



The Matrix Mindfulness Practitioner

# Meditation Collection

*Dr. Paras*  
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts  
for Wellness Professionals**

Trust Life Process

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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# Trust Life Process

Sometimes it can be challenging to **trust in the process of life**. Things happen that betray this trust. Life let's you down.

You can also **lose your trust** in personal relationships or other things. All of this is **devastating**.

**Learning to trust again** in the process of life takes some faith and a little effort. It's a process **everyone goes** through at one time or another.

All you need to know is the fact that you can **learn to trust** in the process of life again. Things can and **will change**.

In this Mindfulness meditation session you will focus on **trusting the flow of life** and trusting the process. Like all things, **life ebbs and flows**. What goes down must eventually **come back up**. That is a **universal truth**.

Getting in touch with the **flow of life** is very simple in the end. There is no **secret formula**. You simply have to **have faith**.

When you start **reprogramming your thoughts** at that subconscious level, things will start changing. You will naturally feel **more hopeful**. You will start to feel **more joy**.

As you listen to these words, you will be able to **change your thinking** at the deepest level of the mind. The most important thing to realize is the fact that everything **changes**. Life is **always in motion** whether you realize it or not.

You will find your place **once again**. You will start feeling **better**. You will feel **more hopeful** and more optimistic.

You can begin to **trust in life** once again. You can **overcome your fears**. In this session you will **cultivate trust** and learn to live in the moment. As a result, you will be able to push **away your fears**.

The more you engage in this process, the more your thoughts will begin **creating your new reality**. The truth is you already have **everything you need** to start this process. It all starts with **you** and your thinking.

So if you're ready, let's take that leap of faith and **begin**.



Gently close your eyes and **relax** if you haven't done so already.

Start to **focus** on your breath. Breathe **slowly and deeply**. As you breathe in, feel the **breath flowing** in and out - calming you. Take another **deep breath** in and relax.

Breathing in through your nose and **slowly exhaling** through your mouth - feel

yourself sinking deeper and deeper - letting go of all **distractions and thoughts**.

Notice how the breath **calms and relaxes** you.

Now as you breathe in and out, allow **every muscle** in your body to **just let go**.

Today you are learning to **trust in the process of life** once again. You are coming from a place of **empowerment and faith**.

You know that building up that **sense of trust** once again is integrally important for a happy life.

And you are ready, **more than ready** to feel good once again.

And in a few moments time...You will hear me say the **word...Relax**.

And when you hear me say the word...**Relax**...All the muscles of your body will relax.

**Relax...your** body continues to sink down.

**Relax...** becoming more and more relaxed.

**Relax...** more and more relaxed.

And comfortable too...Just feel yourself **sinking down**.

**Relax...** Your head is sinking down - becoming even more comfortable and relaxed.

**Relax...** feeling completely at peace.

And **calm and content** as you continue to drift down - enjoying this wonderful feeling of peace.

**Relax... ..deeper and deeper** relaxed.

And now as I count back from 5-1, you will find yourself relaxing **even more deeply** relaxed as you listen to the sound of my voice.

So just relax and **let go**. It's OK to take this time. Let go of all your **cares and concerns**.

You're just **breathing deeply**, listening to the sound of my voice. Breathing in and out - **resting and relaxing**.

Letting go of all **cares**. Letting go of all **worries**. This is your time to **rest and relax**.

5.....**relaxing** even more.

4.....going **deeper and deeper** down.

3....it feels nice **to relax**.

2.....your mind and body are **relaxing nicely**.

And 1.....**Completely relaxed**.

Your whole body is NOW **totally and completely relaxed**, from the top of your head to the tips of your toes.



Today you are learning how to **trust in the process of life** once again. You are ready to **trust again**.

You are ready to let the **universe be your guide**. You are ready to **give up control**. And because of this, you are **ready to trust** that the universe will deliver whatever it is you need and desire in the **perfect time and the perfect way**.

You are taking on a **new perspective** today – thinking differently. This new point of view is very **empowering**.

Whatever has happened up to this point in time is over and **done**. Today is a **new day**. You **have faith** that you are being guided in ways that bring positive results.

And you are also allowing space for **new things to come in**. You have **trust and patience**. You have learned to accept things and situations as they **are —without judgment**.

You have faith that what you wish is on its way and you truly **believe that now**.

