



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Stop Seeking Approval

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 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.
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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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Stop Seeking Approval

We all seek validation from others to some degree. It feels good to be approved of. Though, when your self-worth is healthy, you know in your heart that you are valuable and worthy—exactly as you are, without having to do or prove anything—to yourself or others.

If you have low self-worth, this 'inner knowing' is usually clouded by beliefs you have about yourself. If this is the case, you'll be more likely to want approval from others—as you're not providing it for yourself.

Begin by improving your self-worth. To do this first notice which beliefs you have about yourself and how they may prompt you to seek validation from others.

A really good exercise to give you clear insight into the kind of thoughts you're having, how you habitually talk to yourself—is to get it all down in black and white.

This exercise will take only a few minutes each day.

On a blank piece of paper, and without thinking about what you're going to write, begin to jot down the stream of thoughts running through your mind. Take no notice of any spelling or grammatical mistakes. Without pause, or reflecting on the content, write until the page is filled.

This writing exercise is useful with many different issues in life, especially when you're finding it difficult to make a decision. Give each piece of paper a title before you begin. An example in this case could be; "When do I tend to seek approval from others".

These days, social media supports the addiction of approval-seeking—encouraging us to base our worth on something as flimsy as what others think. Just ask yourself how you feel if you get 1 or 100 likes on something you post.

It also encourages us to compare ourselves to others who seem—from the things they post—to be living perfect lives. Remind yourself regularly that people only tend to post the highlights of their personality or experiences. Not many people are willing to appear vulnerable so publicly. It isn't the whole picture.

Sometimes we try to please others due to a fear of conflict with that person. When you ignore your inner voice, and what feels naturally right or wrong for you—you tend to dishonour yourself, and repress emotion. If you don't honour your own truth you will always feel a sense of lack. If you have a dependency on other people's opinions, you potentially fall apart when they don't agree with or appreciate what you do.

Realise that you're a unique being, with qualities, talents and values different from other people's. You have your own path—as others have theirs.

When you get an urge to look to others for approval, try to pause and ask yourself;
"What do I think about this?" "Why do I need someone else's thoughts"?

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It's good to share with others, to bounce back and forth with ideas. Sometimes when we're on the brink of a decision, it's useful to get someone else's input. It's also great to talk about ideas to a friend—so that you hear yourself expressing an idea out loud. This often helps clarify your feelings about that idea.

It's a different story of course, if the urge to share with others is based on the need to be liked.

When you understand what's motivating you, you'll more clearly see what's **encouraging self-confidence** and what's undermining it.

Try trusting your gut or listening to your inner voice. When you listen to what feels like a natural 'yes' and no—you'll notice it's tuned into your personal values. This is a good indicator to **stick to your principles** and not allow yourself to be derailed just because someone else has a different opinion. Your **inner voice** will guide you in the right direction.

Be kind to yourself, just as you are kind to your friends. Gift yourself time to **practice self-care**. Practice self-compassion and be patient with yourself, there's no great hurry and no need to prove anything. Making a connection to yourself, **developing self-worth** and **confidence** is a gradual but steady process.

Increase your self-worth by accepting who you are and taking delight in your inner world. Do the things you like to do, have a **romance with yourself**. The more you do this, the more your **self-worth** and **confidence** will grow.

With **Mindfulness Meditation** you can teach your subconscious mind to stop seeking approval from others and instead, seek validation within yourself

Closing your eyes
Noticing your belly rising and falling with your breath
Feeling your body relaxing with each exhale



Sinking into the soft seat underneath you—holding and supporting you
Each breath **balanced in—and** out
Each breath a **little deeper**

Prepare for your staircase of change, as you listen
And because you're listening you're eager to **gain confidence**
In your thoughts and decisions—and how you communicate them
From a **space of authenticity**

Realising your future is a decision
You decide who you are

Settling and drifting off into a deep **relaxing dream—A real dream**
In this dream—You're the authority figure in your own life

You see steps—carved, ancient, stone steps—wise and well trodden—leading down into a valley
You can see everything from above
The safe set of stairs—leading down

You can smell the earth—inhale—it makes you feel alive

And part of you, your subconscious mind—knows—that there are useful lessons at the bottom of the staircase—which will help you on your journey—and that you'd love to go and experience them

Steps made of supportive stone
Feel the top stair under your bare feet—warm in the sun



I'd like you to start walking down these steps
And with every step—you journey
Deeper and **deeper** inside

Notice your **relaxation—deepening** with each step

I'm not sure how many steps there are

4—Noticing that you're more and more **relaxed**
5—Beginning to connect—with who you are deep inside
6—**Safe** and **relaxed**
7—Deeper and deeper—internally—connecting to who you are
8—The rest of the world disappears—nothing matters but the moment
9—Just breathing and moving down
10—At the bottom there's a beautiful wooden door—with a symbol carved onto its surface
A symbol personal to you—a symbol that represents your authentic self

