



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Stop Negative Thinking

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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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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Stop Negative Thinking

Our brains are complex. Once we try to delve inside our thought processes, we realise how powerful the mind is. But it is important to understand that the mind can work for or against us. On a daily basis, we replay past experiences and create future scenarios. We plot and plan and we contemplate life. It is human nature to focus on the parts of our life that have gone wrong, this can be for a variety of reasons but often simply, because we need explanations.

Unfortunately, negative thoughts can become prevalent, all without us being fully aware of them. Negative thinking stifles enjoyment and the simple pleasures of life. It also creates barriers preventing goals from being achieved. Negative thoughts can drain our energy levels making us less likely to move forward positively. Negative thoughts can lead to negative feelings. Anxiety or depression can easily manifest.

It is possible to eradicate negative thinking by changing how you perceive everyday problems and barriers. Your happiness and wellbeing depend on your being able to recognise what is real and what is simply made up by the mind. Are your experiences from real life or are they from an imagined possible outcome often fed from other people's experiences? Do you worry that something bad happened once and are anxious in case it may happen again? Although unlikely, anxiousness can manifest through emotional fear. Awareness is the key to being able to judge situations. Awareness allows us to balance things out and understand the probabilities of any given outcome. There is good and bad in most situations but negative thinking will detract from the pleasures of life and can present a great many problems if left unresolved. It's time to let go of negative thoughts and instead, to clear the mind and to embrace positivity.



Creating a place to relax is very powerful as it encourages the inner mind to take over which leads to a dream-like state. You always remain in control, but the subconscious part of your mind absorbs information which it uses to guide you later. Meditation is a wonderful resource to free the mind and your body relaxes at a very deep level and this quite naturally energises you.

Meditate regularly, every day if possible.

Fill your mind with **inner peace**.

Create space.

Feel balanced in life.

The more you meditate, the more **relaxed** and positive you will feel. With practice, you will be able to slip into **meditative mode** at any time you need to.

Sit or lie down. The choice is yours. You must **feel comfortable** and be prepared to dedicate time to this session. Soon, external sounds will quickly fade and all you need to do is concentrate on the sound of my voice.

Take a deep breath in and then, exhale fully.

I want you to imagine energy radiating out from a singular point. Imagine a sun directly ahead of you. The light is bright but not too bright for your eyes.



You are drawn to this singular point.
With beautiful, warm golden rays extending.
As you listen to my voice, you will remain transfixed as I guide you.
Nothing else matters to you right now.

You have nothing to do but relax.

This is your time.

You feel the warmth of the positive energy washing over your whole body.
Flowing all around.
Wrapping itself around you.
The warmth eases the tension in your muscles.
Reaching deep into them.

You are relaxing.

This is a wonderful feeling.

Close your eyes if you wish.
Feel all the muscles around your eyes and jaw....slowly and steadily releasing all tension.
Your jaw opens slightly as it is so relaxed.
This wonderful feeling of complete relaxation continues down your body and your neck
and shoulders begin to feel loose
So relaxed...
So warm....
Letting go.
So **deeply relaxed** right now.

Now you are so beautifully relaxed.

You are in the moment.

Nothing can bother you here.

So calm.

Fully relaxed.

Peaceful.

This is your moment.
Your time to relax and create a new energised you.

It might feel as if you are an observer of your thoughts.
You feel as if you are drifting down through the various levels of your own inner mind.

Deeper every minute.

Like a feather...
Weightless
Drifting
As you drift down, you come across all the busy noise of the active mind.
Drifting down further...
Thoughts are slower...
Deeper into the dark recesses of your mind.
To your memory....

You are observing and drifting.

Right down into the subconscious mind.

Where all the ideas are created.
Where inspiration is born.
Where memories are made.
You drift down into this place even further.



Move softly, floating past decision-making areas...
Greet emotions.....anger, pride and happiness.
Recall past memories...once forgotten, they surge to the surface.

These memories led you to make wrong decisions.
They were shaped by past experiences or inner fears...
It's time to let them go.
Drifting away...

Still drifting and relaxing further.

Letting go....

Floating down.....

Relaxed...

Still carefree.

Now I will ask you to use your imagination at an even deeper level.
Imagine if you have a long corridor stretching out from you.
It bends so you are unable to see the end of the corridor, but you instinctively understand that it is empty.
You feel completely comfortable, there is nothing here to upset you, you are calm and relaxed.
As you drift to the ground, you begin to walk, feeling the weight once more through your legs....

Slowly....but surely....you walk along the corridor
Doors exist on either side...
Leading to different parts of your mind.
As you move past the doors...continue to relax.
Feel the easy rhythm as you walk...

Until you see the word....Secret Memories written upon the door.

Here is the place where the subconscious mind has stored all the memories that caused you pain in some way. They are thoughts that once frightened you.
Or, simply made you feel negative.
All these memories exist...yet, they have no real power over you now.

Your subconscious mind is there to protect you

It does not yet understand that these thoughts are no longer valid.
So, these thoughts still affect you at a conscious level.

Leave the door of this room slightly open...
Over the coming days....these memories and fears will start to dissipate...
Every day, they yield less power...

Some will escape in dreams
Others will appear in your thoughts quite suddenly and disappear just as quickly.
Each time this happens you will feel a little bit brighter in mood.

