



The Matrix Mindfulness Practitioner

# Meditation Collection

*Dr. Paras*  
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts  
for Wellness Professionals**

Self-discipline

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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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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# Self-discipline

A good sense of self-discipline, gives you that extra push and that extra energy you need to **succeed in life**. With self-discipline **you easily persevere** which allows you to accomplish any task or reach any goal.

Mastering self-discipline can help you **succeed in all areas of life**.

It's easy to get distracted at certain times in your life. If you find it hard to **stick to your plan** or find it challenging to stay motivated you are certainly not alone.

We all have times in our lives when we could use an extra **dose of self-discipline**.

The truth is that discipline lies at the root of **all real success** in life. No one achieves **great things in life** without being self-disciplined.

Being self-disciplined is a **habit** you can acquire.

As you listen to this Mindfulness Meditation session you will feel **inspired to achieve those goals**. You will feel **more focused**. You will enjoy a **greater sense of satisfaction** and self-discipline.

Finding that **motivation within** is the secret. If you are ready to transform your life and overcome those negative behaviors, this session will help you **do just that**.

Self-discipline is one of the **most important** and useful skills you can possess.

This skill is essential in **every area of life**, and though most people acknowledge its importance, very few do something to **strengthen it**.

Self-discipline also gives you **self-control**, which is a sign of inner strength.

It means you take **control of yourself**, your actions, and your reactions.



So if you are ready, let's **begin** that process of change. Gently close your eyes and **relax** if you haven't done so already.

Now just begin to accept the idea of \_\_\_\_\_, so go ahead now and give yourself permission to do so.

Allow all of your cares to simply fade away. Take another deep breath in and **drink in the calm**.

Feel that your body has already **undergone a change**. Your body has already begun to loosen and subside.

Now let your breathing rhythm return to normal...and relax, **just relax**.

You are engaging in a process today that is shifting your consciousness to a consciousness where **everything is available** to you at any time.

Now imagine a place where you **can really relax** .....and unwind. You might be lying on a **beautiful beach** or simply enjoying a day out in a park in the sunshine

Use all of your senses to enjoy **everything around you**. Feel the **warm air** and breathe in all the beautiful fragrances.

Notice how **relaxed you feel**. Everything is **easy** in this place. Take another deep and cleansing breath and feel all of the sensations **moving down your body**.

Allow this feeling of **relaxation** to take over. Imagine what might be around you, some grass or even some beautiful **plants or flowers**.

Feel how **fresh everything is**. Feel the air against your skin and the **sun on your face**. Notice how relaxed you are.

Everything feels **safe and comfortable**. With every breath you take, you allow yourself to go deeper and deeper into this **calm relaxing feeling**.

As you continue to become more and more relaxed, you allow this **feeling of comfort** to take over your entire body.

And in this very relaxing environment, you come across a **hammock** lazily suspended between two trees. You decide to lay down **let everything go**...and you let go and it feels so nice.

You feel **supremely relaxed** and at peace in this incredible place.

And in this very relaxing place you notice the **sun going down**.

Picture in your mind a **beautiful orange sunset**.... just sitting on the horizon. It is as **beautiful** as any sunset you have ever seen. As the sun slowly begins to set you become **more and more relaxed**.

You notice all the **beautiful colors** in the sky. The evening is so wonderful. You continue to breathe deeply as the sun **slowly moves down**.

As you breathe in, breathe in that **wonderful peacefulness** and calmness and relaxation. And as you exhale, breathe out all the concerns you may have. Just let them leave your body **through your breath**.

I am going to begin to count backward beginning with 10 and with every number I want you to continue to breathe deeply and continue to **focus on the sunset**. When I reach the number 1, the **sun will have set**.

10 ... becoming **more relaxed** ... 9...8 ... deeper and **deeper**... 7 - 6 ... more and **more relaxed** ... 5, 4, 3 ... deeper still as you absorb the peacefulness and beauty of this **brehtaking sunset**.

Your eyelids are becoming very heavy as you go deeper and **deeper in relaxation** ...



2- 1 ... becoming more and more relaxed, breathing in total **relaxation and peacefulness** ... so very peaceful.

You are now at your **perfect level of relaxation**.



You are discovering a **new secret in life**. This is the secret to **your amazing success**.

What is this secret? The secret is having **self-discipline**.

Self-discipline is one of the **most important ingredients** to success. When you are disciplined and focused, it's easy to achieve **great things**.

Self-discipline can manifest in many ways from **perseverance**, to self-control, to giving you the ability to forge ahead despite setbacks.

The possession of this new skill enables you to persevere and to accomplish **your goals with ease**.

This strength gives you the power to **stick to your goals** no matter what.

You are ready to **embrace self-discipline**. You can do this. All you have to do is **train your brain** to be more disciplined and **more focused**, which is what you are doing right now.

Athletes **know this secret**. They know that **self-discipline** is the key to success. They **persevere**; they don't give up.

Self-discipline is the **key to their success** - and it is the key to yours.

