



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Pure Potential

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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Pure Potential

What would it be like to travel on a road to your **pure potential**? What kind of **possibilities** can you imagine? What could you achieve in life, if nothing held you back?

The truth is your possibilities are **endless**. You are an **unlimited being**. Sometimes you just need a **little boost** so you can believe in your own personal power once again.

You are the creator of your own reality. You determine your **level of success**. You have a great **source of power** right inside your mind. All you have to do is believe and **tap into that power**.

During this session you will travel on your road of life to a place of **pure potential**. To achieve this potential, or destiny, you simply need to **plant the seeds of desire**. Once you plant those seeds, it's just a matter of watching **them grow**.

Many times we aren't aware of the **vast possibilities** for our life. We get used to traveling on the **same old road**, and lose faith in our ability to create a different experience.

In order to **achieve your potential**, you need to think bigger. You also need to focus on those things you are **naturally good at**.

When you start focusing on your **natural abilities**, you build your strengths. In this session, you can travel on many different roads to your **ultimate success**. The fact is there are a number of **unique paths** that lead to your dream.

On this path, you clear your way for your **potential to grow**. You can **believe in yourself** again.

You can develop that **unstoppable confidence** and break through anything. Building these skills can create **resiliency and creativity** to help you move closer to your goal.

The truth is that **anything is possible**. **Anything great can happen** at any time. **You are the key** to your greatest success in life. You can **achieve this potential**, and it's easier than you ever thought it would be.

So if you're ready to take this journey, close your eyes and relax your mind.



As you **relax and breathe**, imagine a **peaceful place** in your mind. Notice how good it feels to **let go**. Adjust your body so you are **really comfortable**.

And now as you relax, imagine you are walking in a **beautiful meadow** surrounded by wildflowers. As you breathe in you can smell all the **wonderful aromas** of all of the flowers and plants.

The earth is **soft under your feet** and it feels warm and safe. You begin to follow a **meandering path** that leads into the woods. You are curious so you **begin walking** down this path.

As you walk the brush becomes **thicker and thicker** as you go deeper and deeper. You feel yourself becoming more and **more relaxed**.

It feels good to **relax and let go** in this wonderful place. And as you walk you begin thinking about your **dreams and goals** and what you want out of life.

You start thinking about **what is possible** and what your **ultimate potential** is.

And you can smell the **pine trees** and the earth all around you. Everything is **easy** here in this place.

As you breathe in you feel relaxed and calm. It feels so good to just **let it all go**.

As I count quickly from 5 -1, you will feel yourself sinking **deeper and deeper** down as you become more and more relaxed.

Number 5....you feel **so relaxed** and so at peace. Just allow yourself to drift in and out of conscious awareness.

Number 4.....take another deep breath as you continue to **let go** of all the tension and stress. Notice how relaxed you **already feel**. You're **breathing deeply**, listening to the sound of my voice.

Number 3....you continue drifting **deeper and deeper down** in this beautiful place and it feels so good.

Number 2....you're almost there....that's rightjust continue **sinking down**, deeper and deeper down.

Number 1.... you feel so tired and relaxed.....just enjoy this amazing **relaxing feeling**. It feels so good to just be quiet and **peaceful and serene**.

You are now at your **ideal level** of relaxation.

Now that you are **relaxed deeply**, you realize you are at a fork in your road of life.

Beyond the **immediate path** you see several options ahead. You're not sure where these paths lead to; you are curious as to where each of these **roads go**.

You begin focusing on your **ultimate potential** and what you truly want to achieve in life.

You feel a **tinge of excitement** move through you.

The sun is **warm** and the air is fresh. You feel **good** about yourself today. And at this fork, there are **several signs**. However all of the signs say the **same thing**

"This road leads you to your **ultimate potential**."

And you smile and wander **which road** to take. Seeing all these possibilities makes you realize that there are **many** roads to success. Any of these roads could lead you to a **successful outcome**. It's an **exciting possibility**.

You decide upon the road **leading off the right** and up a hill. The path seems a **bit challenging** - but you are more than ready for this challenge.

You know that good things are **worth working for**.

Human beings were designed to **rise to the challenge** and you are perfecting those skills today. You know that there will always be a hill to climb or a hurdle to traverse so the best plan of attack is to always have a **creative solution** on hand. When you develop good problem-solving skills you can look at obstacles as **opportunities in disguise**.

And so you begin walking **up the hill**.



As you walk you enjoy **beautiful scenery**. You see wonderful **exotic plants**. You see birds **flying around**. You look up into the sky, and gaze at the **sun** as it peeks through the leaves of trees.

And it's a **beautiful day**. You are excited as to **what is to come**.

And before you know it, you have arrived at a **magnificent estate**. This estate represents your **greatest potential**.

Now there are many rooms to explore here and you will not be able to explore them all today, but that's **OK**.

You are just here observing and watching and **listening**. And as you walk up to the estate, you notice **beautiful gardens** as you breathe in the lovely aroma.

You might notice some **beautiful roses**, or even wildflowers gently blowing in the wind.

So you take it all in.



Feel the **peace** from within. You are on a journey of **discovery**. Every time you take this journey, you will see something different because your mind **is a vast place**.

Know that each of the **unique paths** that you previously came upon leads to a different journey of discovery.