You will feel stronger...

Happier.....

Contented.

Each time it leaves you feeling more positive as you slowly release these tucked away

negative emotions.

Letting it all go....

You no longer hold onto thoughts...



Now you are so very relaxed and comfortable, we can help the subconscious mind even further.

Think of this as spring-cleaning the inner mind.

Opening it up, clearing out muddled thoughts or old expectations.

By doing so, we can lay down new **healthier thought patterns....**so to create a new positive way of thinking.

Your subconscious mind is listening in all the time because you are so very relaxed.

You are learning what is working internally for you.

You recognise how important that is for you.

You constantly challenge negative thoughts now.

You have started to use different methods to deal with these thoughts.

One of them is to reverse the situation. You consider how a friend might deal with these thoughts.

You have started to realise that you can take a break from negative thoughts by simply moving away from them....

You can have freedom and **peace of mind.**

When you bring your conscious mind back to them, you can deal with them

You do not feel pressured to make decisions before you are ready.

There is no inner judgement...

Just inner peace...

Calmness....

You are unique.

You no longer compare yourself to others.

You have your own qualities and they are special to you.

Always learn to balance your judgements.

Balance negativity with positivity....

Each day you experience **feelings of gratitude**

All positive elements of life are appreciated.

You often feel the urge to write down the things you feel grateful for, **keeping a journal becomes a daily habit.**

You focus on your **strengths.**

You are aware that it is human nature to sometimes dwell on past mistakes...

But you know to let go of the connection.

You release bad thoughts....

You know you only have time for **positive thoughts** now.

By **concentrating on these positives**, you attract more of the same.

You are aware that you are creating your own world by thought.

Once you know this then it makes perfect sense to create more **positive thoughts.**

Your inner mind is now aware of this and will continue to guide you to **successful thinking.** You are in a period of **self-growth** and other people soon start to notice some changes in you. **You are more confident in yourself and your decisions.**



This continues to grow.

Each day you find the **time to meditate**

This helps you to become more mindful

Your future is clear now.

You find it very easy to create mind maps of your day ahead.

You are constantly inventing new ways to deal with things.

Being inventive is second nature to you now.

You recognise self-limiting thoughts and find it easy to stop them.

You find time every single day to relax and visit your special place through **meditation**.

Affirmations enable you to create **positive thought patterns**. You tell yourself that there are **positive elements** in every situation.

You make up new affirmations all the time.

I think positive thoughts.

I am a positive thinking person.

I have all the skills to become successful.

I always find the way to succeed.

You often look in the mirror when using the above affirmations.

This feels as if you are **directly connecting to your inner mind**.

It is important to understand you need boundaries even when **you are a positive thinker**.

Not everything can be perfect, and you completely understand your own limits.

You relish the challenge of pushing back boundaries.

These limits or boundaries can change from day to day and this is perfectly normal.

You become mindful of negative thoughts.

You feel the desire to understand them.

With knowledge, you can let them go.

Deeply-rooted inner angst has no place in your life.

In your mind's eye, write down your thoughts.

Visualise each word, written in bold.

Write them on paper capturing the deepest emotions...such as anger or jealousy.

Burn the papers one at a time...

Create a ritual as you watch these words ignite and burn.

See the flame devour those words...

Feel the heat as **positive energy** fuels the air.

This feels so good.

To let go of the past.

This method always feels as if you are cleaning up your negative energy.

You understand why these thoughts existed.

Now, you are determined to let go of them.

Old negative thought patterns will be replaced by positive thoughts. This can be very



satisfying.

Your subconscious mind is constantly laying down new triggers and these are used later to **guide you to success.**

They used to hold you back but **now you are free.**

You relax even deeper into this moment.

Your confidence levels are rising.

Your positivity ripples into other areas of your life too.

Personal relationships become easier

You understand how thought patterns influence lives.

By eliminating negative thoughts, you start to open doors that previously remained hidden.

Like attracts like.

You will find that positive elements start to become the norm soon.

The more positive energy you give out, the more is returned to you.

You **embrace positivity.**

You **welcome in change.**

You are ready to **welcome the world.**

With new awareness, you begin to understand how negative thinking is born. You now know how easy it is to stop these thoughts and to become positive instead.

This is so beneficial.

Let go of self-defeating behaviour

Unlock the door to a new you.

Nothing can stop you now.

The past has no reflection on the future.

As you inhale, breathe in a deep sense of peace.

Hold the breath, and then, release. Exhale all the way out....

Feel peace emanating from you.

Through **mindfulness and meditation**, you become relaxed.

You understand the positive energy that now fills every part of your being.

You are free from the past

You only welcome positive energy now.

After a relaxing meditation session where you have unlocked the inner mind, it is best to wake your body up slowly. Feel your fingers and toes...move them slightly, letting the circulation return. You should feel very refreshed and ready to take on the day.

Know that you are **filled with calmness** and confidence.

Your mind is fully clear.

You are open to change.

There is a **new clarity** sweeping over you.

Old thoughts dissipate.

You know you have everything you need to be happy in life.

This new-found you continues.....

You feel peaceful and happy.

Keep this inner message strong within.

When you are ready, you may open your eyes.