



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Living in the Moment

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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- 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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Living in the Moment

You might have already heard about the term, '**mindfulness**' which has swept over the world in recent times. It's considered to be an effective way to reduce stress, raise self-awareness issues, enhance emotional intelligence, help you work on emotive and behavioural processes. Most importantly, it's about increasing your fulfilment levels by being in the now. This ancient practice involves bringing awareness to your current moment - **here and now**. This is about living in the current moment with openness, curiosity and plenty of flexibility.

We all do have our own set of problems. These are the problems that weigh us down and we unknowingly carry these around for days, weeks, months or even years! Imagine these problems and worries are filled in a backpack and loaded on your shoulders. Walking around with them actually brings no change in your life. You feel extremely tired, dejected, fatigued and instead of finding solutions, you see your problems loom larger over your mind than they actually are. Loss of sleep, appetite, disinterest in life...Do you find these symptoms familiar?

It's natural to look back and feel some amount of pain from your past. It's natural to feel worried about your future. The problem happens when you cannot achieve the fine balance between **living in the moment** and actively working towards your goals, without the burden of this weight.

Living in the moment takes ample practice. Once mastered, this art of living in the present moment will help you lead a fuller life where you can learn to appreciate the beauty in everything. Practising mindfulness to live in the moment is not only about meditation, but it's also about the habits you develop to adopt this lifestyle, and train your mind to focus better.

To be in the now requires practice. You need to be able to savour this particular moment. Your ability to pay attention to the small things needs to be honed. Go for a walk. Notice nature around you. Be **thankful** to all. It can be as simple as completely focusing on the task you are doing now, such as listening to me speak. Without any worries or inhibitions. **Complete focus** as I speak.

We all need to learn to put the brakes on our worries. And, learn to **smile** more often. It makes you feel happy. Smile because you will learn to appreciate life in the moment. Smile and help people around you. It's those selfless acts that are spontaneous that will bring a **warmth to your heart**. Practice gratitude and you'll witness a change. Much harder than it sounds! But, do not worry because worrying does not change the situation. Every moment spent in worry is a moment lost.

Our Mindfulness Living session will begin in a moment. My aim is to guide you to this stage of living in the moment, making it easier for you to take each day with the utmost joy and **gratitude**, helping you spread love all around. So, as a part of our session, you can begin to learn to live in the moment by noticing all the little things around you. For e.g. you can go for a walk in nature and note down things that made you happy.

The fact you are listening to this session suggests you are **ready for a change**. Whatever fears you have, worries or unachieved goals, it's likely that you are worried about something that is causing you to drag your feet around.

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 welcome you to enjoy this deeply relaxing meditation that is going to allow you to train your mind to focus on the "now", making mindfulness a part of your life. So, let's begin.

Please make yourself comfortable

Relax in a seated position or lie down on your back

Close your eyes

Allow yourself to **relax**

Feel your **muscles relax**

Let your face relax

You can begin to **release all the tension**

As I begin to count from 5 - 1... you will be feeling very relaxed,

5

Drop those worries

4

Leave your troubles

3

You are now **feeling light**

2

You are beginning this wonderful process

1

You are feeling a warmth spread within your body

That's great!

Now, start breathing in slowly

Imagine taking this **breath in a calm surrounding**

Breathe in positivity

Breathe out all the tension

Breath in, breath out, Breath in, breath out

As you listen to my voice

You will notice

You will begin to **relax even more** as every second passes

Notice your body? If you cannot relax

Take it easy

Relaxation does not always come easy

You need to let it gently work its way

Avoid forcing it

Just **focus on the present moment**

As I connect with you

Your thoughts

Allow your **mind to relax**

As I speak with you



Your **body is relaxing**
Your **limbs are relaxed**
Your **eyelids are drooping**
You are drifting..



Now you can think of the present moment
Think of your mood
Are you worrying about something?
Something that has happened years ago?
Perhaps you are worried about your future
Something you'd want to manifest
And you could not
Maybe you are unhappy
Because you haven't gotten what you really wanted.



Come back to your **present moment**
What matters is your present
This moment
Right now
Where you are struggling between the past and the future
Think of these worries like **the waves of the ocean**
These waves are coming towards you
These waves are crashing around you
To **disappear and dissolve once again**
You are near this ocean
Enjoying the salty air
Nothing matters more
Than this present moment
The waves...
They crash around...
The breeze
It flows gently
The clouds, **they drift with ease**

That's it
And, I'd like you to
Observe the waves
What is the colour of the ocean...
Notice the mood of the ocean
Gentle waves lapping up to the shore...