And before you know it, you arrive at **the entrance to this grand estate**. Notice **what kind of** door you see. You might see a fancy, ornate **wood door**, or you might simply see a plain door; this is your journey.



Open the door and **walk in**. Feel how **radiant the energy** is. Everything is **positive and loving** in this place.

This is your **place of power** - a place of **pure potential**.

You feel gratitude for your ability to have the presence of mind to be here, to be able to receive **new information**.

And you begin thinking about those **goals** you have for your life. You wonder if you have been thinking **big enough**.

You begin to see a **bigger picture**. **Vast** opportunities. You have no idea where this will lead - but you know it will **be somewhere great**.

You begin thinking about how great it would be to be living your **ultimate life**, right NOW. What is your **ultimate potential**? What is it that you still want to **achieve** in life?

What if you could **have anything** or be anyone? What if?
Bring that dream out into the light. Let it breathe a little. There are no limits - only the ones you perceive.



Now imagine you are being led down a corridor where you see many doors leading to **private rooms**. Each of these rooms will have a different experience for you in terms of your **ultimate potential**.

Now choose the door that **best suits you**. Go ahead and focus on what dream you would like to focus on today. Make it a **BIG one**.



Open the door now and **notice what you see**. It's time to **believe** in a better life. What is it you **see**?

Focus on **all of the possibilities** you have for your life. What is your **greatest potential**?



See yourself **living this potential** now. Move into this place.



Dream your **biggest dream**.

Focus on those **feelings** your dream produces. How does it feel to be **inside this dream** inside your mind? Notice what is different or unique **or special**.

Don't worry about not getting this right. Just allow your **mind to expand**.



See yourself being the **very best YOU**, you can be. What is it you have **become**?
Imagine YOU at your **ultimate best**.

And now take a deep breath in and shift your energy into the energy of your **ultimate potential**. This feeling is the **energetic connection** to that dynamic force that drives and supports your potential.

Allow yourself to **step into this power.**

What is it you see or sense or **feel**? Now imagine a stage is in front of you. See yourself up on that stage of life reveling in these **happy, positive feelings.**



Drink it all in.

You have made it! **Finally!** You are at the **top of your field.** You have achieved what most people only **dream** about. Everyone **looks up** to you.

You are a **superstar.** Notice how people **crowd around you** as they hang on your every word.

How does it **feel** to have achieved this? You are **pure potential.**

Focus on that **emotional state** you feel when you think about having reached this state of pure potential.



If you feel some fear or trepidation - **that's good.** It's a sign that you are alive and **part of this process.**

The truth is that everything in life exists just outside of that **comfort zone!**

Keep focusing on your **vision** and of yourself having achieved that **pure potential.**

Get as detailed as possible. See yourself in this moment with **perfect clarity** on this vision. See yourself **living,** breathing and smelling like success on every level. You have arrived. You have it **ALL.**



What does this feel like? Keep **feeling it.**

Make whatever image you focus on **bigger, and bolder** and brighter.

Make the colors more **vibrant.** Keep tuning into how this **high level of achievement** feels.



And now see yourself at a point in the immediate future maybe 3 months **down the road. Be there** now. Imagine what you see. Push this **vision of success** out a little bit more.



See, hear and feel **everything** like you are in that moment in time. The more detailed you get in your mind, the more **real it will become.**

Decide **right now** whom you really want to be going forward and **let go of the past.**

See this vision come to life **before your eyes.** See it forming **all around you.** See every little **intricate detail** and every precious moment.



Keep stepping into this **new reality** and feed into this positive energy



Feel all of these qualities **within yourself**. You are **powerful and charismatic**



Breathe in this **high level of achievement**.



Make a **deep connection** with this goal. Connect with your **source of power** - within yourself.



See how far you can **push this vision**. Once again, make the colors **bolder and brighter**. Live this dream. Listen for the way you talk. See yourself **succeeding** in this moment. Everything starts **with you** and this powerful vision.

You are the **magic**.

You are **unstoppable**.

You are **laser focused**.

You are **pure potential**.

This is your time to shine.



Take one more moment to see yourself **shine**. Bring a great big **smile** to your face. **Congratulate** yourself! You have done it! You are **a superstar!**

Now as you feel these feelings, light touch your index finger to your thumb and **seal this feeling in**.



Fantastic job.

Now you can use this anchor anytime you want to **tune into this feeling of success** once again.

And now that these suggestions have already been accepted by your subconscious mind where they grow **stronger and stronger** each and every day.

The more you listen to this session, the more these suggestions will become a part of your actions, your behavior and **your personality**.

You are **pure potential** and it feels incredible.

The more you listen to this session, the **quicker and faster** you will be able to step into this life of ultimate success.



Today, you have achieved your ultimate potential.

Take a moment to feel how **powerful** you now feel.

Just feel this sense of power from deep within.

Very nice

And now repeated twice you may choose to consciously remember these suggestions or allow them to **sink back into your mind**. The subconscious mind **remembers everything**.

You have done an **outstanding job** today! Well done.

Now as I count from 1 -5...you will awaken....with a new sense of **achievement**.

1. Feeling great.
2. Coming back up.
3. Almost there.
4. That's right, coming back around.
5. Eyes open, feeling incredible.

Welcome back! Congratulations!

As you return to conscious awareness, know that you may return to this **place of pure potential** whenever you need to.
Have an amazing day!