



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Peer Pressure

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


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- You cannot share the files online or in person for sale or for general purpose.
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- 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.



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

Peer Pressure

Making decisions on your own is hard enough, but when other people get involved and try to pressure you, one way or another it can be even harder. When people who belong to the same age group such as your classmates, try to influence how you act, to get you to do something, it's called "peer pressure."

It's only human nature to listen to and learn from other people in your age group. Peers can have a positive influence on each other, like learning something from a friend that you have always wanted to know how to do. Sometimes peers influence each other in negative ways. For example, a few kids in school might try to get you to cut class with them or try cigarettes.

It takes a lot of strength and self-esteem to get through trying times. And teen years usually bring with them many challenges. Some kids are lucky they seem to have all the friends, sports ability and grades but not everyone is like that.

Some kids give into peer pressure because they want to be liked, they want to fit in. They are afraid that other kids might make fun of them if they don't go along with the group. Sometimes, they are curious to try something new that others are doing. They feel like "everyone's doing it" so why not. This mindset gets kids in trouble as they leave their better judgment, or their common sense, behind.

This Mindfulness Meditation is going to bring a sense of calm while allowing you to be able to make your own decisions.

You will be taken into a deep state of relaxation during this recording, so it is important to make yourself very comfortable. Avoid listening to this while driving or operating any machinery. Make sure your body is in a very **relaxed** position, and adjust your body as you need to.

Close your eyes. Take a deep breath in now, hold it for 5 seconds and then release it with a **big sigh...**

Release any tension accumulated from your day with another big breath and a sigh. Now breathe very slowly into 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.

Keep the breath moving in and out of your belly, and keep your chest still

In...



And out

Breathing **slow and deep.**

Breathe in relaxation, and breathe out tension and stress.

Maybe you can feel yourself drifting into a more **relaxed state** of being now...

As you feel a warm wonderful sensation of relaxation in your body, you can allow all the tension to just **float away, drift away**



You may begin to notice now as you feel the weight of your body resting there... that you can allow your head to feel heavy...

Like it is just **sinking** into the pillows or whatever your head is resting on, .into

the most **comfortable** position for you to relax now...
And you can allow all the muscles in your face to let go...
Particularly all the tiny muscles around your eyes...feel the weight of your eyelids...allow them to be heavy and relaxed.....and it feels good...
That's right
It is easy to leave them closed now as you feel the relaxation flowing down through the cheeks to the jaw...relax all the muscles around the jaw now...
Release any stored tension there by just letting it just drop open a bit
Now feel the relaxation slowly, flowing into **all** the muscles in your neck, letting go, and then sliding down the spine into the muscles of your back



And your arms are resting **comfortably** as you might begin to feel relaxing sensations **all the way** to your fingertips...
Imagine a ball of pure energy or white light...in your abdomen now...



Feel it under your hands resting there...
As you inhale it rises up through your body... through your chest...into your forehead...over the top of your head



Then let this ball of light slip down the back of your head with healing white light energy and deep relaxation
Feel this relaxation and healing flowing from the top of your head **all the way** down your spine to your toes, washing away any negative thoughts, feelings or emotions with it, and releasing them into the ground.
Now imagine as you inhale that this ball of energy or light travels up through the soles of your feet, up through your legs, through your body.....your belly.....your chest..... your forehead.....to the top of your head.....
And then glides down the back of your head..... white light cascading downwashing away any tension, pain or uncomfortable feelings.....into the ground...
Circulate this ball of energy through your body for a few moments...



With each breath every cell of your body becomes at ease...

As all tension, tightness, pain or discomfort drains down your spine, down your legs into the ground and dissipates and as you inhale you bring into your body new revitalizing energy, pure white light..... cleansing and healing...

Continue circulating the energy and **notice** how you are **twice as relaxed** as you were a moment ago. More **peaceful...comfortable...**

Feel the circulating energy. Allow the subconscious to do **all** the work for you now...

Nothing to do...

Just be...

I would like you to imagine a stairway now of 10 steps going down deeper into your subconscious mind. Imagine stepping down:

- 10- Starting to go on that inward journey now, relaxing letting go
- 9- There's lots of time
- 8- A deep, deep calmness inside and out
- 7- Deeper down
- 6- More peaceful
- 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 bath or a warm breeze
- 2- Twice as deep now
1. You step down to one and you feel **so relaxed**.

Do you feel like you are under so much pressure to grow up, figure it all out, get good grades, be cool, get into college and please your parents? Are you constantly being bombarded by peer pressure to do drugs..... not do drugs..... drink..... not drink and on and on?

Teen years are like a rite of passage for you into adulthood. You may be depressed if kids are picking on you and you can't fight back or if you are just trying to make sense of your world and grow up without interference from negative people...

It takes a lot of strength and self-esteem to get through trying times. And teen years usually bring with them many challenges...

Some kids are lucky they seem to have all the friends, sports ability and grades but not everyone is like that. Everyone is different and that's what makes such an interesting world.

