



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Stop Blame Game

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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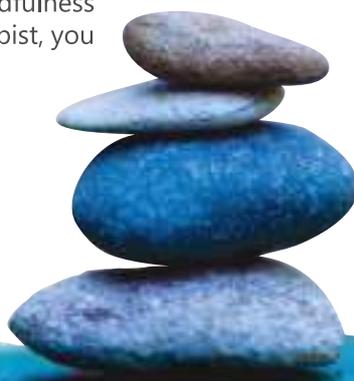
If you are a practising hypnotherapist, Mindfulness Coach, NLP Practitioner, or a psychotherapist, you may use the meditation scripts for -

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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Stop Blame Game

Many of us play the **blame game**. The blame game can work in **two ways**. You may play the blame game if you **constantly blame others** for your misfortunes in life, or you may continually take the blame for yourself for things that aren't your fault.

No matter which category you fall into, it's a **destructive pattern**.

Continually blaming **other people** or taking on the blame for things you didn't do, is **counterproductive in life**. This tendency only encourages more **irrational thinking**.

If you feel as if you tend to **blame others** when things go wrong, or you are constantly taking the blame, you are certainly not alone.

You can change. You can **learn** from your mistakes and think differently.

You can **seek a balance** and learn to take responsibility for your own actions and choices.

Some of these tendencies may even stem from your **childhood**.

Much like the **chicken and the egg**, sometimes things happen beyond our control. Sometimes **no one** is to blame.

In this Mindfulness Meditation session you will learn how to be **100% accountable** for your thoughts and actions; this is a powerful mode of thinking.

It's all about **taking back that control** in life and owning everything, even the mistakes and poor choices.

The blame game is **totally irrational**; it always stigmatizes someone. It's all about **pointing the finger** away from yourself.

In the end, **no one wins** the blame game no matter how it's played.

Today you **own everything** and that is a powerful way to live your life.



Begin by sitting **quietly and mindfully**.....and focus on your breathing. Take a couple deep breaths.

Gently **close your eyes**.

Focus on the feel of your **breath** moving in and out of your body. If intrusive thoughts come into your awareness, acknowledge them and then **let them go**.

Feel the breath **flowing in and out**. Notice any subtle feelings like your skin tingling or a **feeling of peace**.

Feel yourself sinking deeper and deeper where you are, letting go of all **distractions and thoughts**.

Try and become aware of the **physical sensation** of the breath, as you breathe in through the nose and out through the mouth.

And now begin to become more **mindful of your body**.

Notice the sensation of the **air on your skin** at each part of the body. Notice how relaxed your body **already feels** in this moment in time.

Starting at the feet, **concentrate and observe** the feet, holding your focus for just a moment on each foot to see what you observe.

Slowly move up the body to the legs, the thighs, and past the stomach; take a moment to **thank your body** for supporting you so well over the years.

Continue moving up the body and as you reach your head, stop for a moment to **contemplate**. Keep expressing **gratitude** and thanking your body for supporting you so beautifully.

Next, move your awareness back **down the body**, focusing for a moment on each body part once again noticing what you observe.

Once you have completed this process, keep focusing on **your breath** as you breathe deeply and fully. Notice any **sensations or thoughts** as they drift or float by.

Just imagine that every muscle in your body is simply **letting go**.

Be in the present moment and enjoy these pleasurable feelings; don't think about the past or the future; just be here in this **moment in time**.

You may notice the **beating of your heart** or the sound of your breathing. **Trust** that you are in the right place at the right time and trust that everything is happening just as you would like it.

Now imagine that you are lying on a **warm, soft blanket** in the middle of a beautiful meadow.

It is a nice warm day and you have **nowhere to go**; the warm breeze feels nice on your skin.

Notice any **sensations you experience**. Allow your mind **to drift**.

You may hear leaves **rustling in the wind** or birds in the trees. You may even hear water **slowly gurgling** over rocks and stones in a nearby creek. Allow the **sunlight** to gently move through your body.

Imagine what is around you; imagine **each blade of grass** and each beautiful flower.

See the **majestic trees** and imagine what the bark feels like. This is your time to rejuvenate and restore. This is your **private paradise**.

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Tune into the **sounds of the environment** all around you.....notice exactly what you sense or feel.

Be present in this **exact moment**.



Allow yourself to **drift** a little deeper now, the deeper you go the more enjoyable this experience is. Just absorb all of these **amazing feelings**. Imagine all of this **peacefulness** becoming a part of who you are.

And now as I count back from **10-1**, you will be able to deepen your level of relaxation.....**10**.....it feels good to relax.....and **9**...going deeper and deeper down.....**8**....**7**.....drifting down a little deeper now.....and it feels so nice.....**6**....**5**....**4**.....opening the door to your deeper awareness....and **3**...**2**...and on that next number....you will become 10 times more deeply relaxed....that's right, ten times more deeply relaxed....

and 1.....you are now deeply relaxed....and ready to begin the work we have today. Your whole body is now **totally and completely relaxed**, from the top of your head to the tips of your toes.



