



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Overcome Loneliness

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


Remember:


- 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.
- You cannot connect any occurring results with us.
- 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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Overcome Anxiety

Find a comfortable place to relax for the Mindfulness meditation. It could be in your bed or in a nice comfortable chair. Turn off all phones or anything that could distract you and of course never listen to this recording while driving or operating any machinery as it could make you very drowsy. It is best to use headphones to listen to these recordings to be able to hear all the subtle sounds.

Make yourself very comfortable now, make sure your body is in a very **relaxed** position, and adjust any pillows as you need to. You will be taken into a deep state of relaxation during this recording.

Begin breathing very slowly from your abdomen. Place your hands there and feel your **stomach rising and falling** with each breath. As you breathe in allow your abdomen to rise and as you breathe out let it fall. Focus all your attention now on your breathing. **That's right.** Breathe in through your nose and blow **gently** out through your mouth. Breathing **slow and deep.** Breathe in relaxation and out tension and stress. Feel yourself **unwinding.** Notice how your slow breathing is beginning to induce a nice state of **deep relaxation.**

I would like you to imagine a stairway now of 10 steps going down deeper into your subconscious mind. Perhaps you can feel a cool plush carpet under your bare feet or something else, I don't know but your subconscious can present to you a safe stairway of your own making, now as you step down from 10 to 1.

- 10- Starting to **relax** and let go now
- 9- Feeling more **relaxed**, there is lots of time
- 8- A **deep, deep calmness** inside and out, peace and serenity are filling your body
- 7- Twice as deep now
- 6- Peace and quiet fill you
- 5- Feel yourself immersed in an ocean of **relaxation** and calm.
- 4- You will become more and more ready to retain those ideas that I will give you.
- 3- Allow this feeling to wash over you like a warm breeze
- 2- Twice as deep now
- 1- You step down to one and you feel **so relaxed.**

You see a door in front of you now and as you open that door and find yourself walking slowly down a narrow winding path, perhaps it goes through a wooded glen with sunlight streaming through the trees, the rays of light lead you to the bank of a calm crystal clear lake. You find yourself sitting down by the lake. There is something very **comforting** about just **sitting there.** No place to go right now, nothing to do just listening to the **peaceful lapping** of the **gentle waves** on the shore. They move in and out in a continuous flow and this sound is very **relaxing** to you.



The warm sun is shining down on your back and this soothing warmth takes you into a deeper state of relaxation. Just letting your mind **drift** as it will now.



You feel a sense of **timelessness** and you are **completely** at peace with yourself.



Letting go of **all cares** and concerns now, **enjoying** those waves of relaxation as perhaps you pick up the **warm, soft**, white sand next to you and watch it, as it flows **effortlessly** through your fingers.

A gentle **warm breeze** caresses your face and you feel as if you have **so** much time, time for relaxation, time for yourself.



Perhaps you pick up a small rock or a pebble and throw it into the lake. You watch as the water creates ripples on the surface surrounding the rock as it sinks **deep** below the surface.



The lake is disturbed from its silence for a moment, but then you see the ripples become slower and quieter as they move outward and the water regains its peaceful composure



As you too allow yourself to quiet down now and gain a feeling of stillness and tranquility.



Feel your **entire** body and mind **bathed** in **soothing**, comfort.

Good...

Letting yourself go

That's right



You are so **relaxed now** and you are listening to the sound of my voice and it is **relaxing you**. Your subconscious is taking in everything that is being said. You are receptive now to what I have to say and you will use it throughout your life because it feels good.

What you want is the ability to **engage** others, present yourself **confidently**, let the **real you** come out be yourself and **relax and enjoy** other people's company. To have someone you can call when you feel like you want company and above all enjoy your own company.

To be able to be alone without feeling lonely....is very important.

Think of a time now when you were alone, **enjoying** just being with **yourself**, maybe it was somewhere in nature, by a river

On a mountain top, **just you**, feeling at peace with yourself.

Because you were alone you were able to hear the rustle of the leaves in the trees and feel the gentle breeze on your face, there was no need for conversation

Just the peace and quiet of the sounds of nature

And when you have that memory, I want you to expand upon it – see where you were, fill in the details, the time of year, spring, summer, autumn or winter, the time of the day, morning, afternoon or evening..... what you are wearing and feeling and

seeing and **touching**, notice the sounds, **smells, and** now focus on the feelings, and I want you to really remember how you felt inside, those good, positive feelings, strong feelings, confident and self assured feelings, **peaceful feelings**, and you can allow those good feelings to **grow stronger** and more positive while you take in a really **long, deep** breath in, **breathing in relaxation**, and **exhale** any **sadness** or **loneliness**, Put together the thumb and the middle finger both hands, then take in

another really **long, deep breath** through your nose and, then **exhale** a long **relaxing breath**, you are going to feel those **good, strong, confident feelings**, and you can feel these good feelings anytime you wish, anywhere, in any situation. Because these **good, strong, confident feelings** are becoming more and more a part of you and you are becoming that **stronger, more confident** person.



