



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Overcome Grief

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.
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- 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 Grief

Make yourself comfortable.
Relaxing both mind and body.
Let any tension go, release it, and change position until you feel really settled.

This is all in your own time

Listen to the sound of my voice throughout as I guide you to a deep sense of relaxation.

Find a comfortable place to relax for sometime. 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.

Place your hands on your lap....

In soft focus, gaze at your hands, just on one spot...it may be a line on your hand or a fingernail....
This is your choice....

Once you have chosen it...give it your complete attention.
Concentrate your gaze just here.....
Nothing else matters.
Only the sound of my voice...
Everything else is unimportant.
Already, you feel your **body relaxing**.
You are becoming aware of the heaviness of your hand against your leg.
You are seeing it as if for the first time...
In a few moments, your eyes will start to feel too heavy to keep open.

This happens in your own time.
It is your choice as to when you close your eyes....
There is no rush....
Just continue as you are...
Focussing on this one place on your hand.....holding your attention....letting your focus remain soft....

Once you decide to close your eyes, feel the deep wave of pure **relaxation** as it sweeps over you
You are letting go and it feels wonderful.
So relaxed.....
Warm...comfortable....and open to this wonderful meditative journey...



Now you are ready to explore.
Your imagination is awake.
Your inner mind opening.



So **deeply relaxed**.

So comfortable from the top of your head down to your toes.

Consider a favourite place...

This could be a holiday destination...a sunset on a golden sandy beach...or, it may be sitting by a log fire...**feeling relaxed** and without a care in the world...

This can be a place where you have spent time before or it can be created from your imagination.

It belongs to you and this is your moment.

Your time.

It is unique to you...

You are right there now.

Transported....

Everything is how you want it to be.

Any tension from the day has lifted so you feel so **incredibly relaxed**.

Everything is how you choose it to be.

You may be on your own, or, with friends...

Whatever you choose, it is perfect for you.

There is pleasure and contentment here....

Your thoughts, **soft** and **gentle** and they relax you even more.

This is so perfect and so comfortable.

This is a perfect day...

It is a **powerful vision**...

It belongs only to you

It is special here.

You can hold onto this **perfect** and special place.

Breathing in deeply and slowly.

Feel the air, in through the nose and out through the mouth...

Your breath is rhythmic...

You are beginning to let go completely.

Relaxing into a deep and meditative state.

Very much like day dreaming.

So comfortable...

So peaceful.

So relaxed.

Allow yourself to follow my voice.

Allow yourself to relax so deeply.

Give yourself permission to completely let go and relax.

Right now.

My voice is guiding you on this wonderful journey.

It is all happening very naturally.

You do not need to do anything, only listen to my voice as I lead you on this journey of self-healing....

There is nothing important for your conscious mind to do.

You are allowing yourself to drift and relax.



Deeper and deeper.

Relaxing every single muscle in your body.

Feeling so perfectly **at ease**.

So comfortable.

So ready to simply listen.

Inner mind open and ready for suggestion.

So relaxed.



Become aware of your new location...

You are in a forest....

During this journey, you will want to explore....

Visualise the setting...

In your mind's eye, look up...

Focus on the canopy of branches above you...notice a shaft of sunlight breaking through

The light is warming, intense, life-giving.

It penetrates that natural screen of green high above you....

You notice the sudden transformative shades of green as the sunlight caresses various leaves

This single moment caught in your memory forever.

Life is like that.

As you blink, it's easy to miss life as it unfolds around you....at other times, we are aware, and we capture life as we progress.

Everything around you changes....this is ok.

This is life as it is meant to be

It is transient..

It is beautiful...like summer giving way to autumnal colours and the season changing to winter with frost and icy glory and spring bursting into colour all around...

As you relax yet further, your mind is open to these changes....

Sometimes, changes are not ones we choose...yet, we have little control over these aspects...

Your response to these changes...are so very important

Grief is one aspect of life which we would not choose.....

It can create an emotional storm within you.

In those silent moments, when you are deeply relaxed like now, it becomes easier to understand its place.

The sadness denotes that something is missing...

But it is never truly gone.

Your thoughts and mental images keep that person or being alive and with you.

You are never truly apart.

Your inner mind is open to the cycle of life....

As you relax you begin to understand this more.

You can expect other changes within you to surface.



All of which are perfectly normal.

Your journey may encounter grief in other forms.

Like anger.

Yet it is not real anger but once again, a sense of loss and all the questions that go with this.

You now understand at a deeper level that what you grieve is not really gone.

It can never go at a deep subconscious level.

Everything is connected on this journey.

Focus just on your inner self and feel the vibration of universal flow.

This vibration connects you to everything.

Past and future all as one.

It is impossible to lose something to which you are still connected

Fear and loneliness may at times appear on your journey, but you must ask yourself what do they really mean? What do they truly represent?