You are discovering that you have a **very high level** of self-discipline today - just like a supreme athlete.

You're ready to **embrace this new talent**. You're ready to feel **inspired every day**. You are ready to be proactive in everything you do.

You are **more than ready**.

Now since you already know how well athletes use self-discipline, you can use that idea to help you **expand yours**.

Imagine yourself as a **marathon runner** running along a mountain path. Feel the air on your skin. Feel the **exhilaration**.

You are running up this **beautiful mountain path** and it feels fantastic.

You might even be **training for a marathon**. You have **prepared well**. You have a **goal in mind** and every day you do something to work toward that goal.

It feels so good to run - **the freedom is amazing**. When you run your **adrenaline kicks in** making you feel even better.

Feel the breeze in your hair and the **sun on your face**. You have such a **high level of energy** - it feels invigorating.

This rush of adrenaline is empowering, it gives you amazing **clarity and focus**.

You are unstoppable - **incredible**. And as you run, you push obstacles **out of your way** - nothing can stop you.

No matter what obstacle appears, you easily **push it aside**. You may even find yourself jumping over larger obstacles. And it's an **effortless process**.

You feel like you are flying instead of running and it's **exhilarating**. You have an amazing sense of **self-discipline** and it feels great.

The more you run, **the better you feel**.

Now imagine that you are running toward an important goal - something you have wanted to do **for a long time**.

What is it you **want to achieve**? Think about that now.



Focus on something that you would like to develop a **high level** of self-discipline for.



What is it you are working towards? An **important goal**? A new job? A **new project**?

A higher level of **happiness and satisfaction**? Focus on this **NOW**. This could even be something personal like a **healthier relationship**



Notice as you run how **good you feel**, and how powerful you are. You always have a **high level of self-discipline**. You always achieve your goals.

See yourself running toward that **important goal** with amazing **energy, clarity** and **focus**.

You have the **drive and determination** to push through obstacles and make it happen. **You** can do this. You are **focused** on your goals - because they are important.

As you run, you **push past distractions**. They do not define you.

You **resist temptations** - you see it through. You tune out distractions, just like you are doing now on this run.

Nothing stands in your way, because you **are unstoppable**.

Every day this **focus and determination** grows and grows. You **get things done**. You are **focused** and disciplined.

You wake up early ready to **face the day**. You are motivated and **inspired**.

You are **strong and powerful** and it feels great,

You are clear-minded **toward your goals**. As you run you can feel that **rush of adrenaline**.

This rush **pulls you forward** and keeps you focused.

Now notice that you are coming to the top of the mountain or the end of the path.....you are approaching the **finish line**.

You see your goal clearly up ahead. It's an **exciting day**.

You see friends and family here to **congratulate you**. You smile as you run past the finish line. You have done it! **Congratulations!**

Everyone is very proud of you because you have a high level of **self-discipline**...and it shows.

As you cross the finish line you can literally feel the happiness as it **moves through you**. You feel **exhilarated**. You feel **happy**.

Just take a moment to enjoy these **new feelings** - these feelings of **success, motivation, self-discipline**...it feels so good.

You have arrived - you **have done it!** Take a moment to see yourself **immersed** in your dream or goal. You have arrived. Soak in this **high level of achievement**.



You are incredibly **disciplined** - that is your secret. You have the ability to push through, **to persevere**. You never give up - no matter what. You have incredible focus, you are **clear-headed and unshakable**.

Keep focusing on what feels like to have **achieved this important goal**.



Feel that now - deep down in your body. You have worked so hard, but **loved every minute**. You are **a success** - in every sense of the word.



And now let's repeat some words that describe this new level of self-discipline:

I am **successful**.

I am **motivated**.

I am **self-disciplined**.

I am **goal oriented**.

I am **dedicated** to achieving my goals.

I am **focused**.

I am **in control**.

I have incredible **willpower**.

I **persevere**.

Self-discipline comes **naturally for me**.

Very nice.

This new level of **self-discipline** brings an amazing sense of control into your life.

You have a **new motivation** for life. You are **committed to excellence**.

You have the **courage and discipline** to achieve any goal.

This high level of self-discipline has completely transformed your life - **in a great way**.

You are **thriving**. You feel good every day. You accomplish your goals by staying **clear-minded and focused**.



You have mastered your thoughts. You are as strong as steel. You are a winner. Every day you **become stronger** and more disciplined.

You are a product of your thoughts, feelings and emotions. Your thoughts become your words. Your words become **your actions**. Your actions make you who you are and you are an **incredible person** and now you know it.

Every time you listen to this session, these suggestions become a part of your actions, your behavior and your personality. They become a part of who you are.

You are powerful. You **are strong**. Getting motivated comes **easily for you** and it's a great feeling.

Congratulations.

Now as I count from 1 - 5 you will awaken.

Number 1. Coming back slowly.

Number 2. A little more now.

Number 3. Coming back to the present time and the present place.

Number 4. Excited about all of these incredible changes.

Number 5. Eyes open, wide awake. Eyes open, wide awake.

Welcome to a new you!