Imagine for a moment that everyone was a good football player but had no skills in art, writing, politics or science, you get the idea, it would be a pretty boring world!

Apparently Steve Jobs who invented Apple Computers, the i-phone and i-pad, preferred doing things by himself. He swam competitively, but was not interested in team sports or other group activities. He showed an early interest in electronics and gadgetry. He spent a lot of time working in the garage workshop of a neighbor.

Look at what he became, he was a visionary and became one of the richest and most respected men in the world. What about Oprah Winfrey? She was born into poverty in rural Mississippi to a teenage single mother and later raised in an inner-city Milwaukee neighborhood. She became the most influential woman in the world and the world's first black billionaire.

Mark Zuckerberg created Facebook while a student at Harvard. In 2010 he was named the person of the year, and the world's youngest billionaire!

What are you good at? Ask yourself, what do I love to do? As you relax there, listen to what your inner voice tells you...



Not the critical voice that says you could never do that or you aren't good enough.....

We all have that **critical** voice.....throw it out the window for now.....

Just keep your mind on what you can do and what you like to do...

Let your subconscious mind help you...

All those critical voices from your parents, your teachers, or your friends get rid of them now too, this is time for you, **just you**



You do not have to accept what others say about you, they do not know the **real you**, only **you** know the real you, you do not have to accept others opinions about you. Take a deep breath in now, release it with a sigh
That's right...

You **can** be **whoever** you want to be...



Look at Beethoven, one of the most famous classical musicians of all time and he was deaf. To express his sadness and anger, Beethoven composed many songs with immense feelings even though he couldn't hear what he was writing or playing.

Don't let someone's **meanness** affect how you feel about yourself.....
Hold your head high and see that person as someone who has no compassion, no depth...

If Steve Jobs, Mark Zuckerberg or Oprah Winfrey listened to what their peers were saying they would have never achieved the incredible success they found in later life. These great people used bullying and teasing from others as fuel to power them to great success!

The next time someone says anything bad to you, just remind yourself that you are **more secure** than they are, in who you are.

The reason they are teasing you is to make **themselves** feel better. You don't **need** to do that, .You don't **need** to be liked by them. You **just** need to like yourself, these types of people will come and go throughout your life...

So you don't need to worry about what they think or what they say..... they are only **temporary** annoyances in your life!



The key to your success is **confidence**.....confidence that by the power of your own

subconscious mind you can and will accomplish all that you wish

What you tell yourself has **incredible power** over how your life goes. It also determines your moods, whether you feel happy and capable or depressed and hopeless

See if you can put a **positive spin** on things instead of focusing on the most negative and disappointing aspect of every situation..

Let yourself become **less** self-conscious, **less** worried about what others think and allow yourself to be **more** involved in your own life. Tell yourself that you are a person with many positive qualities and abilities..... Allow each day to be a step forward toward the realization of your goals and reaching your **highest potential...**

You may want to reach out and help others, and not be so concerned about yourself, you know there is **so** much you can do when you put your mind to it

Maybe you can feel a sense of pride and confidence growing inside you now...

Whatever difficulties you survived in the past, you now consider as signs of growth and healing, strength comes from adversity

Difficult things that may be going on in your life now will only make you that much stronger as you get older.

The **less** energy you give those kids who are causing you distress the **more energy** you will have to do positive things in your life. Begin to see things from a **new** perspective now and know that you can handle your life even if it is just **one step** at a time



You can offer the best you have to give with confidence and a new feeling of self-love and appreciation. Because you are feeling this way, life will be more fun and you will feel less tension in your life.

You can reach out to others that might also need a friend...

Choose friends that encourage you to be the best you can be and encourage you to accomplish your goals.

Realize, that **you** are in charge of your life and what a **powerful** and **good** feeling that is...

You **can** attract loving and caring friends that support you...

Starting now a feeling of happiness and peace of mind can be with you because you are making it **yourself!**

Your mind is calm and relaxed and receptive to these suggestions that I am giving to you.



Find good friends that have similar interests as you, don't try to fit in with a group you know are **mean** and un-accepting. See if you can learn what you are interested in from a teacher or a mentor that has the means to help you...

Find your **passion**...

Don't give up, even if you feel you can't take it one more day...

This is only a short chapter in the book of your life.....

You will have many more chapters to go and some of them may be wonderful beyond belief...



What if Albert Einstein had given up? He didn't talk fluently until he was nine, failed his college entrance exam and had a hard time remembering simple things such as his phone number or how to tie his shoes. But these things were unimportant compared to the incredible genius he became and the gifts he gave the world!

Take this time to think of all the positive things in your life

If you can't think of any, just imagine your life as it is, with everything going perfectly and how good it feels. Remind yourself that you have the power within to make everything go perfectly in your life, it is all within your power.



In a few moments I will count you back from 5 to 1, if you are listening to this meditation 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

Enjoy the day!