



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Increase Academic Performance

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

The Matrix Mindfulness Practitioner Meditation Collection is owned by Dr. Paras Wellness Pvt. Ltd. The company owns Matrix, a corporate coaching and training firm. Dr. Paras Wellness Pvt. Ltd. was established in 2019 and offers authentic hypnotherapy certifications, NLP certifications, counseling, coaching, Mindfulness certifications, and more. We specialize in many areas of providing hypnotherapy and mindfulness services with training and education being the center focus of our activities.

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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 cannot share the files online or in person for sale or for general purpose.
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- You cannot claim to be associated with us.
- You cannot connect any occurring results with us.
- 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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Increase Academic Performance

There is a great deal of importance placed upon academic performance in today's times. This alone can bring its own set of stressors, where achieving the necessary exam results can overshadow any sense of calmness or applied logic. Academic results are important but there can be problems that affect the route towards exam success or, indeed towards any academic achievement. Nervousness can certainly hinder any learning ability as can external stressors. For some, there may be a fear of study, and for others, a fear of failure. These inner fears can quickly escalate and create muddled thoughts, rising levels of anxiety and panic attacks in some people. Once the mind struggles to control anxiousness about the potential for failure, it can be very difficult to absorb information and to achieve full potential.

It is important to **relax the mind** and to free it from clutter. It's about clearing out old beliefs and replacing them with more positive thoughts, feelings and behaviours. Change is possible through utilising mindfulness and meditation. It calms both mind and body. Together, tension can be eradicated and as such, any personal obstacles towards academic success can be overcome with ease. Once the mind is open to the potential to change, it's possible to approach study sessions with enthusiasm and to face learning challenges with a clear mind. Mindfulness and meditation can aid memory retention, helping to increase confidence levels and to promote positive thought patterns targeting learning and success. Everyone can learn and absorb information if the desire is there but, it is important to offset unhealthy thought processes and to determine underlying issues for positive change.

This Mindfulness meditation should not be listened to if you are working or operating any machinery. It is important that you find a comfortable position and you may find that closing your eyes may help you to relax fully. You can be seated or lie down, it is up to you.

Know that throughout this guided journey towards deep relaxation, you always remain in control.

Remember to be mindful throughout this meditative journey by listening to the sound of my voice.

If you feel the need to change your position, do so. Be comfortable in your own body.

Allow your hands to separate and become loose. Let your shoulders release.....and find space between your shoulders and the jaw.



Let it all go.

Forget about inner fears or anxiety...

Clear your mind.....

Allow yourself to relax...

Steadily...

Slowly.....

Nothing is expected of you.

Allow my voice to guide you on this pleasant journey.

Now take in a deep breath, drawing the air into your lungs, holding it briefly, for a moment before slowly releasing it.

Now let your breathing become soft, gentle... rhythmic.

Allow your body to relax even more.

External sounds do not matter, let them fade into the background.....

Only my voice matters.

Nothing disturbs you.

Everything outside of this moment, is unimportant to you.

While you concentrate on my voice, you become aware of your breathing.

Always breathe slowly and evenly.

In and out.

Softly, gently, feel the rise and fall of your chest...

You will start to naturally feel as if you are sinking into the seat or surface beneath you.

Tension dissipating....

You feel more comfortable.

All your **muscles relaxing...feeling heavy**...steadily, slowly...

All the tensions of the day lifting.

Filling your body and mind with **positive energy** with each breath.

The muscles around your eyes will soon **start to relax** and you do not have to even think about this.

It all happens very naturally.

Relaxing further with every breath.

Your subconscious mind is awake but there is nothing for your conscious mind to do so it will rest.

This is wonderful, it feels like you are daydreaming.

Deeply relaxed.



Very calm

Without a care in the world.

You will not notice small changes.....

Your breathing, slowing down.....getting deeper

It all just happens as you **focus on my voice.**

You are enjoying this **feeling of deep relaxation.**

Your subconscious mind is listening to every word I say.

There is no need to consciously listen.

Your inner mind is **absorbing all the information right now.**

You just continue to relax into a **deeply calm place.**

You do not need to do anything.

Your inner mind wants to help guide you.

So deeply relaxed.

This feels so good...and you **allow it to happen.**

This peaceful sense of being so relaxed and guided...is a wonderful feeling.

Your **subconscious mind learns and guides you** from within.

Sometimes you may feel as if you are floating.

As if sailing on water...

Or drifting slowly, serenely....relaxing in the summer breeze.

This feeling of **pure joy and relaxation** is yours any time you want it.



It is easy to **remember this moment** as it is in your inner mind now.

This **feeling of peace and contentment** is always yours.

You can return to this moment any time you desire.

This **deep feeling of relaxation** continues.

Growing deeper all the time.



Whenever you feel the need to return to this moment, by relaxing, by feeling comfortable, you just have to close your eyes.

You can make yourself relax anytime you like.

There are times when you will want this warm feeling, and it is yours whenever you want it.

You can recharge the mind and body...

You will continue enjoying this pleasant experience as your subconscious mind receives everything my voice is telling you.

You will instinctively **absorb this information**

You **automatically respond to everything I say.**

When you are deeply relaxed, it is **easy to use your imagination.**

Your mind will spot patterns

You are open to change

You are **ready to learn**

So relaxed...

So contented



Now....imagine you are sitting or lying down on warm, green grass looking up at the sky.

You are by a lake..

You can hear the soothing sound of water lapping against the bank

It calms and soothes you.
Clouds drift by lazily above you
Giving you a dreamy sense of contentment
You feel **more and more relaxed** as the clouds form patterns across the expanse of sky.
Shapes change...
Drifting by...

It reminds you that change is possible
As the world around you changes, the world within your circle alters too.