Now imagine yourself being that **strong confident** person making new friends or spending time with old friends, that maybe you haven't seen in awhile. For whatever reasons that may have been keeping you isolated, **challenge** yourself to take the initiative to call that friend.

Ask the person if they want to chat, get a coffee, whatever. Remember how much **you like it** when people call you. If you show interest in other people they will **show interest** in you, people like to be liked, forgive or let go of whatever reason it is, that has prevented you from calling old friends. Just because an old friend has not called you, doesn't mean they don't want to talk to you, other people have busy lives and it may be as simple as they have been too busy to call. Don't take their lack of contact personally, perhaps your friend has a new job, a **big transition in their life**, family or relationship problems, illness or something else.... Maybe if you make the first step to reach out and contact your lost friends and find out how they have been, you will be surprised at how **glad they are** to **hear** from **you!**

Take risks about revealing yourself.

Say what's on your mind, if it seems at all likely the other person will be receptive. Remember that we are all **alone inside** our heads; we are **born alone** and die alone; it's **nothing special**. Every person who has ever lived has been **lonely**. Love wouldn't exist without **loneliness** to inspire it. Look at your loneliness with **detachment**. When feeling lonely, **don't allow** yourself to wallow in your loneliness. Do something, **anything!** Take a **walk, ride your bike**.

Do everything you would normally do with a partner or friend. Many times it isn't the partner or friend you are **missing**, but the **activities** and **hobbies** you shared. Take yourself out for a date. For example, if you would have gone out to dinner or to a movie on a date, then take yourself out to a movie or to a nice restaurant. Don't hold yourself back.....You will find that you will really begin to **enjoy** your own company. Consider getting a pet! Animals can make marvelous companions; they give **unconditional love**, and can offer you **loyal company**. Walking a dog can also be a great way of meeting other people!

Engage yourself in some activity that would keep your mind occupied, take classes at a local college, try your hand at writing or art, poetry, learn to **meditate** or do yoga perhaps.

Something that involves you and your **creativity**, creativity can be a wonderful solution to loneliness. Surround yourself with positive people.

Loneliness is this feeling that does not have to control your life or interfere with your ability to **have** rewarding relationships with other people. When you start to **feel lonely** and get lost in feelings of self-pity, you may find yourself stuck in the trap of staying home and allowing your loneliness to **take over your life**. Any time you feel lonely you need to **take action**. Go online and check out groups **where** you can find people with similar **interests** that are always doing things that you can participate in. Make a phone call. **Volunteer**. Get on the internet or check the local paper and look up something fun to do. Don't dwell on loneliness and let it fester and grow in strength. The longer you allow your feelings of loneliness to control your life the harder it is to **break the pattern** of loneliness. You could soon find yourself completely **shut off** from society. **Stop these** reclusive habits before they take hold

of **your life!** The sooner you start taking action and get in good habits of **maintaining friendships** the better the chances are that you will not feel so lonely.

Relax a little deeper now and let these suggestions go deep into your subconscious mind.

You really **enjoy** meeting others, feeling confident and fully at ease as your natural, attractive personality shines through.

You begin to initiate conversations more easily and find it easy to make conversations flow; people find you witty and amusing and **easy** to listen to; they really enjoy your company, you are more interesting to be with and you are more interested in others, you're smiling more and feeling better and healthier and happier than ever before. Imagine yourself having **good friends**, imagine it is **easy** for you to make these friends and enjoy their company.

Allow at least **one** person into your world.

If you suffer from loneliness, have the intention to **befriend yourself**; ask for spirit to **comfort you** with its **presence**, this will bring you **comfort**.



Put your middle finger and thumb together on both hands making a circle and repeat these affirmations to yourself after you hear them. Do this with your hands whenever you want to remember as it will help imbed the suggestions deep into your subconscious mind.



I am my **own** best friend.

I fill myself with white light. I am **not alone**.

I am **safe** and secure.

I am at the right place and the right time.

I recognize that it is useless to stress over things I cannot change.

I choose to live in the **present moment**.

I choose to remain **positive** and **optimistic** regardless of the situation.

I choose to be a more **relaxed, positive, optimistic and confident** person.

You will be **awakened** very shortly. Before you come back, think about how **good** you feel right now.

How nice it feels to be completely relaxed, letting your mind take this important rest from your busy life. This is an important time you need to take for yourself to work on yourself and become all that you can be. The more you listen to this the more **powerful** the results will be. You will look forward to this relaxing self-improvement part of your day, **everyday**.

These suggestions will plant themselves deep into your subconscious mind and over time you will start to notice that you are becoming happier with your life, enjoying your own company more and finding friends in your life that you trust and enjoy.



In a few moments I will count you back from 5 to 1, if you are listening to this recording in bed and wish to drift off into sleep you can just take off the headset and in the morning you will wake refreshed, awake and ready for your new day.

- 5- **Stretching** and bringing your **awareness** back into your body
- 4- Remembering to return **refreshed, relaxed**, awake and aware as if you have just taken a short nap
- 3- Take a **deep breath** in, release it with a sigh
- 2- Wiggle your fingers and toes
- 1- Open your eyes whenever you are ready