



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Overcome Inferiority Complex

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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- 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.

Dr. Paras Wellness Pvt. Ltd.

 A Fortune House Flat # 201, 2nd Floor, Near Badshahi Hotel, Baner Pashan Link Road, (Road Opp Mahabaleshwar Hotel) Baner, Pune 411045.

 020-27293-555



Overcome Inferiority Complex

Not one person on this beautiful planet of ours can call themselves perfect. As humans we are able to think and solve problems. This sets us apart from many other animals, but it also allows us to analyse and to judge. We are able to think at a very complex level. Our analytical brains also perceive the world around us and our personal worlds. We often perceive incorrectly especially when it comes to how we view ourselves.

We worry about others and what they think of us. Although people rarely think of us in the way we believe. Our perception is shaped by life events and personal experiences and rarely will people perceive a situation in the same way. We worry about our size and weight and how we look. We are often discontented with self and this includes self-image, finances and careers and in fact, every aspect of life.

Having an inferiority complex simply means that this person feels inadequate. They are unhappy with life and with themselves. There is a lot that may fuel these negative feelings and the media is one of the biggest sources. We are constantly bombarded by advertising that tells us what to eat, what to wear and how our bodies should look. There is an ulterior motive of course, advertising is designed to make money, but, these are powerful messages that filter into the subconscious mind. When these negative thoughts embed, they create feelings of inadequacy. Television, billboards, magazines all constantly push their messages across in a never-ending flow. It is easy to see how a person can become dissatisfied with life.

An inferiority complex can also develop through failed relationships, rejection or an inability to progress in life. In fact, any event where a negative situation sets a trigger in the mind making that person feel less than worthy. While these self-deprecating thoughts are often unfounded, it makes little difference once these thoughts exist. The way we live in a world with high demands and are surrounded with instant gratification. This lowers some values but places great stress when it is not possible to cope with the demands.

From the time we are young, we learn how to think, feel and act through following our parent's behavior, and being guided by other authority figures. Even this can plant the seeds of an inferiority complex within from an early age. To be told that you are not good enough can create a trigger that manifests itself in later life. Sometimes, the words are not truly meant but, even so, these seeds of negativity can still develop.

Creating positive changes means looking at positive aspects of life and recognising the good elements while identifying the areas which do not add to life in a good way. All people have positive and negative elements to their life. Some may do well in business but then struggle in a social setting. Some are good in a social setting, and do not achieve in a career. We are all different. Damaged self-confidence can lead to lower self-esteem and this infiltrates into all areas of life.

It is important to eliminate these negative thought patterns so that you can be the real you and live a truly fulfilled life.

Your imagination is very important to you.

It unlocks the door to your inner mind and allows you to explore.
We do this while **we sleep** and call it dreaming.
We also daydream and this is where we **drift off** but are not quite asleep.
Meditation is a lot like that.

You relax to the point where you allow your inner mind to **drift off**.
This allows the subconscious mind to interact and to **absorb information**.
Mindfulness meditation can help to correct negative thought patterns and change someone's life to a far more **optimistic one**.

So, you are going to use your wonderful imagination to **help you relax**.
This is so easy, and you always **remain in control**.
Start by sitting or lying comfortably.
Then, imagine a wave of pure energy washing over you.
As this energy travels over your body, you quite naturally **begin to relax**.
All your muscles start to feel heavier
All the tensions from the day gradually **drift away**.
It is a lovely feeling to know that your **shoulders and neck are relaxing**.
This **wonderful feeling** spreads over your whole body.



Becoming **more relaxed** every minute.
All external sounds disappear.
Only the sounds of your imagination exist.
So deeply relaxed.

Now I want you to imagine a very warm place....think of a beach.
Perhaps in your imagination, this is a sandy dune or a private cove.
Secluded and private.
The sort of place that you can relax and **fall asleep** without any worries.
You are there right now.
You can hear the gulls wheeling above and feel the warm sunlight on your skin.
The sky is a beautiful blue.
The air is warm.
This is your moment
Create the scene you want, I am just here to guide you.
You may have a blanket on the sand or even a hammock.
This scene is perfect for you.
It is your **perfect day**.
A place where you can relax as much as you want to.

You may imagine yourself lying down on the blanket or in a low hammock.
The sand is warm beneath you.
The air is still.

As you lie there, allow your mind to almost **switch off**.
Nothing really matters.
You can drift and sleep and **relax**.
This is so **easy and peaceful**.
Your whole body is relaxed.
Nothing can disturb you.
You may wish to close your eyes as it is easier.

Your eyelids feel very heavy anyway.
So tired and so **relaxed**.
This is a very safe place.

Now you are so relaxed, you are ready to simply **listen to my voice**.
Your inner mind is opening and **ready for guidance**.
My voice will **help you relax** even further.