You are allowing these things to manifest **with ease and joy**. You know you are on the **right path**.

The only thing that matters is **TODAY....**not yesterday and not tomorrow....but today. **Today** is the day. You wake up feeling **motivated**. You **trust** in the process of life. You know life **supports you** in every way.

This is your new motto - "**Life Supports Me**"

You now understand that when you put your attention and awareness on **good things** and **trust** that the world supports you, good things start to happen.

You have faith that the universe has heard you and that it is lining up people and situations in **support of your desire**.

It feels good to **trust again**. It's a **happy warm feeling** and a feeling you want to nurture.

You are practicing the art of **graciously receiving** and allowing destiny to take its proper course.

From now on you choose to focus on **positive, happy things** that align with your own positive happy energy. It's a simple shift but a **powerful one**; it's life changing.

You turn away from things that are **out of alignment** and you learn how to let it go.



You tune into the **joy** of each and every moment.

And as part of this process you release **any old emotional attachments** or things that block you.

Now take a moment to think of something in your life that **you need to trust in once again**. This might be a decision you need to make or just a general feeling of trust you **want to nurture**.

You can also **think of a goal**.

See this issue or situation or **goal** in front of you; what does it look like? What does it **feel like**? Try and see it from a **new perspective** – a new point of view.

**Change your thinking** about this and see a positive outcome. See yourself **happily working** on this issue or goal – feeling inspired.

Notice how good this feels to **trust in the process**; to trust that the universe **has your back**. The **world supports** you in every way.

You now know that you **deserve the absolute best** and you believe that whatever you desire is already yours. You commit to focusing on the **good things in your life**, and good things happen as a result.

You **understand** how life works now. Everything is about **trust**. Trusting in the process and having faith that you are on the **right path to your greatest happiness and joy**.

You've got this; you are **supported**.

You understand that you must **take 100% responsibility** for your dreams and goals. You know that everything in your life is there by **invitation** - because you have allowed it!

When you **believe it**, you make it so. When you release old patterns of thinking, you allow for **new patterns** to emerge. As a result, you get **new ideas** and new information.

You also understand that **gratitude is a doorway** into your greatest happiness and joy. It is the key to your **success**. You simply need to **trust in the process** and boldly step into this new reality.

You feel excited and **exhilarated**. It feels **good** to trust again.

What you seek for yourself is **right here** in this moment.

You expect **miracles and blessings** and here they are. You have learned how **to trust** and have faith that you are being guided in amazing ways.

Everything that has come across your path is **meant to be** a part of your journey. Everything has meaning, even the **smallest coincidence**. Every decision you make creates **new choices** and blazes new trails. From here on out – **everything is**

**different.**

You have a **new motivation** and new mindset. You **trust** once again.

**Everything is effortless** because you are in sync with the Universe. **Life supports you** in every way.

Just **feel it now**.....how incredible your life is. See yourself experiencing the future as it is happening right **now**. Time has no meaning in this place; you are creating your future in this **very moment** so make it real.



Feel your heart **opening up**. Feel your mind as it makes **new connections** and forms new neural pathways.

Repeat silently to yourself now:

I **allow**.

I **believe**.

I **trust**.

I **deserve**.

I can and do **have it all**.

You know now that these suggestions have become a part of who you are at the **deepest level of your mind** and they will continue to become a part of your personality, your behavior and your actions in the coming days.

As you move out into the world, know that you do **have it all**. You can **trust once again**.

All of these changes have now integrated into your life **easily and effortlessly**.

These powerful Mindfulness meditation suggestions have already been accepted by your subconscious mind, and they will continue to grow **stronger and stronger**, each and every day.



In a moment you will come back to **full conscious awareness**. I will count from one to five. When I reach the count of five, your eyes will open and you will be **wide-awake and fully alert**.

Counting now...

1. Coming up more and more, feeling **wonderfully good** about yourself.
2. Completely and **totally relaxed**, all your normal sensations and perceptions restored.
3. You are **perfect in every way**, physically perfect, mentally perfect.



4. Your eyes now feel as if they have been bathed in pure, fresh spring water, clear, and **refreshed**. Now, on the next number, you will **open your eyes**, take a deep breath, stretch and feel refreshed and more alert than ever before.

5. Eyes wide open. **Feeling wide-awake**, alert, wonderfully refreshed, and have the best day you can possibly have.

**Welcome back!**