



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

No Regrets

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


Remember:


- You cannot share the files online or in person for sale or for general purpose.
- You cannot duplicate or rework / modify files for commercial purposes.
- 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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No Regrets

From an early age we learn that mistakes are "bad"—our educational systems reward what's correct and upholds the notion that not living up to a certain standard risks failure and rejection.

We've all done things that are "wrong." We all stumble and fall, despite good intentions. Trying to avoid mistakes at all cost puts pressure on ourselves to perform to perfection—and making mistakes can make one feel extremely vulnerable.

When we've done something we regret, we often get stuck in a loop of limiting beliefs. The little voice inside us tells us that we aren't good enough, or don't deserve to be forgiven, happy or loved.

The more we acknowledge this nagging voice, the more normal and part of our identity it seems—a rigid part of us that is there for good. It eats away at our self-worth and well-being, preventing us from letting go and believing that we can move on.

When we're close to someone and can understand and empathise with them, it's often easy to forgive them for occasional mistakes. We trust and accept that maybe they didn't get it right this time, and don't usually judge their whole character based on this one failing.

Many of us don't support, love and forgive ourselves the same way. We identify with the mistake and criticise ourselves more than we do others. There may be people you can't forgive easily and therefore avoid. You can't do this with yourself—wherever you are, here you are.

Albert Einstein once said; "We can't solve problems by using the same kind of thinking we used when we created them".

By making a change in behavior, we learn to let go of regret consciously.

What many of us don't register—is that doing wrong and learning from mistakes is how we develop and grow.

If you'd known that behaving a certain way would cause pain to yourself or someone else, I'm guessing you probably wouldn't have done it. And even if you knew you could be causing some damage or upset at that time, you probably didn't realise how much you'd regret it in the future. We often make mistakes because we don't have the learning or wisdom needed at the time we made them. Most people do the best they can with the understanding and personal resources they have at the present time.

We have the opportunity to constantly change—and our past behaviour doesn't have to rigidly define us.

It's difficult to let go of regret if you've attached a certain belief about yourself to the mistake you made—such as "I deserve to be punished". First of all you have to **accept**

yourself—in all your imperfection—just like you would a good friend. Be generous enough to support, love and forgive yourself as you grow and learn. Nobody's perfect, but we're all **worthy of happiness**.

Try looking at mistakes from another perspective—appreciate failings as opportunities for growth. Notice, remember and keep what you learned from the event—that is, how you'd like to do things differently and why you need to be grateful for a life-lesson learned while letting go of everything else.

It's worth mentioning that some of us have such high expectations of ourselves that we try to control every situation and outcome. Some things are out of our control. **Learning to be good** to yourself involves allowing whatever is beyond your control to go, including any inflexible expectations of yourself and others. Rigid expectations are great primers for disappointment.

Our lives are made up of moments. We **need to be forever in the present**. Practicing mindfulness will help you to **stop dwelling** on events you can't change.

Mindfulness has two elements;

1. Being **aware** of all the information coming in through your senses moment-to-moment— including your present thoughts and emotions, and 2. practicing **not judging** that information as good or bad, right or wrong.

Noticing what's going on around you in the present without filtering it too extremely with personal opinion—will not only help you to let go of the past, but lead to a more grounded and balanced you.

You can let go of subconscious regret with this Mindfulness Meditation.

Closing your eyes and following your **breath** now—following it on its journey from your nostrils to your belly—smooth natural breaths



Feeling your belly rise and fall with your breath
Taking your attention further inside your body—**inside yourself**
Just being—**letting everything else go**



Let everything else just drift into the background, any sounds—anything but the voice
Any thoughts—just let them—**come and go**
As they drift away into the background



Maybe your eyes will feel a **bit sleepier** now
As all the little muscles around them **relax**
Allow them to **feel heavy** as you drift to a pleasant place of **relaxation**



Now—

With every breath you **exhale**

Feeling a warm fluid sensation flowing downwards

Flowing down through the channels of your mind, like a stream

Washing away tension as it passes through each part of your body

10—letting go of the muscles in your face, jaw and neck

9—your shoulders falling—**melting in relaxation**

8—warm fluid energy flowing into your chest—opening your heart and **releasing love** to yourself

7— feeling this love flow down into your belly—nourishing you—**giving you strength on your journey**

6—**love energy** flowing downwards from the top of your spine to its base—supporting you

5—**warmth** flowing down both arms—and into your hands

4—into both legs

3—warmth washing through both feet—**any tension** from your body being absorbed into the ground

