



The Matrix Mindfulness Practitioner

# Meditation Collection

*Dr. Paras*  
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts  
for Wellness Professionals**

Think Positive

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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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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# Think Positive

We all know that **thinking positively** is a good thing. We also know that being negative can be **counter-productive**. **Thinking positively** is a skill that can be developed.

Since thinking is a skill, it is something we need to practice on a **regular basis**. While we may not be able to let go of all of those negative thoughts immediately, we can program our minds to think **more positively** on a regular basis.

Using **Mindfulness Meditation**, you can **train your brain to think in a more positive way**. You can learn how to respond **calmly** instead of over-reacting. You can acknowledge your strengths and build upon them.

The more you engage in this process, the more **good things** will come your way.

Every time you listen to this session, you will naturally feel **more positive** about your life, so let's get started.

Learning how to **think positively** is a life skill that can be developed and learned. It's an **attitude** you possess.

When you think in a **positive manner** you begin to anticipate happiness, joy and success. You begin to **truly believe** you can overcome any obstacle.

It really is a **way of life**. Like energy attracts **like energy**. That is a **scientific fact**. When you **think positively**, you attract others who also think in the same way.

This **positive momentum** builds upon itself, creating even more positive energy.

It can be as simple as a **shift in thinking**. It's about **expecting the best** and expecting more out of life. It is **possible** to **feel better**. You can **easily acquire** these skills.

Your thoughts are **so powerful**. Your thoughts create and **shape your life** whether you realize it or not. Today is a day of **change**. Today you are thinking **differently**.

And you are **more than ready**.



So, before we begin, please make yourself **comfortable**.

Close your eyes and rest your hands **gently** in your lap.

You may rest assured that during this Mindfulness Meditation session, you will only accept **truly helpful suggestions**. Any suggestions that you accept will be **received comfortably** and be put into action in the ideal time frame.

Today you are taking on a new **positive mindset**....and it feels great. **Thinking more**

**positively** can help you improve just about every area of life - as a matter of fact, it's a way of life. When you take steps to think in a more **positive manner**....everything starts to shift and move in a more positive direction.

Thinking in a positive manner is something you already do....but as of this moment....you are committing to and embracing this **new way of thinking** even more. **It's so easy to think positively.**

Notice how **good it feels** to let go and think differently.

As you continue relaxing, let your **mind drift**. You have nowhere to go or nothing to do.

Each of us creates our **own reality** every moment of every day with our thoughts. If you have a desire to alter your reality, you simply need to **change the way** you think and feel.

Now, take in a long, slow, deep breath, exhaling out any **tension or stress**.

As you breathe **deeply and fully** feel your belly expand.....and exhale out any remaining stress.

Release the breath and push it out from your body.....and notice how good you already feel..... the breath is a **powerful healing force**.....cleansing and healing you of all stress and anxiety.

Allow all of your stress to **fade away**.

Take another deep breath in and imagine the breath is like **small soft fluffy white clouds**. Each inhalation and exhalation is **cooling and invigorating**.

As you breathe deeply, you may even begin to **feel differently**. Your body has already undergone some **powerful changes**. The tension in your body has begun to **loosen and subside**.

Your entire existence is like **a movie** that you once created. You create your future with **every single thought** and expectation.

You do this with the power of your mind. You are training your incredible mind to **think more positively today**.

And now imagine you are **sitting outside** somewhere, perhaps a beautiful place in nature.

You could be sitting on a mountaintop, sitting in front of a waterfall or outdoor garden or in a **meadow full of flowers**. Take yourself somewhere **peaceful and calm**.



Notice your **environment** and what is around you. Listen for any sounds. **Feel the breeze** if you are outdoors. Feel the **sun on your skin** or the spray of water. Touch something and notice its texture.

Use **all of your senses** now, tasting things, feeling things, hearing things only you can hear.

Now imagine if you are counting backward through time. As I begin counting, see the numbers **appear and disappear** on a screen in your mind.

10.....9.....8.....7.....6.....5.....4.....3.....2.....and 1.

Now..... just relax.....and let go.

Know that with each breath you take, you are becoming a **much more positive person.**



Now as you **breathe deeply** once again, imagine only **positive energy** coming into your body. Picture how that positive energy **may feel?** Does it feel **warm or cool?** What **color** is this positive energy? There are no right or wrong answers here.

Keep breathing in this very **positive energy and let it fill you up.**



Today is all about **lightening up** and feeling relaxed and at ease. It's all about **thinking more positively**.....and turning every situation into something positive and helpful.

When you think in a **more positive manner**, everything seems to flow a little bit better.

Thinking in a positive manner doesn't mean you are unrealistic. It simply means you strive to find something **positive** in each situation.

It's about **letting go of control** and trusting that the Universe has your back. It is emotionally freeing.

Today you are **letting go of control**, and taking your eyes off the wheel. You like the thought of being a **positive, happy person.**

Imagine how quickly things will **shift in your life** when you start putting a positive spin on things. Life isn't always going to be perfect. There will be days when you get frustrated.

