



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Improve Listening Skills

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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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


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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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Improve Listening Skills

Listening is an important skill and needs to be developed. Most people believe that they listen with intent and yet, very few people listen properly. This is because it is all too easy to become caught up in our own thoughts during a conversation and our minds can wander very easily if we are not completely focused. We also do something else while listening, we plan our response. Although this is understandable, it's possible and extremely likely to miss vital information and to lose the potential to build rapport with the other person. Planning out a response while supposedly listening can work against forging strong connections. Communication is a vital part of every-day life. We must be able to communicate effectively with others - whether at work or on a social level and it is very much a two-way process. Listening forms an integral part of this.

Being a good listener means you are more likely to understand another person's point of view. This opens up the door to improved communications as people will warm to you if they believe you are listening to them. They, in turn, tend to listen to you as well. There are less misunderstandings or risk of arguments if we **listen with a clear mind** and make judgments only when that dialogue has finished. Listening skills are important in every aspect of life and by utilising mindfulness and meditation, this will help to enhance your abilities.



It is time to find a comfortable position in which to **relax**

Letting go of everyday stressors.

It is a little like day dreaming...

Your body feels comfortable and relaxed

You feel free from the demands of life....

You use your breathing to release tension and to soften those muscles...

Know that you are always in complete control.

Just follow the sound of my voice....

Guiding you....

I want you to **give yourself permission to relax.**

Repeat these words in your mind.

I give myself permission to relax.



It does not matter if you are sitting or lying down as long as **you feel comfortable.**

You do not have to do anything other than **listen to my voice** and allow your imagination some freedom.

You can close your eyes now.

Feel your eyelids gently closing...

It is as if they are so heavy....

This is what relaxation feels like..

Little by little, **you feel so relaxed...**

So peaceful...



Feel the muscles of your face yielding to a new sense of inner peace...



So relaxed...

Letting go of all thoughts...

Releasing **inner tension**

Inviting in serenity

You are aware of your breathing, **deep and slow**, in and out.

A beautiful rhythmic pace....

This is the beginning of **deep relaxation**.

Your breathing is already starting this process.

It feels **good to relax**, allowing all the tension of the day to be released.

Everything is happening automatically.

You do not have to think about anything.

The muscles around your eyes relax all by themselves.

Your breathing is still slow and deep.

Your body and mind are both sinking into a deep state of relaxation.

This is just the beginning.



You are allowing yourself to relax.

It feels good.

Your inner mind has **permission to relax**.

Without even thinking about it you have become **so relaxed, so peaceful**.

You feel like you are in a dreamlike state.

It feels perfectly natural.

So calming.

You have not even thought about it, but your breathing has already altered.

You are breathing in a very relaxed way.

This is how all your thoughts can be.

Just drifting by....

Nothing to do, **just relax**.



Your subconscious mind is listening to each word I say.

And this allows you to relax more and more.

Everything around you is now becoming less important.

You are drifting into a detached state.

You are letting go completely.

You can allow your imagination to wander freely.

Anything is possible.

You can be anywhere you want.

Your favourite place may be real or in your imagination.

You can visualise this right now.

Bring the scene to life as if in front of you.

Become a part of it.

Not just as an observer

So deeply relaxed.

So calm and peaceful.

You can put yourself into this place anytime you like. There are times when you will want this serene feeling, and it is yours whenever you want it.

You can simply recall this moment.

Your subconscious mind understands this.

You will find it easy to get back to this wonderful relaxed place whenever you choose.
It is a positive behaviour.
One that fills you with serenity, renewed understanding and joy.

As you meditate, you will find it **quite natural to relax** and this will allow you to return to this wonderful moment.

This is something you can do daily, and you will find it gets easier each time.

Give yourself permission to reach the **deepest relaxation possible.**

Right now, your **subconscious mind is open** and listening to everything I am saying.



I want you to **use your imagination** again.

Imagine you are sitting in a clearing in a forest.

It is peaceful and there is a gentle warmth...

The rays from the sun spread turning everything to golden colours all around.....

It's soothing

As you sit basking in the warmth....

You feel happy, there is nothing for you to do.

This time is yours.

You can relax and free your imagination.

Deeper than ever.



In your mind, you may be sitting upon a blanket and leaning back against a tree trunk.

You may be sitting by a river watching the water flow gently on by....

Perhaps you are sitting on the bank and dangling your legs into the cool depths and

feeling so relaxed and **carefree.**

Wherever you choose, you can feel the quiet energy of the forest.

You feel **in tune with everything** around you.

As you sit there relaxing, your mind is completely free.

For the first time, you can **truly listen** to the sounds of this beautiful place.

Bird song from all around

You start to hear insects buzzing in nearby flowers....

The soft breeze rustles leaves....

Grasses swaya soft gentle sound from all around...

Once you hear these things, it becomes easier to identify them.

Sounds carry on the breeze...