2—**feeling present**, grounded and **supported**

1—your whole body bathed in **relaxing energy**

Drifting with the **steady rhythm of your breath**

Knowing you can let go—you're completely safe and fully relaxed

Letting your mind **drift away**—to a place of peace

Where you can release all your worries—**be good to yourself**—rejuvenate—and **heal**



Imagine now—the perfect kind of day to be in the countryside

Sunlight surrounds you—**warming** every part of you

Feel its **healing light** being absorbed into your body



There are trees, **stretching tall**—framing the clear, blue sky above you

Lifting your mind and mood

You feel open, expansive and ready to move on

Sounds come and go—a **gentle breeze** whispering through the leaves—birdsong in the treetops



Following your curiosity—you lose yourself in the sounds—the smells—and the colours all around you

It feels great to be here



A channel of sunlight streams through branches—lighting up a path leading into the woods

You move towards it—and with each step you take

Noticing—how effortless it feels to walk this path—like you're gliding



Now think of who you'd like to take with you on this journey

To support you on the way

Maybe a trusted friend or mentor—maybe your **higher self**

See this person now, smiling at you and offering their hand



As you take their hand—notice **love flowing** through your body—feeling totally **supported** and **accepted**—exactly as you are



Stepping together through an arched canopy of branches—you continue on the path, leading through colourful wild flowers and mottled sunshine



Off in the distance, you hear the sound of falling water—which gets clearer the closer you get

Until a small waterfall appears in front of you—cascading over the rocks like a dance

Its surface reflecting the sun—and the beauty in your heart

A river flows away from the waterfall into the distance

The air tingles and the woods sparkle with life—**energising you**



Sitting on the river bank—your companion looks into your eyes, smiles and squeezes your hand

"It's time," they say, fully there for you—**with support and understanding**

Take a look into the water now—and see reflected there—**a scene from your past**

Of a decision you knowingly or unknowingly made at that time which didn't work out for the best



Watching the reflection of the past in the water

Seeing how you looked at the time, the other person or people

The words being spoken

The emotions you felt



The water swirls and the images disappear

Looking up—you notice a small boat moored nearby

Inside the boat is a wooden box with a lid

And you know what you want to do

In your mind's eye—sending now—any regrets and guilt—into that box

Just putting all the images of that past scene, all the "What ifs" and other

thoughts—emotions and regrets that formed after the event—inside the box

Placing any **sadness, grief** or **sorrow** there too



Closing the lid—feeling an end to the story where the guilt and regrets were made



Saying to yourself now; **"I have valuable learnings and have grown in wisdom"**



Telling yourself; **"I am releasing these thoughts and emotions from my mind and body"**



Feeling closure—as you close the lid



Untie the boat now and see it begin to drift with the current
Carried away by the pure, clear stream from the waterfall



Watch as the boat floats away, getting smaller and smaller—taking everything along
with it that isn't wanted—from your mind—taking **all** the debris on its course



Taking a deep breath in—and on the outward breath, say again; **"I'm keeping my learnings and releasing all unhelpful thoughts and emotions from my mind and body"**

Sending your **intention** away with the box—watching the boat disappear into the
distance along with your regrets



Listening to the falling water—flowing into the river of change
Its voice echoing your inner wisdom—**flowing onwards** despite obstacles

Your mind **cleansed** and **layers of weight released**
Feeling **self-forgiveness** and **self-worth** envelope you
As you surrender to the lightness of your being



Feel yourself getting physically lighter now
Your whole body **lighter** and **lighter**—as you hug or wave goodbye to your
companion
And gently drift **higher**, feeling **joyful and free**

Knowing that **all** your decisions provide valuable learnings
Learnings that help you to grow in wisdom
Knowing—when and how to let go of past mistakes



Turning your back on the river now—the past is past
Melting into the present moment

Feeling the sun's warmth on your neck—your arms and through your clothes
Your mood raising as you fly



Knowing that your life is a journey of ups and downs—and as you become **highly aware** of your learnings, you gift yourself with **wisdom**

You're already enough right now—You've already learned so much
There's so much more to explore—many more opportunities and moments to shine
Looking ahead— **curious and excited about the future**



Beginning your journey back to the place you're in—**slowly awakening** with each number I say

When you hear the last number you'll awaken—feeling **calm, light, loved and free**

10—exhaling and floating down a little lower

9—gliding lightly and **freely**

8—feeling more awake as you drift slowly back

7—remembering how everything looks in this place

6—feeling yourself landing **gently** in your physical body

5—4—3—2—1



Listen to the Mindfulness Meditation as often as you like, especially when you find yourself in a loop of thoughts centered around guilt and regret. It will act as a reminder to your subconscious self—to forgive and support you— to take the learnings you need from your decisions and mistakes—then gently **let go of the rest**