You are so deeply relaxed.



I am going to count down from 5 to 1
Each number will relax you further
I will start now.

5. Already **relaxed and getting deeper**
4. Nothing but my voice matters, **deeply relaxed**
3. All the muscles on your face, neck and arms are so **deeply relaxed**.
2. Sinking deeper into a **peaceful relaxed state**.
1. So wonderfully **relaxed and completely calm**.

You are going to **continue to relax** as I talk to you and the only thing that is important to you is **my voice**.
My voice will help you to **relax even further**.
So **calm and so peaceful**.



For each moment that passes, you begin to **absorb the wonderful realisation** that you are as important as everyone else.
You have always been **equal in every way possible**.
It is only your thought patterns that make you believe otherwise.
How you think is creating the person you are.
How you see yourself is not the same as how others see you.
You **understand the importance** of this.

Your subconscious mind understands that you are on a new chapter of your life.
You will begin to think with **more positivity**.
You live with more positivity.
What other people think or say does not matter to you anymore.
You know who the **real you** is now.
You can feel a new **surge of energy** within you.
Everything I am suggesting to you is **real**.
All my words you are taking in.
This is guiding you and helping you to become the person you **deserve to be**.

Every day you will start to make small **positive changes**.
Your language will become **more positive**.
You find it easier to **believe** in yourself
It becomes second nature to you.
You are **becoming more positive**.
You start to realize that it matters what you think.
People will always have their own **perception**, and this has nothing to do with who you



really are.

You know you are a **vibrant positive human** being who is learning all the time.

I want you to repeat this statement within your mind - **I am a positive vibrant human being who is learning all the time.**

You are growing and learning.

You are equal to those around you.

People can sometimes think they are superior, but you know the truth.

Everyone is equal.

You are capable of **learning new skills.**

You are constantly **enhancing your own abilities.**

People who **imitate** others are not as authentic as you.

You are your **unique self.**

This allows **your confidence** to grow.

You constantly improve.

You are always a **better person today** than you were yesterday.

People notice this **new confident you.**

Some people will start to look at you in a new way.

How does that make you feel?

You have the ability now to **focus on your own strengths.**

You know what is important to you and this becomes your **inner strength.**

You sometimes still look up to certain people but now you do not want to be them, you are very **happy being you.**

You never compare yourself with others.



Sometimes people may have said things to you that hurt or damaged your feelings.

Now you know that those words were false perceptions and have nothing to do with **who you really are.**

There may be things you can't change.

You cannot change your height.

But this will not make a difference as to the **real you.**

You are a **unique person** with your **own strengths.**

Others are the same as you.

Everyone has aspects they would like to change.

That is the human condition and is **perfectly normal.**

Start to feel stronger and more **confident.**

If you listed all your positive qualities, you would appear a **powerful and honest human being.**

This is who you are.

These are the qualities that you continue to add all the time, and this is how most people see you.

From now on you will notice your own victories.

You achieve things every day.

You are constantly getting things done.

These are your wins.

You have many.

Small wins lead to big wins.

There will always be people who seem to be doing better than you at something.

You in turn are **doing better** than other people.

We all have our own strengths, and this is the same for you.

As you continue to relax, **your inner mind is absorbing this fact.**

Your life will change from this point as you now have a **better understanding** of how people view their world.

You have freedom to **be the person you were meant to be.**

You understand why people's perceptions are different.

This gives you the ability to stand back and be happy with your own view of the world.

Your life is changing in **a very positive way.**

This makes you feel **confident and happy.**

You know that you can add value to your life anytime you want.

You are **happy being who you are.**

You understand that your **voice is as important** as the next person's.

You still admire some people for their better qualities, but you do not wish to be them.

You are as **calm and happy** as you have ever been right now.



In a moment, it will be time to come back to the room. This will happen easily and leave you feeling relaxed and very positive. I will begin to count from one to five and you will slowly and quite naturally become more alert. At number five, you will be fully awake and ready for the rest of the day.

I will start now.

One. Still very relaxed but aware of my voice bringing you slowly back to the room.

Two. Aware now of your muscles all coming back to life.

Three. Eyelids flickering and gradually opening, still feeling calm and relaxed.

Four. Aware of external noises and the chair or floor beneath you.

And Five. Eyes open and fully back in the room feeling relaxed, refreshed and very confident.

You may want to shake your arms and legs so that your circulation starts to flow. Expect to feel **optimistic** and confident all day and each time you relax, you will notice positive things coming to you. People start to notice that you are constantly happy, and this is perfectly normal.

You are almost certainly going to look at people in a different way from now on and your subconscious mind is programmed to understand this. You are equal to everyone around you and special in that you are your own unique person. New doors will open for you and life will just get easier. You understand who you are now and are happy to be that person.