



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Remember What You Read

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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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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Remember What You Read

There are times when it is so important to read and absorb content. When studying for exams or learning a new skill, a great deal of concentration is required if the information is going to be passed into the long-term memory banks. It is easy to become a passive reader and many people do this, often without realising. They use the time for distraction so as to avoid thinking about other things.

This can become a habit very quickly and may interfere with the absorption of information. This makes sense if you consider a casual read over a cup of coffee meant for leisure reading. In this case, the information being reviewed is not important usually and the subconscious part of your mind knows this. It does not give it the same attention. If you become a passive reader for much of the time, you retain very little information.

With the use of Mindfulness Meditation, it is possible to change the way you absorb information. The inner mind changes the way you contemplate learning and, when intensely reading and reviewing material, you consider what you are reading and become an active reader. There is a significant difference between being passive or active. The subconscious mind, once fully relaxed during meditative suggestion, is open to transformation. The result is that you will start remembering facts and figures and transforming reading into a productive learning process.

This happens through training the inner mind to look for patterns so as to retain knowledge. In many ways the brain is already hard-wired to spot patterns and so, it is a simple process to enhance this ability and allow your subconscious mind to always use this as a tool to remember what you have learned. You do not have to do anything, you simply have to follow my voice. While you relax, your inner mind will absorb important triggers to accelerate the learning process. This, over time, alters the way you absorb information and makes it quite natural for you to recall facts.

We start this natural process of change by finding a comfortable position to sit or to lie down. Then, focus just on the breath, emptying your lungs, slowly and completely. Remember to avoid listening to this Mindfulness meditation while driving or while operating machinery.

Let your breathing become rhythmic. You will feel the first indications of relaxation begin.

Do not worry if you need to adjust your position, this is natural and will soon disappear once you are fully into a relaxed state.

Repeat the breath in once more...inhaling deeply and slowly and then, exhale fully, feeling the breath as it leaves your body.

Repeat this again, focussing just on the breath and the gentle rise and fall of your chest.

You will start to feel calmer and more peaceful as you do so.
Know that everything I suggest is perfectly **natural and safe**.
You have complete control at all times.

You are simply going to relax.

Relaxation feels wonderful to everyone.

All the tension of the day lifting off you and floating away.

Everyone enjoys this feeling of **deep relaxation**...and so do you.

Calm and **relaxed**.

As you relax even deeper, you start to feel warm and comfortable....

This is normal and it is your inner mind yielding to all that **feels pleasant** to you.

Feeling warm and safe is the reward for **relaxing deeply**.

As you relax, I want you to **use your imagination**.

I will count you down to a wonderful meadow scene.



Three, you find yourself relaxing more.

Two, **deeply relaxed** and ready to explore the potential of your mind.

One, relaxed and absorbed in a creative and safe space.

Now visualise yourself standing in a grassy meadow.

A warm breeze passes over you.

Perfectly **safe and natural**.

There are flowers all around you. Gently moving in the warm breeze.

A gentle fragrance fills the air.

It is calming...

So peaceful.

You hear the gentle hum of distant insects.....

The sky above you is a beautiful clear blue

Gentle bird song fills the air

This is all **so relaxing and calming**.

The pressures of life drift away.

As you view your surroundings, you realise you are alone, and this feels wonderful.

Your mind clears.

You **feel open** to this transformative experience.

You notice a path leading towards a gentle, undulating hill.

There is a stream meandering alongside the pathway and you instinctively follow it

The water is clear and refreshing.

It has a **calming effect** as it splashes over smooth rocks

The sound is mesmerising

The water gently flows alongside you as you walk...

Warm and contented

The water has a sense of purpose and carries all that floats in it.

This journey in your imagination is doing the same thing.

Taking away tension or negative thoughts.

You clear the mind from unnecessary data.

You make space for important information

Learning becomes a joy when it is effortless.

You are so peaceful.

You feel ever **more positive**.

Walking through small copses of pine trees.

Everything is almost magical.



Your senses come alive.
This is a **safe place**.
You are opening up the mind.
You open up your senses.
You look back and see the meadow shimmering in the warm sun.
The scene is beautiful.
You feel **so relaxed and happy**.
The path is gradually increasing in height.
Your movement is effortless.
It feels so easy to walk here.
Just one foot in front of the other,
Your **mind becomes clearer** with each step.
As you walk up the hill, you realise how easy it is.
Just a few more steps and you will be there.



You reach a plateau
The perfect vantage point.
The views before you tease the senses and calm the mind.
So relaxed.
You absorb all that you see
You will always remember this beautiful scene.
It is so beautiful.
The gentle curving stream, the pine copse to one side, the meadows...
The colour fusion is incredible.
You **want to remember** this moment.
You have the desire to absorb this scene for always.
It is as if this scene is **imprinted on your mind**.
Just like the information in books.
Because **you want to learn**.
You realise that you can remember anything you want.
You just need to instruct your inner mind to do so.
You can remember the gentle sound of insects from the meadow.
The gentle fragrance from the flowers.
The sound of a bird song...
You notice that **memories are all interlinked**.
You remember every moment of your walk.
You can recall anything you want.
When you open up to information, you can recall anything you want in seconds.
You were always able to do so.

