



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Overcome Shame

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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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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Overcome Shame

Shame is a very painful emotion and can easily filter into every aspect of life if we allow it. We are fragile creatures and once our minds are unsettled, we often continue down the very road that is the most damaging to us simply because we think the wrong way.

Shame can root itself deep within the mind. This is where Mindfulness meditation can help. Mindfulness allows us to raise awareness into the subconscious part of our mind, altering behavioural patterns and changing the way we think as a result.

When shame walks in hand in hand with guilt, Mindfulness teaches us to be aware of these emotions. Else, shame can be a devastating emotion that can ruin lives by lowering self-esteem and destroying confidence.

We must acknowledge that we do things in life that we may become ashamed of. We are human, and we make mistakes. Very few people can look back and say otherwise.

Another consideration is that we can never go back and change an event. The past has gone, and the future is yet to be created. We can only live in the now. It makes sense to let go of negative emotions.

Feeling a sense of guilt because a decision has led to negative consequences is a normal emotion. It must not **be allowed to interfere with future decisions or lead to deep feelings of shame**. This is a damaging emotion. Shame can make us feel inadequate and, in some cases, make us feel lonely and isolated. Once it sets its roots, it can eradicate feelings of worth, leading to increased isolation and even withdrawal from society, friends, and family.

Yet once we understand our actions and thought processes, these thought patterns can be changed in the here and now. Once we acknowledge those feelings, we can understand that positive action can be born from a negative one. Shame is an emotion that loses a lot of its power once it is brought out into the open and talked about.

Once shame has been identified, it can be released and the feeling of lightness and relief that comes as a result is considerable.



I want you to begin this wonderful session by **relaxing**.
Very soon your whole body and mind will fall into a **deep sense of relaxation**.
This is all **perfectly normal**, and you are always in control.

I want you to imagine yourself in a daydream as this is what it feels like.
You are awake but not concentrating on anything else....
My voice is all you need to **concentrate** on.
Nothing else matters right now.

So, now you are **comfortable** we can begin.
Do not worry if you still feel a little restless, this is **normal** and will soon disappear.
Remember you must not listen to this meditation while driving or operating any



machinery.

I want you now to breathe very slowly, taking the air deep into the lungs and then, exhale, releasing the air slowly.

Repeat this again. Feeling the air as it invades the nostrils and then, lungs and, the feeling as you breathe out fully.

Now, breathe rhythmically and naturally.

Listen to my voice as I count from 5 down to number 1.

On each number, you start to feel yourself **relaxing more**.

This feels wonderfully **peaceful and normal**

I will start the count.

5. Releasing all the tension, muscles becoming heavier....

4. Eyelids heavy, feeling so relaxed.

3. Heavier....deeper into a state of pure relaxation.

2. So comfortable....letting go.

1. Feeling so relaxed and perfectly happy and calm.

Already you feel so **wonderfully relaxed**.

This is a **good feeling**.

My voice is all that you need to **concentrate** on.

Your inner mind is listening.

You do not have to do a single thing.

Just relax.

Feel comfortable.

Feel calm.

Your body and mind **relaxing....drifting**.

I want you to use your **imagination**.

You can see an orange glow in your mind's eye.

It is a **perfect** ball of warm light.

You may already **feel the warmth**.

It is comforting.

As you look at the light you start to **relax even more**.

It is **so calming**

You can feel this ball of energy sending out a feeling of **complete calmness** through your body.

So relaxing.

You are in the ebb and flow of the universe as you **relax further**.

This feels so natural.

You are connecting to a bigger universal power.

The energy of light and love is the ultimate truth.

It is **cleansing and energizing**.

You feel so **comfortable** being in the flow.

Light and energy flowing through you.

Unlocking the things that are **important to you**.

Opening your inner mind.

Ready for guidance.

Ready for a deep understanding of your place in the world.

Connecting to that inner self.

Ready to understand.

You are feeling **so relaxed now.**

So comfortable.

So **ready for guidance** and change.

So ready to leave the past behind and **create the future.**



Now you are **completely relaxed**, and your subconscious mind is **open to suggestions.**

There may have been moments in the past which has led to your feeling ashamed or guilty.

This is the same for most people. Regrets are common.

You may have treated others in a way that has created feelings of regret within.

Or perhaps you broke your own moral code.

Perhaps you could have acted on something and never did.

The one thing that ties all these things together is that they are **in the past.**

Examine your feelings towards those times of shame or guilt.

Did it consume part of you?

Do you wish you could go back and **change your actions?**

The fact that you feel this way shows you are a **good person at heart.**

You **understand** that you cannot change the past.

However, you can use it **as a lesson.**

It is a stepping stone towards positive change.

You know now what makes you ashamed.

Your future is free from shame.

You are still **deeply relaxed.**

Your subconscious mind understands that you are now just torturing yourself.

You are a good person.

