



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Getting Over a Relationship

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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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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Getting Over a Relationship

In this meditation, you will learn to consciously let go, release the past and improve your well-being.

Relationships are central to our lives, they give us meaning, identity, purpose, and direction.

When a relationship ends—you may feel empty and directionless—as if a part of yourself has been lost.

I'm going to be totally honest with you, there are no superficial tactics out there that will radically improve the way you feel. This is going to be a journey—and it'll be well worth it!

Getting over your ex isn't just about not feeling any pain, but filling your life with meaning, purpose, identity and direction—as an individual.

Firstly, I recommend distancing yourself from the environment you shared with your ex if possible. Detach from or block interaction on social media. You need time and space to heal—which is difficult to do while you are still focused on your ex—through direct contact or by checking up on their activities. **Take time now to focus on your relationship with yourself.**

If your ex ended the relationship, it doesn't mean you're wrong, unlovable or unworthy. Relationships are a combination of more than one person's input.

Relationships usually fall apart when people's needs aren't getting met. This can happen when communication is poor, or when one ignores the other's needs.

Basic emotional needs include—feeling **worthy, understood, appreciated, shared values, feeling safe and feeling a sense of trust.**

Everyone has these needs, though it's common to place importance on one need over the other, developing compromises and patterns of behaviour which affect your level of contentment. This can then cause issues within the relationship.

To understand what went wrong means learning to identify your needs, and working out how to meet them, as a single individual as well as in a future relationship.

Many relationships are dependent ones. In this kind of relationship, we tend to forget our individual nature—we're so busy focusing on our partner or kids and shared obligations—that we forget to honour ourselves as individual beings, with separate individual needs.

If this is the case—if you've intertwined your identity with your ex, or the role you played within that relationship, the most important thing to focus on now—is honouring yourself as an individual and to fully explore who you are in different contexts.

Once you begin to explore you may discover parts of yourself such as values, talents, passions and forms of self expression which were ignored during your past relationship.

These parts of yourself are important.

They make up the whole you.

If repressed or neglected—you'll feel like a piece of you is missing—whether you're in a new relationship or not.

Getting over a relationship requires the self-awareness to take an objective look through any biases you may be telling yourself right now—as well as radical self-care.

Our memories are filtered by what we focus on, either overwhelmingly remembering the good times—because that's what we want right now—or only the bad, when we're trying to justify the break up.

What kind of relationship did you have? Was there a lot of everyday drama? Roller coaster ups and downs? Although seemingly exciting and quite addictive—these types of relationships are **often toxic**.

If you've become used to a relationship filled with drama, irrational jealousy, a controlling, unsupportive, criticising or otherwise abusive partner—your sense of normality and what's acceptable may be twisted—and it may be difficult for you to get an objective view of what actually took place there. A healthy relationship is based on mutual support, acceptance and respect.

Abusive behaviour is not the problem of the target, but the problem of the person behaving irrationally.

Of course, surrounding yourself with people who support you is good. This will give meaning to your life away from your past role in your relationship and help you to explore your needs more fully.

Often it's easier to talk to someone who isn't directly involved. Talking to a counsellor can help speed up the process of getting to know yourself, pinpointing what went wrong, dealing with emotions, and making steps towards healing and well-being. While friends, though well-intended may give inappropriate advice, professionals are just that, trained exactly for this kind of work, able to be objective and of course maintain confidentiality.

Jumping into another relationship to fill the abyss—without working out what you actually want and need—without allowing yourself time to grieve—without releasing anger, blame, jealousy or other negative emotion— is a tried and tested way of repeating the same patterns in your future relationships.

Changing your outer appearance, with diets and exercise—though definitely a good idea if it empowers you, isn't going to help if you're motivated primarily by looking better on the outside, believing that when you do—all will be well.

Real healing and growth is an **inside job**—a process and a journey, like any great adventure.

Feeling grounded and whole as an individual means that you'll bring a fresh perspective into any future relationship.

If you want this, your perception of yourself will gradually and beautifully evolve, healing the old, and bringing you back to completion. A person who feels whole is content with themselves, whether in a relationship or not.

