



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Think Big

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.

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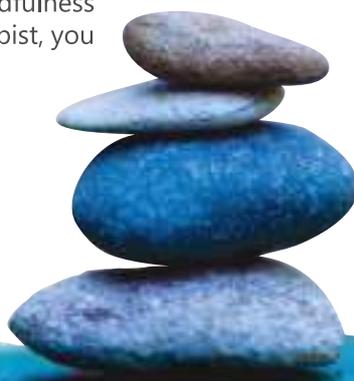
If you are a practising hypnotherapist, Mindfulness Coach, NLP Practitioner, or a psychotherapist, you may use the meditation scripts for -

One-on-one hypnotherapy sessions (in person or in online sessions) with clients

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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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Think Big

In order to truly **thrive in life** you must learn to think big and expand your mind. You must learn to think in terms of **possibilities** rather than limitations.

It's a **simple concept** but a challenging one to put into practice. Many of us spend our lives surrounded by things that **disempower us**.

We focus on the lack and on the pain instead of the **possibilities**.

Thinking big is the opposite of all of that. It's much more than just **living comfortably**. It's about living the life **you** were meant to live, in **every** way.

It's about **expanding your mind** and thinking differently. It's about **letting go** of those self-imposed limitations and letting life flow in.

You have the capacity to **think BIG!** You were designed for **greatness** in every way. You were not put on this earth to **constantly struggle**.

Thinking BIG is all about **unleashing your passion** for excellence.

It's about **pushing past** the status quo. It requires a **paradigm shift** in order to move into.

The truth is your life is **far bigger** than you could ever imagine.

You really can **have it all** - you just have to stop focusing on what is lacking and focus on **what is possible**.

Our **lifestyle** is one of the most important and one of the most neglected areas of self-improvement.

The fact of the matter is that **we can live life** in any style we want. We can be **anything we want**, need or desire...we simply have to learn to think BIG.

Thinking BIG is all about living the life you want to live NOW. It is about doing what you want to do now, instead of waiting ten or twenty years to live that **perfect lifestyle**.

It is about living a good life, right here and **right now**.

It's about **imagining the unimaginable**. Are **you** ready?



So relax and **let go**. Allow yourself to be **gently guided** into rest.

Rest your hands **gently** on your lap.

If you so choose, you may also ask that your subconscious keep you **safe and**

protected throughout this Mindfulness Meditation session and always.

If you want to **close your eyes**, that's a good idea. As you relax you can just **listen quietly** to the sound of my voice.

And while you're listening to the sound of my voice you can allow yourself to be as **lazy** as you could ever want to be.

When you relax deeply everything feels **better and clearer**.

If you are experiencing lack in any area of life, you **can change**. You can start **thinking differently** today.

You can **clear your energy** of any emotional blockages that stand in your way. **You can** do this.

And while you're relaxing there in the chair, you can just be aware of your body and aware of your hands and where they **rest** on the arms of the chair.

You might even imagine you are about to take a long journey on a **slow train**.

When you travel by train you put your **full trust** in the conductor. You know there is nothing you need to worry about so you can **sit back and relax** - just as you are doing now.

There is no right or wrong way to **go into trance**, only your way.

Now as you rest and relax ask yourself how you can get just a **little more comfortable**.

You may even sense the **beating of your own heart**.

You've got **absolutely nothing** whatsoever to do except to relax now. Nobody wants anything, nobody expects anything so you can allow your whole body to continue **to relax**.

And you're on that train headed to a **new destination** in life. Listening to the **clack of the wheels** on the track.

And the sounds are **quite relaxing**.

You can relax your **whole body** yet remain totally alert.

And noticing now how even your facial muscles are beginning to **really relax** - relaxing and letting go of the tensions that were there.

You're vaguely aware of the skin and the muscles of your face settling and **smoothing out**. It's a **good feeling**.

Letting go with each **deep breath**. Riding on this **comfortable train**. Listening to the sounds **all around you**.

Sitting on the comfortable seat with your **head resting** against the window.

And you can feel all the tension in your body **just letting go**.

And you're barely aware of other sounds on the train like the sound of people softly talking or the conductor walking **up and down the aisle**.

You're **tuning everything else out** and it's wonderfully relaxing.
And then realizing that you simply couldn't care less about anything else that might be happening **right now**.

You continue to sense the **beating of your heart** and the absolute steadiness of your body's rhythm.

You simply can't be bothered to even try to move even **one single muscle** even though you know you easily could if you wanted to.

I know that you easily could if you wanted to but you simply can't be bothered **to even try**. You're allowing yourself to just be **relaxed and at peace**.

As you relax into trance you will be able to tap into that part of you that has **all the answers** - that working space hidden deep in your mind. Today you're focused on thinking BIG, **BIGGER** than you have ever thought before.

Thinking about **exciting possibilities** where solutions are so easily created.

As I count back from 10 to 1...you will feel **supremely relaxed** and at ease....10....9.....8.....going down **deeper and deeper** down.....7....6...5.....just a little **bit deeper** now.....4....3.....and you're **almost there**.....and 2 and 1.....

In this very **relaxed state of mind**.....know that your mind is so powerful.....it has all the answers.....so just let go.....let go.....it's easy to **let everything go**.



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

Today you are focused on **thinking BIG**. It's **time** and you are **more than ready** for this change.