Your **thoughts are important**
Make them work for you
They make a difference in your life.
Your world constantly changes when you think in a certain way.
You think with positive energy and positive things happen.
The clouds change shape like your thoughts.
So deeply relaxed and comfortable.

As you relax further, you start to understand more about how your **inner mind can manifest anything**
You are aware that it is **there to guide you.**
Calmness
Increased focus
Greater learning capacity



Your thoughts evolve
They are positive and energised
They help propel you forward in life..
They **enhance your life**



Whenever you need to learn, embrace this **deep relaxation.**
This is easy for you to do.
You simply close your eyes
When you relax **all tension and worry leaves you.**
You find a **quiet meditation to be so healing.**
You always **feel energised** afterwards.

As you listen to my voice, you will continue to **relax and absorb information** easily and without being aware of it.
You do not need to do a thing.
Your **inner mind is listening** all the time.



In this deeply relaxed state, your **inner mind allows positive suggestions** to take root.
You want to succeed in everything you do.
Your **desire for knowledge** drives you forward
You know that **you are shaping your own future** through your thoughts.

You find it easy to set goals.

Your goals become stepping stones to the future you desire.

Achievement is an important word to you.

You are **completely prepared** for the journey of life.

You are in control

You **plan your time** effectively.

You know what you need to do

You overcome all obstacles

You see the way forward with great clarity

Your **subconscious mind sets your goals.**

You yearn to reach your **full potential**

Your brain quite naturally maps out a path to your goals

This feels so right

You overcome barriers in life with ease

Your **mind is open and ready to learn**

Life becomes easy

You know what you want

Letting go of self-imposed barriers

When learning a subject, you gather all information first

You embrace this **new perspective** and understanding

Your inner mind is always **looking for clarity.**

Your mind needs to understand

You become an expert at seeing the whole picture.

You actively seek to gather the information that backs up what you believe to be true.

This method constantly enriches your academic performance.

Still relaxing.



Follow my voice...as I guide you throughout this journey

You use visual and auditory methods to gain and **absorb information successfully.**

You always **learn by using different techniques.**

Your ability to **absorb information** is increasing all the time.

Your mind **retains information** easily.

Information is processed and stored in the long-term memory banks.

You love learning

You know you are **capable of greatness**

You have no problem sharing solutions with other people.

It gives you pleasure to demonstrate knowledge.

Most of your academic achievements are reached through a conscious competence.
You know that **you will achieve your goals** without question.
It all feels very natural and instinctive.

You are ready to ask questions

You seek new information all the time

Your brain is **active and energised**

All information is valuable to you.

Your **confidence grows daily.**

It feels natural to help others achieve their goals.

You join support groups and create debates with like-minded people.

Others look to you for information.

Your academic success is achieved by **understanding your subject from every angle possible.**

You tend to look at new information as if you were teaching it to someone else.

You want to make sense of everything you learn

You **recognise patterns**

You feel so much more confident now that you have opened the gateway to new knowledge

You are **so capable**

You **have the potential to achieve** wonderful things

You only had to open your mind

In quiet moments, **you find it easy to relax**

This allows you to absorb information as you need it.

You have the ability to switch off when required.

You sleep well at night because you are confident in your abilities.

You understand that a healthy body is required to **create a healthy mind.**

Your diet is full of whole foods and you ignore most processed foods.

You eat small amounts often and **hydration is important** to you.

You constantly sip water while you study.

Regular exercise allows you to **wind down and remove tension.**

You enjoy letting your brain rest when it is needed

You understand the importance of this.

Your ability to reach your goals means you are never under pressure.

You feel relaxed about your daily activities.

You recognise that some people run out of time.

You see time in segments and work accordingly.

You map everything out without needing to think about it.

I want you to take a moment to allow this information to be absorbed.

Your subconscious mind has been listening **all** this time

You will remember this information without even trying.

Your inner mind will use it to help guide you in the future.

You will always look **forward to challenges** from now on.
You are **feeling very confident right now.**
You are ready to learn and grow.
You know you can accomplish anything you desire.

You welcome new challenges.
You are aware that you are an academic achiever

Learning is easy for you
You **embrace new knowledge**
You chase new information
You are excited by the process of learning
It is as if **a whole new world has opened up for you.**

You are ready to achieve.....

Now, take a deep breath in, filling your lungs and then, exhale...slowly and steadily...

Let the breath now just come and go naturally.....

Feel the **deep sense of contentment** and conviction within.



In a moment it will be time to come back to the room. This will happen easily and leave you feeling relaxed and very positive. I will begin to count from one to five and you will slowly and quite naturally become more alert. At number five, you will be fully awake and ready for the rest of the day.

I will start now.

- 1: Still very relaxed but aware of my voice bringing you slowly back to the room.
- 2: Aware now of your muscles all coming back to life.
- 3: Eyelids flickering and gradually opening.
- 4: Aware of external noises and the surface beneath you.
- And 5: Eyes open and fully back in the room feeling relaxed, refreshed and very positive.

You may want to shake your arms and legs to get the circulation moving. Tune into the sensation of your body. Don't think about anything at this moment. Just connect with your body. Feel each muscle and consider how you feel. You are likely to feel a sense of deep contentment and inner peace. Your mind will be clear. You can expect to feel positive all day and to feel relaxed and calm. You will start to notice that you draw positive elements towards you and others will notice that you are constantly happy and ready for any academic challenge.

You have in fact introduced a new way of thinking which will be of great benefit to you and will enhance performance at an academic level. You will feel more confident and in control. This will be a strong element in your ability to learn and you will approach each academic task with mental clarity and focus. When you have any doubts or inner fears, focus just on the breath, in and out and then, relax mind and body. By remaining calm, you will approach any learning with a sense of enthusiasm and wonder.