Fear is often the act of stepping into the unknown

Loneliness may weave in and out of your life, but this is okay....it, like grief is transient...

You know at a deeper level within that your life is evolving and you will surpass grief...

Opening both heart and mind to the possibilities of healing....

There is nothing to fear...just cherish...

You can relax, drift into a daydream and recall every single moment of the people or places you miss...

You can do this at any time of day you choose, you are on a journey where you are never alone.

Grief may try and hold you to the past with chains that sometimes appear difficult to break.

These chains are self-imposed.....

They do not exist....

When regret is present....know that it represents your journey and feeling of loss...

It has no strength to match **your stronger emotions of love and inner peace.**

I want you to give yourself permission to express your emotions.

How liberating it is to bring things into the open.

You understand this at a deep subconscious level now.

Your ability to let it all out gives you freedom.

You are able to be you.

You have nothing to prove.

Allow joy and love into your journey, just as you allow moments of sadness out.

You are unique.

You may feel things differently than others, but nothing stays the same forever.

The river continues to flow and meander its way through the valley that it created.

You continue your personal journey through life...

You watch the changing of the seasons...

You see life ebb and flow...

You are interconnected to life and to the universe...
You see all the beauty, the joy and experience all of the sadness.....
This is life
It is a gift to understand your place within it.

In your imagination right now, in the deepest part of your consciousness then, all of this is being absorbed.

You walk the journey step by step and embrace all that life gives to you.

The continual flow of energy is simply a part of you.
You are both its core and outer levels of awareness.

You are everything that surrounds you.

On this journey, you feel the earth beneath your feet and the sunlight on your skin.

This peaceful journey is all yours, as you are creating it.

You are always able to do this.

You are a part of the forest...

You are the sunlight

You are both light and shade...

Feel yourself letting go of any negative energy.

It has its place but for now, you are letting it go.

As you breathe out then you must breathe in.



Let go of unwanted energy

Release inner angst or emotional pain...

In and out, the continual cycle of life.

Embracing all that is good and understanding all that has a place within your life.

You are so relaxed and at a place of deep understanding right now.

You have found a place of such inner peace that it has become enlightening.

You see loved ones and people that were once part of your life and understand that we are all on this exact same journey. You embrace this love and energy that you gain from this visualisation.

There is nothing to fear on this journey

Life has so many positive qualities....

You just need to open your mind.

Breathing in and breathing out.

Absorbing all that is life, all that is love.

Embracing the rhythm of life.

Understanding that everything has a place.



Your memories are not sad, they are a part of you. They are moments which the inner mind recalls, and you feel the power of love from your past.

You are a part of the past, just as much as you are part of the now.
The future will be made up from the moments that you create in the here and now.
You are making your future positive.

You understand all this at your deepest level
You have a life that is filled with love and light
You are relaxed and at peace with self.



Sometimes, on your journey, you will face grief
You will think about sad moments
Allow these moments to surface like bubbles in a pond.
Let them surface and disappear.
Be a part of all that is.
Feel at peace when this happens.
Embrace your emotions and be glad that you feel so deeply.
Forgive the past and know that those who have gone would want you to be happy.

Your moments of joy are theirs too.
Each day counts.

Relaxing and growing stronger.

Part of your future journey will be to connect with your own feelings
Imagine thoughts as bubbles breaking the water's surface and becoming a part of
everything above.

You are never afraid to have conversations with those that have passed.

You feel perfectly at ease telling them what you love about them
You feel their love and energy
You connect when you relax at the deepest level.
It is not letting go, it is about keeping the important connections. Being aware of them.

When you relax, you allow the thoughts of those you miss to surface.

This is empowering.
Your grief is free.....

Every time you relax, you allow this.
Memories flow over you
Comforting you
You feel the connection to all that has gone before...

**The beauty of life, the wonderful moments yet to come are all part of everything
you understand at a subconscious level.**

Your journey is now but it was the past and the future too.
Live without chains.

You are not controlled by stagnant emotions...

You are free

The ebb and flow of life and your connection to all that it embraces is really calming.

It is time to return to your everyday life...where you will carry acceptance and resilience.....



In a moment or two, I will bring you back into the room where you will remain in a very relaxed and calm state of being but, you will be awake and ready to function fully. I will count from number one to five. Each number enables you to become more and more awake.

I will start right now.

- One. So **deeply relaxed** but gradually waking.
- Two. Eyes flickering, muscles tingling.
- Three. Aware of the chair beneath you.
- Four. External noises filter into your conscious mind...eyes are ready to open.
- Five. Eyes open and fully aware of your surroundings.

Feeling relaxed but wide awake now.

You will remain calm and relaxed
Understand that grief is natural.
Allow it to ebb and flow...
The more you practice this meditation, the deeper the sense of calmness...
Sadness and grief are all part of the natural design....it is natural to feel loss...and this is ok...
Return to this guided journey whenever you need to experience deep relaxation and inner support and healing.