You **want the best** for those around you.

You are human and like us all you sometimes make mistakes.

Even if mistakes are substantial, that was then, this is now. You are in the present.

You are **creating your future** right at this minute.

What burdened you in the past does not mean anything in the future.

Letting go of the past is easy.

Imagine holding each problem that bothers you in your clenched fists.

Now as you look up to the sky, **simply release them.**

Watch them **float away in the breeze.**

Watch them **disappear into the clouds.**

You can visualise this moment anytime you desire.

This really works for you.

How will you feel once all shame and guilt from **the past is gone?**

You feel as if the slate has been wiped clean.

You can start all over again.
Everything from the past is now gone.
There were always reasons for your actions....

They are all history now.

You have a positive future to look forward to.

Your subconscious mind understands that it is normal to have emotions about the past, but it also knows that the **past needs to be left behind.**

You have a future spread before you and now you have a **better understanding** of how to act and react.

You are **better able to cope** with any situation in life now.

This is empowering.

You know you are a person who wants what is right.

You have more knowledge now.

You realise you can't go back but you can do things the way you feel is right from now on.

When you cast your mind back to a situation, consider how you would cope with the situation now.

This awareness is the **real you** emerging.

Circumstances were most likely different then.

Today you would not make the same mistakes.

Your inner mind understands that you can learn from past mistakes.

It knows there is no reason for the past to haunt you.

Let any shame or guilt go.

Repeat in your mind.

I do not feel guilty anymore.

I do not feel shame.

I no longer need to blame myself.

It is normal to sometimes have negative feelings.

Life is a lesson.

Everyone makes mistakes.

I am letting go of the past.

Still **deeply relaxed.**



You deserve to be able to let go of the past.

You can imagine any feelings of shame taking shape. View this as early morning mist. As the sun burns away the cloud, so **your shame dissolves** as well.

You can revisit this moment anytime you want.

It feels wonderful to see dark feelings of **shame disappearing.**

It is like a weight being lifted from you.

Every breath you take **lifts this weight further.**

Breathe **slowly and deeply** and feel the burden of the past leaving your body.

You are free from the past now.

Your subconscious mind recognises this as the point where **the past no longer**



influences you in a negative way.
You now **see the positives** in all that you do.

You will find it easier from now on to talk about past events.
You understand that by **bringing thoughts into the open** you take the power away from them.
It is powerless.
You are in control.

You now understand that everyone experiences the same range of emotions.
You are never alone.
Some people may lock their emotions away, but this gives the emotion power.
You understand this and now bring any previously locked away emotions **out into the open.**
This **empowers you.**

You now understand everyone experiences feelings of shame.
You are a **compassionate human being** with so many **positive things to offer.**
Moments of the past do not dictate the future ahead.
Your future is **in your hands.**

Life lessons have been absorbed and negative feelings have been released.
The future is clear and can be exactly as you desire.

How does this make you feel?

Take a moment to relax and **absorb this feeling of release.**

You now completely understand that shame only ever existed in your own mind.
You are free.

Because you understand your own emotions now, it frees you to make decisions **without guilt or shame.**
You know there are times when you must say no.
There are times that it is ok to think of yourself first.
You can do better to others if you are **happy and content in your own life.**
Life is less complex when things are out in the open and your **inner mind connects to this thought.**
In your relaxed state, you are absorbing all these lessons.
It feels natural to think this way.

Now you realise that thoughts are just sentences in your mind.
Because **you have a choice**, it clearly makes more sense to make them positive ones.
How powerful is that?
You are guiding yourself without past burdens holding you back.
This is truly empowering.
No longer will the chains of the past hold you captive.
You are creating your own positive statements and living by them.

Shame was just an emotion.
It lost its power when you brought it out into the light.
The future is very positive.

Take a few moments to breathe deeply and slowly and allow this information to be absorbed.

You are still very relaxed.

Very calm.



Still being guided by my voice and feeling deeply relaxed.

This **relaxed feeling** will continue even when you become more aware of your surroundings.

I will in a moment count you back into the room where you will **feel refreshed, relaxed and perfectly calm.**

I will start now.



One: Deeply relaxed and eyes closed but waking

Two: Becoming aware of external sounds and muscles waking up

Three: Eyelids fluttering, aware of the room and the seat beneath you

Four: Eyes opening and muscles tingling, becoming aware...

And Five: Fully back in the room refreshed and yet with a new **energy** coursing through you.

You may wish to shake your arms to start your circulation.

You can expect to feel relaxed throughout the day and have moments of pure clarity. This is perfectly normal. You will certainly feel calmer and content. There may be moments where you recognize that a weight has been lifted from your shoulders.

Releasing a past burden can be quite emotional but always in a positive way.

You have the future stretched in front of you and you are free to shape it without negative emotions. Your future is positive.

Thank you for being part of an amazing journey.