
A time when you may have loved more than you could
A time when you may have loved and not received the same reaction
Whatever your reason
Release it
You can comfortably notice this fearful feeling
Of hopelessness
or helplessness
or fear
or sorrow
Disperse into the wind
Scattering around like the thousands of leaves
And, just before you feel you cannot love
Cannot commit to the one you love
I'd want you to drift right out of yourself
Place yourself some distance away
Look at yourself
What do you see?
What expression do you see?
Is it loneliness?
Are you tense?
Are you crying?

This heart of yours that wants to be loved
But cannot love
Now I want you **release your fears**
You don't need it anymore and you are safe to be loved and to love
As you are **releasing your fears now**

To relax

To love

To commit to the one you love
I'd like you to **relax deeper**
As you wonder
If you could have loved differently
Deeply

Without any inhibitions
Without any expectations

Learning to love for love

For Love is a beautiful feeling
And, you could feel so much calmer from within
If you can consciously choose to **allow** this feeling
To **radiate** with a sense of responsibility
Giving your partner the same joy
That you feel right now
This joy that is **emanating** from your heart

It's tempting to say I cannot commit
I cannot commit because I am scared
I cannot commit because I've been hurt
You may secretly feel sad

Yet you know how hollow it feels

To love for the sake of loving
To love for the sake of receiving love
Without your deepest emotions.



You know you have it in you
And, you've **released** all the baggage that was blocking you
The baggage that had **blocked** your depths

You...
You are not like this
You are **waiting to love**
It's only your **fears that are blocking your energies**

If you are focused,
Commitment is not scary
Love is **exciting**

Fulfilling

Selfless

You are all this and much more

Are you **relaxed**?
Good
Allow yourself to **relax deeply**



From this moment onwards
You are **committed**
Committed to **loving deeply**
Committed to
Pure selfless love
You are **committed to love**
Loving those around you
Loving yourself



A half-hearted relationship is not what you seek
You want to **excel**, move forward
Discover the joys of relationships
You give **100% of your efforts**
Maybe much more
You are now committed in relationships
You can now work at making the best of your relationships
The best that they can be
You put **all** your efforts to make your relationships
Happy
Positive
Successful



You focus on your relationship
With complete commitment
This is what you wanted
And you will always give your best
Without worrying about the outcome
You can learn to love again
This time with complete abundance
You are **attracting true love**



You are now committed
Committed to your word
Your words are no longer **frivolous**
These words are holding the weight
The weight of the promises
You will no longer break



People will now rely on you
They can **trust you**
They are **comfortable with you**
You earn **all** the respect

Great respect

You are now committed to your family
To your partner

Your pet
Everything that brings you **joy**
Because you are learning to love
The pure emotions of love
These are growing **stronger** everyday

Your new sense of commitments
Bring a **glow back to your face**
You decide to walk down to that gate
Towards the white fence
You open it **slowly**



Good
Relax as you open this gate
For you've **released your worries**
This is a whole new world
One where new joys are waiting
For the new you
One with a new sense of commitment
With **hope**
With **eagerness**

You are **proud of yourself**
You have confidence in yourself
You will repeat this statement in your mind
And, as you repeat it in your mind this message will travel inside and settle
everywhere wherever there are any unsettling thoughts and feelings even now



I am now **committed** to my relationship
Without any fear
Expectations
Worries



I want this **commitment**
Towards a fulfilled life
I will do everything it takes
To make things work
Without getting angry
Upset
Sorrowful
I see joy in simple things
And I am **blessed**
To love everyone
Each one



That's good
Take a moment to **relax**
You can always listen to this session



To **relax deeper**

And, now you will begin to re-orientate yourself
To your current surroundings
You feel completely at peace within yourself
The gentle breeze upon the skin
The glow within
This natural flow of experience
Is allowing you to **relax and drift**



Now...

As I say each number

From 1-5

You feel yourself **relax more deeply**

In your body

Your mind

All through

1

Drifting into a state of profound relaxation

A deeper inner focus

That's it

As you let go even more deeply

You are into complete rest

You can **relax a whole lot deeper**

As you find that

2

You can sense your own emotions

Happiness as you relax

Watching your own body

Relax

Watching yourself from the outside

Relax

Deeper again

Relax

3

You can merge this feeling of relaxation

And rest now

You are one with yourself

This peace that you feel

Beneath your new self

It's always been there

You've discovered it

To never let go

You are discovering a new purpose

A new clarity

A new calm

Trusting yourself

You can deal with everything

Love **deeply**

Love more and more

Know things will work out
You are flexible
Open minded
You have overcome your outdated thoughts
All the negative thoughts
You've left them in those fields behind

4

And if you find any negative thought
You will revisit this field
To **release** them there
And listen to this session again
To **experience** more clarity

And 5

As you prepare yourself
To come back to this room
To the here and now
To become aware
Of the new you
You are **welcoming commitment**
From this moment onwards



so 1, 2, 3, 4, 5
Eyes open, wide awake
You are feeling **very good**
You can stretch yourself, rub your palms together and gently touch your face
Open your eyes when ready

Open your arms and get ready
To receive the abundant **love** of the Universe
Feeling **loved and cared**