Let the sun warm your skin as you absorb every sight, sound and fragrance from your vantage point.
You feel **so relaxed and calm**.
Everything is **so peaceful**.
You have the desire to **relax even deeper**.
You are daydreaming and it feels so natural and you know you are safe.
With your eyes closed, all muscles relax.
You drift into **a beautiful state of calmness**.
You have nothing to do.
You **can stay like this** as long as you like.
This is **your moment**.

This wonderful feeling is so much like a daydream.

You start to drift, and **your inner mind opens to suggestion.**

You are starting to understand the difference between passive reading and active reading.

You will absorb information at a deeper level

You understand that you can **absorb any information you want**

Every day your subconscious mind is **building new ways to retain information.**

You naturally take in more detail in everything you do.

You sometimes remember facts that lead to even more facts.

Your memory banks are interconnected.

You are ready to learn

You have a memory that is chained to lots of different areas, one thing leads to another.

You **read with intent**

You want to learn.

This enhances your **pleasure in reading.**

You look forward to reading.

You **enjoy learning.**

When you relax, it is easy to recall facts.

When you absorb information, it is like creating a map inside your head.

Everything has a place and fits in.

Your thoughts are linked. This is how you remember.

Your inner mind uses this map to recall anything you have read or learned.

Learning improves every day.

Learning becomes a pleasure.

You find it easier to **learn and remember from now on.**

You have learned **to take mental pictures**, and this helps you to recall.

You do this all the time instinctively.

It is the most natural thing to you.

To **read and absorb.**

You rewrite sentences in your mind...

You set **positive triggers** to remember **all information** this way.

You instinctively repeat information

This **improves memory retention.**

You form a positive habit for learning and retention.

You **re-read information.**

You are **very calm and relaxed,**

This helps you to **understand and memorise** my words.

When you are relaxed, information seeps into your subconscious mind.

You are **so relaxed** right now.



Improving memory retention through reading will make life easier for you.

You start to realise how sentences are constructed.

You interpret new meanings

You become confident at recalling information.

You feel the desire to learn.

You **love to learn.**



You feel the desire to learn.

You **love to learn.**

You embrace reading.

People start to ask you questions as you seem to remember things so clearly.

You have **greater clarity of mind.**

You feel less pressure.

You are not distracted in the same way that you once were.

You like to concentrate on what is in front of you now.

You do not fear being forgetful because you know your mind will **absorb information.**

Your **subconscious mind** is collating this information even now.

New information excites you.

You learn through understanding viewpoints and meanings.

This unique comprehension embeds information deeper into your mind.

You often take notes and reword things in your own way.

You like the **ritual of learning.**

You are an active reader.

In your mind, you may have inner dialogue with the author of books you need to read.

This **creative reasoning** enables you to **learn information through exploration.**

Each time you review important information, you form **a clear mental picture to consolidate memory.**

It becomes simple for you to do this.

Information is **all** around you.

You are connected to a universal flow.

It no longer confuses you.

You see yourself as part of this flow.

A sea of information, a river of facts.

You absorb what you want when you want.

Everything is connected.

Once your subconscious mind recognises this, **it lays down memory triggers.**

Like ripples on a pond that reach out to all areas.

Your mind has an incredible reach.

Your mind can **process information easily.**

You love the power of words.

As you read, **your mind absorbs so easily.**

Sometimes you associate facts with real events in your life....

You may inner debate facts to consolidate learning.

Your **subconscious mind is open** and constantly looking for anchors.

So deeply relaxed.

Your mind is clear.

It is capable of learning everything that is needed.

You just needed **to relax.**

So relaxed

When you need to learn, you simply relax the mind and open it ready for absorbing new

facts.
You see information so vividly.
You feel a deep connection to this new knowledge.

Your brain has **become alert to patterns.**

You mind detects patterns of learning
You see information that interconnects.

You become **adept at reading and absorbing.**
Your confidence is growing.

Like everything in life, practice makes perfect.
The more you read, the more you learn.
This will eventually become the way you naturally do things,
It will be instinctive.
You are creating new **positive triggers**
New effective behaviours.

You become an expert at remembering facts and this will open doors that were previously closed to you.

You are still **so calm.**
So **relaxed and content.**



We are nearing the end of this guided meditation session for change.

So, I am going to count slowly up to three.
On each number, you will simply become more alert.
On three, you will open your eyes and feel completely refreshed and ready to take on the world.

I will start right now.

One, feeling incredibly relaxed and calm.
Two, becoming more alert.
Three, eyes open and back in the room.

You will remain relaxed and calm, but you will also feel a sense of energy.
You may notice that over the next few days your confidence continues to increase. This is down to your ability to absorb new information into your subconscious mind. This new skill creates a natural chain of events that enhance many areas of your life.

You are now ready to welcome this change! Have a great day!