See it clearly in front of you



Feel the smooth wood under your fingertips
And know instinctively—that it's the doorway to your true being

You're drawn to go through— and **flow through—the** doorway
And as you step through—it feels **right**
Feel a sense of home enter your body



This is YOUR path
Each step delivering you closer to your true self

You step out into a forest—pulsating with life
There are ancient trees—new saplings—colourful flowers
Birds dip and soar above you—calling to one another
The air is cool and clean
Inhale it, feeling refreshed—like a thirst being quenched
It nourishes you—giving you energy



The sun's rays filtering down
Slow—motion—particles of dust suspended in this eternal moment



Taking in all the shades of green—the textures—the light and the shadows
Listening to the sounds
Smelling the rich forest scents
Feeling the earth under your feet—with each step—making progress
You know you belong here—in this place



The very air around you is calling you to connect with it
To be enough—now—in this moment

The forest is you
You're HOME

Absorbing its beauty and depth

Feeling fully embodied—relaxed—soothed
Breathing in this abundant beauty



You are held in a loving embrace
Feeling seen, heard, **valued—recognised**



Feeling connected to the infinite clear blue sky above you
Feeling grounded by the earth below you
You walk towards the inviting depths of the forest
Towards its **heart—deeper** into your own being

With every **breath—and** step you take—the **gentle breeze** kisses your skin
Carrying the scent of flowers

Inhaling the sweetness of **your nature**
This is your genuine self

Feel love fill your body—mind—heart and soul



In the heart of the forest you see a small lake
A beautiful pool of turquoise water
You feel invited to step into its embrace



Feel its velvet smoothness envelop your body
Its warmth



Floating now—effortlessly on the water
Feeling weightless—supported—safe

Your muscles relaxing as you allow yourself to let go
And you unfold a little more

Becoming weightless—bound by nothing—free



The lake is the heart of the forest
Your heart—and the lake are one—The Source of your genuine self

Containing a stillness—deeply wise and warm
You recognize its calmness in your depths
Constantly connected to your centre
Closing your eyes—your heart expands to embrace itself



The lake absorbs and carries away anything that's not needed
Absorbing limiting habits and beliefs—self-criticism— fears—anxiety
Washing away these unhelpful thoughts
Cleansing and healing

The lake whispers a story—as it embraces you in timeless wisdom
Of past events bringing—much insight—and growth of being

What you think and say to yourself is your choice
Allow your choices to flow out from your genuine self—the light at your core
You have the authority to choose



Repeating to yourself now;
"I am always good enough"
"I am equal to everyone else"
"The only person who can give me confidence is myself"



What do you want?
You are in charge
Picture it now
Your genuine self—living as you'd like to
You are a—**UNIQUE expression** of genuine self



So valuable
Celebrating life—your purpose—your dream

Everything supports and is a part of you here—now
Connected to the source of your true self



The lake has all the inspiration and energy you need
To remind you of your worth
Allow this knowledge to infuse into you—into your body and mind



Floating and swimming in the lake's embrace
Feeling weightless and free—anything is possible

Confidently knowing—you are supported
Held IN **PURE LOVE**

In Union with your true self

Your whole body, **WHOLE** in this infinite space

Placing your hands on your heart—as you **acknowledge—ALL THAT YOU ARE**



You're afloat with everything you will ever need

Everything you need—you absorb
Everything you don't need, you—let go

In this moment you are more real—and more you—than ever

This is where you exist in the most powerful way swimming in your own strength and natural nature

The sounds around you echo your inner qualities
As your subconscious mind connects you to your inner worth bringing it to the outside world when you need it

So that when you wake up you feel calmly confident

When you're with others you trust your intuition
When you make choices you trust your decisions
Valued and confident
You are the author of your life

You are the authority in your life

Feel the strength and 'rightness' to do anything you choose



Stay with your breath—and your inner wisdom and you'll stay connected to yourself—knowing what is right for you—and always feeling enough



Taking these suggestions with you when you awaken



In a moment, I'm going to count backwards from 10 to 1 to gently guide you back to wakefulness

10—Beginning to notice your body

9—Here in the space you are in

8—Breathing into your belly

7—Feeling it rise and fall with your breath

6—Slowly awakening

5—4—3—

2—When I say the next number, you'll **awaken—feeling grounded—worthy** and **confident**, with respect and love for the unique being you are

1—



You can repeat this Mindfulness Meditation session whenever you need a reminder that you are always enough, **confident, worthy, loved** and **connected** to your guiding inner voice.