You may not be able to **change** each and every circumstance, but you can **change how you react.** You can look at negative occurrences as a **once in a while** thing.

You can **trust** that the Universe has something even better coming in. You can wake up with a **smile on your face and joy in your heart.**

When you strive to be a **more positive person** everything starts to feel better.

If you find yourself dwelling on negative thoughts, you can **redirect** those thoughts. You can say **"cancel, cancel"** and think of something more positive.

When you begin to replace every not so positive thought with one that is **positive**, you will feel empowered with this new ability.

This positive energy will **start flowing from within**.

You will start feeling **happier, more peaceful and content** and more empowered and much, much more.

Now breathe in this happy, **positive energy** once again. Notice how it makes you feel? This energy may even feel like **warm sunshine**. Keep breathing in this **positive warm loving energy**. Immerse yourself in this **warm loving energy**.



As of this moment, you see yourself as a **positive radiant** person and it feels good.



Now imagine you are standing in front of a **beautiful mirror**. Bring a big **smile** to your face. Give yourself a **mental hug**.

You have already come a **long way** on this journey.

### **Congratulate yourself.**

As you gaze into this mirror, begin to notice all the **positive** aspects about yourself. Things you hadn't noticed before. Try and see all your good qualities.

**You are more than worth this effort.** You are becoming the very best **YOU**, you can be.

Your positivity **grows** with everyone you meet. You help others think more positively. **You are spreading sunshine.**

Keep staring at your reflection and noticing all of your **good qualities**.

You are **kind and compassionate**.

You **care** about others.

You have a **wonderful disposition**.

You **smile more now**.

People **love being around you**.

You **radiate positive feelings**, and people love this.

Focus on any other **positive qualities** you can identify as you gaze at your reflection a moment more.



You are a **wonderful**, amazing human being.

You are becoming more **confident and positive**. You are **reaching your goals**, striving higher.

You are uncovering your true nature - your positive self. You are **absolutely amazing**. People now say you have a **dynamic presence**.

Your mind is **peaceful and calm**. Your breathing is easy and gentle.

And starting now - you can begin a **new life**, a more positive one. You wake up with a **smile**. You feel good every day. You strive to think positively and this has **changed everything**.

These positive feelings help you to look at the world in a different light - **a new light**.

Congratulations and **well done**.

It feels good to lighten up and think positively doesn't it?

Now let's try some future pacing. Take yourself out a few months down the road.

Notice what you see, sense or feel. Notice how things have changed? It's amazing how making **one small positive** change can completely change your viewpoint.

Each new day brings **new possibilities**. You find yourself laughing more now. You are **full of life**. You know things always go your way. This **optimistic viewpoint** has shifted things in a more positive direction.

Now see yourself at a point in the future...several months down the road.

You have been **thinking positively** for months....and all this good energy has made a huge impact on your life. You are like an entirely different person.

When you meet people you **smile**. Your positive attitude attracts **good luck**. You **attract others** who think positively as well.

Your life is **shifting and moving** in a positive direction now.

Your spirit feels **lighter**. All of this is possible because of a **simple shift in thinking**. This new attitude makes you feel **wonderful**.

Today you have made a commitment to a **brand new way of thinking**.

You are now open to **different solutions**, and this has opened up an entirely new realm of possibilities for you. This new positive attitude has **transformed your life** and you can feel this from deep within.

Feel this **positive energy** flowing. Drink it all in. Look at this **new you** in the mirror and notice how you shine.

You feel **happier and healthier**. **You radiate** - you wake up with hope. **Everything** has shifted because of this.

You feel **happier and healthier. You radiate** - you wake up with hope. **Everything** has shifted because of this.

Keep tuning into this **positive energy**. Lightly touch your index finger and thumb together, and anchor this good feeling into your energy.



Allow this new way of thinking to sink into your body as you silently repeat to yourself:

**Life is easier** when I think positive thoughts.

I am a **naturally positive person**.

I **love** who I am now.

It's easy to **think positive**.

Today, I feel **brighter and lighter**.

I have an **amazing life**.

Thinking positively has **completely transformed** me.

I am **a positive person**, and it shows.

Everything in my life has improved, because of this **shift in thinking**.



Know that every time you listen to this session that this new **positive attitude** will become a part of your actions, your behavior and your personality.

Today you will **live, laugh and love**, and that's enough. Today, you have taken on a **new attitude**, a carefree and lighter attitude. You are **enjoying life more** with this new relaxed attitude and it feels good.

Take a moment to feel how nice it is to be so relaxed and **easy, going and positive**.

**Just feel it.....**

**Very nice.....**

You may choose to consciously remember these suggestions or allow them to sink back into your mind..... the subconscious mind remembers everything.....

Now as I count from 1 -5....you will awaken....with a new sense of hope.

1. Feeling great.
2. Coming back up.
3. Almost there.
4. That's right....coming back around.
5. Eyes open.....feeling incredible.

Welcome back! Congratulations!