It's worth mentioning that during a relationship break-up, negativity and what was going wrong may have been the primary focus—and it's sometimes hard to let go of negative parts of the story you've told yourself about your ex.

Tactics to get over relationships through solely blaming the ex and taking on a superior role with the higher moral ground— isn't going to help you to be honest or realistic—about your own role in the relationship—or help you to heal.

Taking an objective view will help you to form new realizations about the roles both of you played.

At some point it's good to see your ex for who they were in the relationship. To **thank them** for what they did right, for the love they were able to give—and to forgive their shortcomings. Harboring hatred inside isn't going to hurt anyone but yourself.

If you want to successfully move on with your life after this heartbreak—the key is to let go of the negative and things out of your control—and focus on the positive and the things within your control.

Then—when you're ready to go into the next relationship—it will be the very **best version of yourself**.

If you're finding it difficult to let go, whatever the reason, during Mindfulness meditation, your mind will pick up what's relevant for you—enabling you to release the past and **uplift your sense of well-being**.

Sitting comfortably, gently close your eyes—taking a deep breath in—and slowly exhaling

This is your time—your place—to **let go**—so that your body and mind can deeply rest and rejuvenate

Keep listening—a deep listening

Settling into your body

Beginning to notice your breath

Right now nothing else exists but your body and your breath

Following your breath now, feeling it flowing in and out—the smooth movement of your breath against the skin inside your nose—**your body letting go**

Your breathing becoming deeper—feeling the rhythm of your breath

Now, **breathing normally**, no forcing—begin to feel the pause—the natural suspended breath between the inhalation and the exhalation—noticing the gap



Let's start with ten breaths, **in and out**

10—Relaxing your eyes—allowing them to close

9—Unclenching your jaw

8—Relaxing your forehead, feeling the tension slip away

7—Your whole face and neck, relaxed

6—Shoulders falling

5—Your arms and hands—releasing any tension you are holding onto—allowing them to give way to gravity

4—Your chest, belly and pelvis melting in relaxation—just being

3—The whole of your back **warm and relaxed**

2—Your legs and feet, letting go

1- **Your mind quiet and calm**

Feeling a warm relaxing energy inside your body

Inhaling—and feeling this warm energy flow—from the base of your spine to the top of your head

Exhaling—feeling it flowing on its journey from the top of your head to the base of your spine

Feeling warm, safe, at ease—with yourself—here—now



As you feel how the warm energy relaxes you further, repeat to yourself with each inhale and exhale

"I am here, supported and protected"



You are free—from all memories of the past

You are free—from all concerns about the future



Now, we're going to take a journey outside

It's summer, warm and sunny

The ground is soft and a rich, earthy red

Take off your shoes and feel its **warmth** under your bare feet, and your connection to the earth

As you walk—you absorb its energy, feeling it flow from your feet into your body

Feeling energized and alive as you continue on your journey



You see a large rock now and sit down on it, feeling its stability and strength inside your own body



Near the rock is a large tree with branches spreading out above you
Look at the very top of the tree

And slowly let your eyes flow down the tree trunk—down—down—down
Until you reach the rich, red earth

Imagine you have x-ray eyes and can look down into the earth
See all the tree's roots—supporting and nourishing the tree, **making it strong— and balanced**

Feeling balance within yourself

Repeating to yourself in your mind now:

"I am grounded, supported and nourished"

"I am safe and protected"



Notice now, an orange flower growing at your feet
Look deep into its centre, at its petals, blossoming outward vibrantly like the rays of the sun

Inhale the scent of the flower and feel yourself open now
Allowing yourself to be—to experience—to feel pleasure and other emotions—to

connect with your deepest inner voice

Welcoming all the parts of who you are

Repeating to yourself now:

"I allow myself to be me"

"I allow myself to feel pleasure and any other emotions"



The rays of the sun shine through the shimmering leaves of the tree
Close your eyes, raising your face to the sun now—and draw this golden warmth into
your body

The sun warming your belly—feel it nourishing you—**providing you with power**

Opening your mind to positive emotion, feeling positivity growing stronger as you
draw in the golden rays

Repeating to yourself now:

"I have the strength and ability to create positive change in my life"