As you go **deeper and deeper** your subconscious mind becomes more open and receptive. The more you relax the more you **transform and change** old beliefs and old patterns.

You have reached a **momentous decision** today. You have decided to **stop playing** the blame game.

You know that **everything is energy**, and energy goes where attention flows. You realize now that if your energy is tied up in playing the **blame game**, then that is energy that is not available for you to take positive actions in life.

Something within you has **shifted**. You suddenly feel like you could **accomplish anything** you set your mind to.

You realize that **you**, and only you are in control of your life. You decide what to do and how to make it happen, and you are ready to **own everything**.

This is an entirely **new way** of thinking. It's **empowering**.

Now as you relax, take a moment to think about some situations in life where you may have previously blamed others or taken on the **blame yourself**.



As you reflect back on these scenarios, you might begin to realize that **no one wins** when you play the blame game.

Now I'd like you to spend some time using your **imagination**. Your subconscious mind thinks in terms of **feelings and emotions**.

Imagine yourself sitting in a **movie theatre** watching a movie. This is a movie about **your life**. You are an **actor** on the screen.

Now as you watch this movie, you begin to see a **negative pattern** emerge. You see yourself **constantly blaming** other people for your failures in life. You can now see how **unhealthy** this is.

You begin to imagine yourself **thinking and reacting** differently and imagining a different outcome.

You begin to see yourself in a **new light**. You begin to visualize yourself taking **100% responsibility** for everything.

It is very **empowering** acting in this manner. When you **take on responsibility** you are respected much more. People appreciate this **new way of thinking**.

You see yourself as a **successful person**, who handles themselves well in all situations. You take **full responsibility** for whatever happens, good or bad.

You really love this **new successful you**. You **own it**. You **laugh at your failures** and admit you are far from perfect and that's OK.

You are a **responsible, successful person**. You no longer feel frustrated when things don't go **your way**. You see every scenario as a **win-win scenario**.

You are **NOT** your circumstances. It's all on **YOU**. You know you must constantly work to **improve yourself** and your situation, no matter what.

You know where you are going and you have **a plan** on how to get there. You are **committed** to your own success.

You no longer care whose fault it is because it's **irrelevant**. You have **risen above** it all.

You know when you are **committed to your own success** that you will find more success than failure.

Everything is a **teachable moment**. You are the **architect** of your own amazing life from this moment on.

You have realized that playing the **blame game** was only holding you back; that part of your personality is in the past. It has served its purpose and you are ready to **move forward in life**.

You can now handle any situation **with ease**.

You take another look up on the screen and you see a much different person, an **empowered successful person**. You see yourself accomplishing **BIG things**.

You know that you accomplished those goals because you were committed to your **own success**. None of this would have been possible if you were still playing the **blame game**.

As of this moment - you have **overcome all tendencies** for blaming others.

You now **pride yourself** in this new ability to own everything.

You are taking on a **new** personality trait today - one that helps you improve your life and **get things done**.

No more **blaming anyone** is your new motto. You feel **motivated and inspired** every day to make these amazing changes.

Today is the day!

No more blame game!

You can do this!

Self-doubt is now a **thing of the past**.

You take on life with **great confidence** now, and you have a strong sense of follow-through. **You own** the process. You even own your **failures**.

You know that failing means you **gave it a try** and you can try again. It's **empowering** living life in this manner.

You are now **a doer** rather than a blamer. You know that you will always **do your best**, and your best will become better and better.

From this moment forward, you now realize your **full potential** and you are motivated and inspired in support of all of your goals.



You are a **doer**.

You **are empowered**.

You **get things done**.

You own **everything**.

You are **unstoppable**.

You are **100% committed**.

You pride yourself for this new ability to **take ownership**.

Everything suddenly **makes sense** to you. You realize now that if your energy is tied up in blame, then that is energy that is **not available** for you to take action and make it happen.

You are ready to **take on life**, and get what you want and you suddenly have the energy and enthusiasm to make it happen.

You now have a plan to follow, a **plan for success**, and this plan will help you stick to your goals and stay focused, no matter what. You see yourself now clearly mapping out your goals and **taking action** in support of those goals.

Now, **picture yourself** a year from now. You have **completely rid yourself** of the blame game. Imagine what **sense of accomplishment** you feel.

You are **proud of yourself**; you have replaced the old behaviors with new more constructive ones.

You are **happier** and so are the people around you. You have accomplished a **major positive change** in your life.

You own it, and people love you for this.

And now at this point you are ready to return to your conscious self.

And you will bring with you the tools and lessons you have learned here today.

These powerful **Mindfulness Meditation suggestions** have already been accepted by your subconscious mind, and they will continue to grow stronger and stronger, each and every day. As you continue to listen to this program, they will become the **permanent reality** you experience going forward.

In a moment, I am going to count from 1 – 5, and at the count of 5, you will be wide-awake, **feeling refreshed** and alert and ready to implement these changes into your life.

Number 1- Coming back slowly.

Number 2- Feeling amazing.

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

Number 4. Mind and body returning.

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

Welcome back!