That's it
Just notice what is currently around you
The colour of the sand
The texture of the rocks
The crabs scuttling by
You are continuing to **relax further and further**
The gentle breeze is playing with you
This current moment is all that matters
The **joy exploding all around you**

This moment filled with life, the joy

Allow yourself to drift **deeper and deeper now**

Notice that you can change your present scene with a colour you'd like better

You can play around with the sky

Paint it in all the colours you'd like

The conflicts in your mind

You are writing them down on the sand

Worries about your past

Speculations about your future

Notice how these problems disappear

As the next wave comes crashing in

Erasing your worries away

You are left with nothing

Except for the present moment

Notice how a **beneficial state of mind comes into play**

Using your creative imagination

Focus on the current moment

Feel the **joy of the moment**

The joy of being at the sea

Notice how that feels

To be calm, relaxed and happy

Good

Now that you are continuing to relax completely

You get into the sense that you are **drifting away**

Into a new phase

This is the beginning of an awareness

Of the **current moment**

Good

You are getting very good at this

In your mind

You start to be comfortable

Around this beautiful scene

You lead yourself to a **comforting and restful place**

You notice all the things that make this place so **relaxing and comfortable**

You notice the colours, the shapes

The sounds

You notice the **peace and serenity of this moment**



Good

And, at this place of serene beauty

You notice

You observe

You get real insights

Again and again

Into yourself

The current mood
And again you will know
What it is like
To create a situation of constant worry
That produces unpleasant moods
Disturbing your inner peace
You **have no need for this**

You begin to sense that worry creeping in
Unhelpfully
You get a taste of it again

Now
You get a sense of **drifting away** from these worries
You are moving away
You are floating to one side
You are watching yourself and your worries
Stepping outside from the main picture
You are relaxing away, stepping away from your unpleasant worries
Because you are standing away
Watching yourself
Worry about things that don't matter
For the current moment
You can see your typical state of unrest
And, you watch this state and mood
Change just the way the colours of the sunset change
You get **more comfortable**
You acknowledge these worries
And **ask them to go away**



Good
And just noticing again
You begin to slide into a negative mood
And, you just get an amazing feel
That you can change all this Your mind is merging towards a new and better mood

That's good
And now
In your mind
You get the **sense of drifting away**
From the constant chaos
To feelings of comfort and safety
You see **happy times** now
Right now
You feel at peace

Gently drifting in
Where you feel so much better
You feel comfortable and content

That's it
You notice the present moment

Life being as it is
There's so much more
To each day
More Happiness
More fun
More peace
You enjoy this new focus in your life

That's good
The more you experience this
The more you feel
The stronger and better it is going to become
You can find yourself
Right now
In a wonderfully **peaceful and relaxed state**
Right at the ocean
In a cozy place
Where everything is comforting
It settles **calm** upon you
At long last



And, here at this place
You are going to find out
That you are going to be able
To get a sense of **rapidly and comfortably changing your mood**
Everytime you witness inner conflict
You can drift the focus to the present moment
Everytime you worry in excess
You drift back here to the very place
You feel much **better and relaxed**
You feel **inner peace**
A calmness
A joyfulness
Of just breathing in the present moment
This peaceful moment
Where nothing matters
Except for 'now'.

And, it's in this moment
You start to drift back to this room
You feel **revitalized**
You are **refreshed**
You feel **peaceful**
Your unconscious mind has very effectively
Found this new and powerful association
With the current moment
That brings a state of calm
Every time you feel unrest
You know you can be sure
You will notice those the next time
You meet the same situation of inner struggle

And, the next time you meet this
You can enjoy the difference
Of looking at your problems
And still being at peace in the current moment



Good
For now
Let's come back to your moment
Come back to your room
Calmness settles upon you
You are now re-orienting your mind to your present state
And, to your current surroundings
You are now wide and awake and refreshed
That's it
You are feeling so **good and comfortable**
You are now filled with awareness
You know nothing can disturb you
Neither your thoughts, nor your worries
You come back to this room with higher awareness
Your mind no longer wanders
You are in control

Filled with energy

Hope

Peace

As I begin counting, you can slowly open your eyes

1

Just be at ease

2

Relax and focus where you are now

3

You can slowly open your eyes

4

You might feel a little alert and that's great

5

You can enjoy a nice stretch

When you are ready

Relax a bit

And, **seize the day**