From a long way away, you hear the sound of children playing, their voices filled with joy

You can hear birds on the nearby river...

The sounds of nature....

Fish breaking the surface of the water....

So many sounds.

You realise that **the more you listen, the more you hear.**

You sit back and understand the forest is alive with sound.

All you ever need to do is listen and a world of information becomes available to you.



You are open to this suggestion.

As you relax more you realise that your **imagination has the answers** to many things.

It is like **your inner mind already knew this**.

You are finding it easy to relax and enjoy this moment.

Your subconscious mind is listening in and wants to take onboard helpful suggestions.

You listen to my voice and each sentence allows you to **relax at a deeper level** than before.



You are beginning to understand that by truly listening you gain so much information.

When people see that you are interested and listening to them, they are drawn to you.

People love others that listen.

You make people feel good about themselves because **listening means you care**.

You **enjoy listening** to others and finding out more about them.

Everyone has a unique story to tell.

Listening to people sends them the message that they are important to you.

You continually make new friends because you understand this.

You always remember what people have told you.

You find it **easy to recall facts** and stories you have been told.

You listen with intent.

You hear those who need to be heard

You create deep bonds with people.

Your inner mind understands that **listening is important**.

It is a rare skill and you have it in abundance.

You are still deeply relaxed.

Calm and content.

You develop emotional connections with everyone around you.

By actively listening you build the connection very easily.

You are **gaining confidence** every day.

By listening you are directing the focus away from yourself.

You also **increase the confidence** of those you listen to.

They feel more confident because they have the power to express themselves.

This also builds your self-esteem as you see the good you can do.

You understand the importance of your gifts.



Becoming a better listener has enhanced your life socially, as the more you genuinely listen to someone then the more actively, they listen back. This often creates **far deeper emotional connections**.

You find ways to **become a better listener** every day.

This naturally makes you more alert

You ask questions to confirm you have understood.

By being a good listener, you also become a good conversationalist.



A good listener becomes mindful within a situation.

You maintain eye contact for longer time

This is something **you practice** getting right.

You become engaged by conversations with others.

You do not look at your phone when talking to others.

You remain focussed and listen at all times.

You listen intently but you gain many signals through observing body language and expressions.



You feel the need to understand others.

There is a **desire to learn more**

You want to connect with those around you.

Interaction is important

There are less issues when you listen properly

You understand all cues in a person's tone and voice

You comprehend the true meaning behind someone's words.

You know when to **clarify a point**

You are confident and ask questions when needed.

Comments open up dialogue further.

When you relax through meditation, you find it easier to remain **calm and attentive.**

Meditation helps **you map out plans and strategies.**

Mindfulness aids **listening skills.**

Mental clarity improves

You can think and make decisions more easily..

You make informed choices...

Stress dissipates.....



Breathe in deeply...and then, exhale fully.....

Feel the sense of peace washing over you.

Doesn't it feel wonderful?

You now understand the importance of listening fully.

You allow the other person to talk..

To explain

You enjoy listening..

You hear their true message

You follow the rhythm of their voice

The undulating tones

You are a good listener.

You give your **full attention** to every conversation

Just as you are **listening now.**

You care about the outcome.

The more you listen, the greater your comprehension of the world around you.

You feel more **open to others**

There is a sense of awe and wonder when you connect with others in a conversation.

This where **daily meditation can be so powerful**

Your mind is clear...

You are able to move distracting thoughts to one side....

Mentally placing them in a box...where you can check them later

You know the importance of focussing on the here and now

Your communication skills continue to grow

You feel ever more **confident**.

Good communication is about honesty

Your listening skills enhance a working or personal relationship.

When you listen fully, you understand **all** that is required.

You show that you care about the other person.

You repeat the information back confirming your understanding.



Your subconscious mind has been absorbing all this valuable information.

This is so powerful.

Meditation creates space between your thoughts

Your mind is no longer hurried.

It can process information easily.

You meditate and **embrace inner harmony** and well-being easily.

This increases your potential to listen to others earnestly.

Your inner mind recalls all information.

You understand now that being a good listener is so important.

It is a natural part of your life.

It is about absorbing information.

It is about communicating **fully**.

It is true that we communicate even when we do not speak. Your actions tell the other person how interested you are in what they are saying, and this can form a **deeper connection**.

When you **embrace mindfulness**, you tune into the moment.

You are so connected to that moment, that time and space.

You connect with others.

You are part of the conversation.

It resonates with you.

This adds another layer of confidence in both working and personal relationships.

It opens doors to those that listen



It is almost time to finish your journey.

You are deeply aware..

You are relaxed but your mind is open.

After any form of relaxation, feel your fingers and toes.

Let life surge back into your limbs.

Consider how you feel.

You will notice how your confidence has already grown and others will notice this too.

You are **fully** equipped to be a great communicator.

You understand the joys of listening and will remain relaxed and with greater clarity of mind throughout the day.