



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Improve Self-esteem

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 Self-esteem

Self-esteem is the opinion you have of yourself—and your abilities. Does low self-esteem make you feel demotivated or stagnated? Do you feel stuck in one place and are you unable to move forward?

Whenever you're feeling stuck, stir up the stagnation by getting up and moving. Go for a walk, take a bike ride, put on music and dance or do some other form of physical exercise. This releases endorphins— your feel-good hormones—which will give you energy and a new perspective.

Take a look at your environment and make sure it's supportive, that you're in contact with people who accept and believe in you—rather than those that focus on the negative or undermine your self-worth.

We're all hard wired for negativity—this is a survival technique to help keep us out of harm's way.

When contemplating a situation that could make us feel vulnerable, we often tell ourselves that we aren't good enough to succeed at it—and so avoid taking chances that could lead to failure.

We all know that nobody's perfect—though it's often hard to accept a sub-standard version of self.

Perfection is an unrealistic goal. You can only do your best—and that's always good enough—despite what others say or what we've told to ourselves in the past. In fact, **making mistakes is beneficial to your growth**. Failures of any kind teach you how not to do something, so that you can move forward with better strategies.

When we think about someone with a quality we desire in life, we may compare ourselves to them, seeing ourselves as smaller than they are. There's no point in comparing yourself to others. Instead, consider them as an inspiration.

Make friends with the person you are—wonderfully unique and gifted with your own personal qualities and abilities.

Each person is a culmination of many experiences and events. Anything that anyone has ever achieved is reached by taking steps. When you break a goal down into manageable bite-sized portions—so that you can focus on what you can do at the present time—it's easier to have an overview of each step—and not get too overwhelmed by the seeming magnitude of the end goal.

Low-self-esteem is usually connected to negative self-talk—the running commentary in the background of your mind.



Start to observe your thoughts and ask yourself;
What kind of things am I saying to myself?
Is it mostly negative or positive?

Negative self-talk makes you feel bad about yourself—you may think things such as **"I should be better at this"** - "I'll never be able to do it" - or - "Nothing will ever get better".



Nobody can be positive all the time. This is an unrealistic form of perfectionism. If your self-talk is overwhelmingly negative, ask yourself; "Is there any real evidence that this is true?"

Encourage yourself like you would a good friend. Ask yourself what you'd say to a friend in the same situation. Be a friend to yourself.

By replacing negative self-talk with positive self-talk —also known as affirmations— you begin to take responsibility and control of your self-esteem.

Try not to get too frustrated with the negative messages you tell yourself. Instead—try smiling at the negative self-talk—tell it it's not needed, then bring your focus back to the positive and to your goal.

Ask yourself; "Is there anything I can do to help myself right now?"

Examples of affirmations or positive self-talk could be;

"I am able to take steps towards my goal".

"I am making progress by taking action at this very moment".

"I am doing my best".



It's good to celebrate small victories. Cheer yourself on. Give yourself deserved recognition for any achievements. Whether that's just taking a moment to smile inwardly—or treating yourself to something special. This will bring your attention to what you can do instead of can't do and steadily **increase your self-esteem**. Remember—reaching any goal is about achieving bite-sized steps.

Doing things for others will also remind you to notice that you can make a difference. Empowering you to see it's within your capability to improve the world around you.

Another good idea is to write a list of things that you like doing—and **do them**.

Look at the list and realize this is what makes you unique.

Please don't view activities you love—or talents you have— as mere hobbies. Never down-play the pull you have towards these activities—whatever they are.

Doing the things you love is of utmost importance in your quest to live a happier life.

Honour yourself by spending time on them.

Doing what you love reminds you of your present abilities—provides motivation to help you develop other skills more easily and grounds you in a state of flow rather than stagnation.

Don't take my word for it. Next time you do something you love take a moment to notice;

How time stands still—how **effortlessly motivated** you are—and how fulfilled you feel.

You are here today to initiate a change. You can improve your self-esteem subconsciously with mindfulness meditation.

During mindfulness meditation, by **listening** to the suggestions, and imagining exactly how something looks, smells, tastes, sounds like and feels—you create a **vivid experience**—which the subconscious mind remembers as if it was a real experience. In this way old negative patterns of thinking can be exchanged for ones that will improve your self-esteem.



Allowing your eyes to close now
Listening to the voice
You can effortlessly flow with the process of change along your path

And your process of releasing what isn't helping you
Your process of noticing and welcoming what supports you on your journey



Can you concentrate on one hand, your whole attention only in that hand



Notice everything you can about your hand, any tightness of the skin, any tingling, the tension being released as it relaxes



And now notice the material under that hand



Concentrate on that hand and listen, listen to the voice
Letting any other thoughts go, like leaves being blown in an autumn breeze
As you watch your hand



I'm with you on this journey, you're completely safe and **relaxed**
Breathing—relaxing—listening to the voice



Relaxation, flowing gently—dissolving any tension
Relaxation flowing down the back of your neck—into your shoulders—both arms—both hands—your fingers

Your torso relaxing—your pelvic area—flowing relaxation—through your thighs—knees—calves—all the way down to your ankles—the soles of your feet—your toes
Your whole body relaxed and comfortable—with yourself

Taking a deep breath, noticing any remaining tension—and—on the outward breath—**letting it go**



These messages for you are being accepted at the deepest level of yourself—where you exist in total harmony
You're ready, openly curious and confident on your journey