Notice the soft breeze blowing through the trees around you

See the trees in all their detail, the shape of their leaves as you take in all the shades
of green

Noticing emerald surrounding you
Inhaling the green

Let the lush green refresh and soothe your heart



Aware of your heartbeat, tuning in to its rhythm

Inhaling and exhaling from your heart

Saying to yourself as you breathe in and out,

"I am connecting to myself through my heart"

Feeling your heart expanding wider, filled with love and gentleness
You have so much love



Sending the love to yourself now—see it brimming out from your heart, encircling
and holding your whole body in an embrace of tender acceptance

Repeating to yourself now:

"I am present in my heart"
"I allow myself to love and be loved"
"I am love"



Happiness isn't in another place, it's in your heart, where you are—now



Walking on the path a mossy carpet, soft and springy under your steps—as you approach a bubbling brook with water—cool blue and free

Hear the harmonic melody of the water swirling and flowing

And its flowing song echoed in your own voice—as you repeat the words:

"I am truth"
"My truth is important"
"I can clearly express my thoughts and needs"



See leaves floating and swirling in the liquid movement of the deep blue water, like a carefree dance

Allowing yourself to flow playfully with change



Repeating the words:

"I allow myself to fully awaken to my intuition"
"I can see deeply, and trust what I see"
"I am fearless"



Looking up at the dusk sky, at the hazy purple stretching across the horizon

The sky is you—interconnected synergy—expansive

See the full round moon emerging—perfect and whole

It reflects your own wholeness

Feel yourself open to the expansive sky and all that you are



Repeat the words with me:

"I am connected to all that is"
"I am inspired by my vast potential"



Imagine now the day's warm energy is surrounding you
As you sit and lean against the trunk of the tree

Protected

Cocooned in a calm space that no-one can intrude inside
You're completely safe and secure, grounded and calm
Breathing in and out, observing the flow of your breath



Here you can watch your thoughts from a safe space
Viewing thoughts as an observer, a witness—watching from a distance

When you give attention to your thoughts, whether positive or negative—you give them power

If you give attention to a hurtful thing someone did—it usually increases anger, frustration and stress, while focusing on something you're grateful for usually uplifts you

You create your own experience



Noticing now what kind of thoughts are on your mind
And how you feel when you think them



Bringing to mind any unwanted thought



And imagine that this thought has the shape of a colourful ribbon

Now—allowing this thought to drift away into the distance—as if it's being pulled away from you towards the sky

Know that the sky is infinite—and can absorb anything you don't want or need

See the colourful ribbon of an anxious or fearful thought—fading—as the ribbon is **pulled away from you**—fading in colour and getting smaller—as it melts into the sky



Breathe the thought further out of your body with each exhalation
Watching it disappear from view—until it's nothing but a dot in the distance



Imagine you can see yourself from the outside now
Sitting under the tree
Feeling its warm bark against your back
You are calm and relaxed—inwardly and outwardly
Notice your peaceful expression, the pleasant glow of the light surrounding you



As you inhale—breathe in energy from this special space
Feel it entering your mind and body, dissolving any fear—**healing you**

Breathing in healing energy

Let's take a pause and breathe in deeply twice.



As you exhale, imagine expanding wider into the space that surrounds you—breathing out beyond the limitations of your body

Into the sky, into nature, feeling centred and grounded—yet a part of all that is

Let's take a pause and breathe in deeply twice.



See a meadow before you in the sunshine

Walking now into its warmth



Find your shoes, put them on and start to walk towards a road



Reminding yourself as you walk that—you're **supported and grounded**

Feel pleasure and emotion

Radiate strength

Are embraced in love

Express your truth

Trust your intuition

Are connected and whole

As I count backwards from ten—you'll begin to merge with the world again—taking all of these suggestions with you

10—9—8—7—6—

5—Breathing rhythmically

4—Calm and relaxed

3—Gently waking

2—When I say the next number you'll awaken—feeling supported, strong, loved and whole

1—



In daily life—whenever you notice you're not centred in yourself, that your thoughts are focusing on negative or melancholic thoughts, listen again to this Mindfulness meditation, so that you can let go of whatever isn't serving you, and remind yourself of your inner beauty and wholeness.