You are **ready** to live the life you want to live.

Today you are **reaching beyond that comfort zone** and thinking differently. You're imagining the **unimaginable**.

It really is that **simple**. It's about focusing on the kind of life you **want to be living**.

It's not necessarily about buying a bigger home or getting a bigger car although it **may be for some**.

What it's really about is dreaming up that **ideal lifestyle** and stepping right into it - whatever that means for you.

It's about doing what you **want to do**, and not worrying about what someone else thinks.

It's about **growing and reaching** and expanding on every level. It is **life changing**.

What kind of **changes** do you want to make? Decide **NOW** how you want to live.

Know that **change is possible**. You **deserve** the absolute best.

Thinking BIG requires you to **abandon the status quo** and create the life you desire. It is both an **art and a science**.

It's time to re-examine your goals and **think outside the box**.
What is it you **really want**?

What would your life look like if you could be or do **anything**?

Take a moment now to think about your **ideal life** - on every level.



Live your dream **right now** in this moment. In this ideal life, you **shine** on every level.

Think about your ideal intimate or **personal relationship** if you don't have one. Think about how you **relate better** to your spouse or partner if you do have a great relationship.

Think about what you do **every day**? How **can** you do it **better**? If you are not doing what you absolutely love, you **can change!** You can start **thinking differently**.

You can take your life up to that **next level** - and it **is possible**.

As you begin this journey, think about your **perfect day**. Think about this day from the very **moment you arise**.

Look around your bedroom and notice what's **different**.

Imagine what you might **have** for breakfast and what your **morning routine** looks like.
See yourself **having breakfast** and getting dressed for the day.

Bring some **excitement** into your day. Take a deep breath in and breathe in **new possibilities** and new adventures.

Jump up to that next level and **embrace change**; you are more than ready.

And with this process you are entering a **new dimension** where **anything and everything** is possible; you are ready for change.

You are ready to **think BIG** and to go for greatness.....in ALL areas of your life.

Everything is **changing** with these new thoughts. You have no limitations, **zero limits**.

Think about what it is that **inspires you?** Think about those things **you love to do** and how you could make an **outstanding living** doing them!

This is your life and **your dream** so make it a good one.



Keep focusing on **new possibilities**; anything is possible and anything can happen.

Push this vision up to that **next level**. Force yourself to think a **little bit bigger**.

See if you can **expand your mind** and push yourself beyond those boundaries



See your new life in **full color**. How are you **changing the world?** What is it that makes **you shine?**

Keep going through your **ideal day**. Imagine your **perfect job** or business; what is it that you do best?

What kind of **home** do you live in and what kind of car do you drive?

See yourself **loving life** and laughing and smiling with friends and family.

Celebrate your high level of achievement and success and notice how good that makes you feel.

Think about your **talents and abilities**. Whatever it is, just think **big and dream** your biggest dream. See yourself doing exactly what you would **love to do** as you create this ideal life



Creating this **ideal lifestyle** all about creating your future right now; you are transforming.

Now make this vision a **little bit bigger**. See how far you can **push** this vision.

See yourself out there in the world making a **BIG difference** in people's lives. You can do anything - **it is possible**.



You can create a **new life** right now in your mind.

You might even see yourself literally **jumping up** to that next level in life. Have some fun with this vision.

Get **excited** for your life.



Create a **plan of action**.

It's time to create **new rules** for your life.

Keep focusing on **this ideal life** you have just created.

Imagine how this **new life** may manifest?

There are **no rules. Anything** is possible. **Miracles** can happen. You are the **magic** and you are the light.

Go ahead and take a moment to just let your **mind drift**. See how far you can expand this dream?



And now let's repeat some affirmations:

I love my life.

I am living my **ideal life**.

I **can** do this.

I **deserve** the absolute best.

Every day in every way, my life is getting **better and better**.

My life is filled with **limitless possibilities**.

I am thinking **BIG**.

I am taking my life up to **that next level** and it feels great.

I am **transforming and growing** and changing.

I am living that new lifestyle **NOW**.

I was born for **greatness**.

I am pure joy and **unlimited success**.

I am **breaking through** that glass ceiling.

I have an **amazing life**.

I am no longer limited by my **circumstances**.

I am **pure potential**.

I see all of the **possibilities**.

I am living a lifestyle that is in **perfect alignment** with my biggest dreams and goals.

I am **success**.

I am **brilliance**.



I am **abundance**.

Fantastic!

You are living **BIG and thinking BIG**...finally.

You have a plan, a plan that is **destined to succeed**.

Your life is **changing NOW**.

I wonder when these changes will begin **to manifest**? It's exciting thinking about **the possibilities**.

You create the **magic** - you and only you.

As now take **one more moment** to focus on what is about to come in.



And now you can begin coming back up to the **surface**. You have the **power to do anything**.

Your world feels a little bit **brighter and lighter**.

Now the more you listen to this session, the more these suggestions will continue to grow.

In a moment.....you will awaken.....**feeling fantastic**....and more alive than you have felt in years.

As I count from 1-5...you will awaken feeling **refreshed and invigorated**.

1.....2.....3....you're almost there....4.....and on the next number you will be **wide awake**...and feeling great...and 5....eyes open, wide awake, eyes open, wide awake.

Welcome back!

Congratulations!