The story you tell yourself tends to come true
You can rewrite your story
By recognising your qualities and abilities

This moment is just a milestone in your future past
You'll look back in a few years and remember your decisions from now

You can move from this place with ease
Feel almost as if you are floating on air, from one place to another

Imagine—you can hear the ocean in the distance, you're walking through palm trees - towards a beach you know is in front of you

Looking up you see palm leaves, waving and rusting in the light breeze

You feel adventurous, strong, grounded and focused
You know what you need—and you stay on the track—effortlessly

Soon the trees part, and you find yourself—on a white sandy shoreline, sweeping away to a distant curve

Smell and taste the salty air
Feel the sun and the breeze on your bare arms



A couple of fisher boats bob on the water in the distance
The only sounds are from birds, the breeze in the trees, the waves rolling in

Hear the harmonious rhythm of the waves crashing onto the shore



You're fully present—breathing in rhythm with the waves, deeply, slowly



As the water rushes onto the beach—inhale—and as you do so—acknowledge the gifts of possibility it brings with it—as vast as the ocean

You are open to receive whatever comes your way—with calmness and **trust in yourself**



As the water rushes back to join the ocean, exhale old beliefs—**letting them go with the tide of change**

Breathing in—possibility
Breathing out—old beliefs



Your breath, the rhythm of your being—joining the expansive ocean
Layers of stress and old ways of thinking wash away with the sound of the waves

Knowing you're free, to do and be as you like
Comfortable in your body, totally accepted—just as you are



Enjoying this place of flow and freedom—this journey inside yourself

Feel welcoming, warm sand under your toes as you stroll slowly
Enjoying the coolness beneath your feet near the water's edge—as you wander
onwards, leaving behind a trail of footprints—marking your presence along your way



Looking back over your shoulder, you see the waves washing the footprints away
With each wave—another footprint disappears
Listening to the thoughts
They should be on your side
Let any traitorous thoughts go

Any old patterns of thinking, old beliefs that don't help you— **evaporate like false mirages** with every step you take

Leaving any illusions behind
The past does not exist here



Shallow water rushing around your feet now—so that you sink slightly into the sand
And you're enjoying sinking—only playing with the idea that you're stuck
But you know—you know—you can move—away from this place—whenever you
choose to

Just do it now, make up your mind—really decide—to move away from this present
place
And have fun pulling your feet out of the sand—moving forward in freedom
Honouring and valuing yourself—trusting your steps

Enjoying the process, the waves as they roll towards you
Bringing new experiences—that you take in your stride

Your mind and body feel **peaceful, content, relaxed, rejuvenated**



Now—looking ahead you notice
With each new footprint you're feeling more and more **grounded** in yourself
Recognising your unique qualities
Feeling strong and inspired

Tell yourself now;

"I am making progress by taking action this very moment"

"I am able to do whatever I set my mind on".



A new story has begun

Pebbles **glinting** in the sun
The smell of the ocean
The sunlight on the waves
The sound of the water rushing over the sand
All of this creates an atmosphere of timelessness
Feeling **free, trusting** yourself, open to possibility



You're moving with ease along a road away from the beach towards the hills
They beckon you—pulling you gently towards them

Moving higher now—effortlessly—gliding up—to the top of a hill



Looking out at the view now—and slowly taking in a clean sweep of the surrounding
landscape
At the rolling hills, lush and green—inhale the green into your heart
Feeling connected to who you are—deep inside



Beyond the hills, looking out to the horizon over the ocean
Feeling expansive and connected to infinite possibility

Take a **breath in**—and **trust in—Yourself**

On top of your creation
Grounded—confident—tall—excited by a future world of new opportunity

Feeling this in each cell of your body
YOU - ARE - A UNIQUE expression of self—able to do whatever you choose



Fully **accepted** and **respected**
Creative and creating
Growing
Inspired and Inspiring
Confident—steady—decisive
Expressing your truth with ease

Celebrating life exactly as you want to



I need you to do something for me—now

Focus on the area at your forehead—the space between the eyebrows—the area that represents your third eye—your inner wisdom

Notice a **peaceful wakefulness** there—connecting you to your authentic self
And see a symbol—a symbol of your choice

This place has all the resources you need for your whole life

So that you can welcome **whatever** comes your way
As food for new ideas—**opportunities**—to explore and support your growth

Welcoming them with an adventurous spirit
Bravely—calmly—believing in—and **trusting** yourself fully



Your third eye area is your connection to the deepest part of you—to your authentic self—where you're always enough

There's no past here
There's just the infinite, intelligence of now

Your supportive and loving respect for yourself is here
Your inner truth is here



Stay with your breath, stay with your third eye, your inner wisdom and you'll stay connected to who you authentically are—living life as you want to



Take these impressions with you when you awake
And at any time you need them, they're here for you



In a few moments I'll begin to count backwards from 10—so that you can feel a little more wakeful with each number



10—9—8—7—

6— Becoming aware of your body here in this place—**breathing gently**

5—Taking these impressions with you as you **slowly awaken**

4—Feeling **loving respect** for yourself

3—Knowing you are **always enough**

2—When I say the next number, you'll **wake up**—knowing you can do anything in life that you choose to

1—



Listen to this **mindfulness meditation** as many times as you like—the more you practice, the easier it will be to **release** old ways of thinking, **increase** your **self-esteem and** live the life you want to.

