



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Self-motivation Booster

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-motivation Booster

Motivation is like **magic dust** in a sense. It's the key ingredient that you need to **achieve success**. When you are motivated you easily **go with the flow**.

Getting into the flow is that special mental state where you're laser-focused and **super productive**.

You **get more done** when you feel motivated. Time flies. It's a **great feeling**.

Developing that **high level of motivation** can help you tap into unlimited success all around you.

Motivation is that **magic dust**. It **gets you going** and keeps you focused.

When you're highly motivated to get something done, it suddenly becomes **much easier** to accomplish things.

Everything you do on a daily basis could benefit from a **motivational boost**.

And as you begin this session, it's important to think about what it is that **motivates you**.

What are your **dreams and aspirations in life**? What is it that you are working for? How do you **define success**?

If you are having trouble getting motivated, perhaps you need to re-focus on what's really **important for you**.

In order for something to happen in your life, you must take action and get yourself moving. You must **be motivated** to achieve your goals.

In this Mindfulness Meditation session you will **find that motivation** you need to achieve those goals. You will make those **long-lasting changes**.

You will wake up **feeling good** and feeling motivated.

It's simply a matter of training your mind and brain to get motivated and **stay motivated**.

So if you're ready, let's begin.



Just sit back **and relax**. If you haven't closed your eyes go ahead and do that.

Take whatever time you need to really **get comfortable**. Now take a deep and cleansing breath and hold it in for just a moment.....**now let it go**.

Notice how good it feels to just **let go and be free**. Allow yourself to get as **comfortable as you possibly can** and notice how good it feels.

Allow yourself **to soften** and let all the muscles of your body become loose and limp.

Let your breathing settle into an easy, natural and **rhythmical pattern**.

You have nothing to do and nowhere to go, so just relax and allow yourself **to be at peace**.

Today you will be participating in a simple exercise to help you achieve **instant motivation**.

In the next few moments you will notice that my voice begins to **relax you**, as your eyes become very heavy and very full.

Your eyes are now getting so heavy, that you are drifting in and out of **conscious awareness**.

Every sound that you hear only causes you to go deeper and deeper into this **soothing relaxation**.

Imagine your eyes **melting together** and feeling like lead weights are resting upon them.

You try and open your eyes, and find that you **simply can't**, nor want to. As your eyes now rest you feel this heavy, **tired relaxation** begin to spread into your body through your arms and your legs, your face and into your mind.

The mind **relaxes so well** and now your entire body can relax as I speak.

You have nothing to do and nowhere to go, as your conscious mind begins to **drift away** into this warm and relaxing place.

And now I wonder if you can **imagine yourself** floating up into the sky? You might be floating **on a cloud**.

And as you float, a beautiful white light **surrounds you**; this is the white light of protection.

Let yourself relax a little more deeply now as you begin to **let go** and drift and float, up into the sky.

The higher you drift, the deeper you go into this peaceful and **lovely relaxation**. As you float, everything you have ever known is getting smaller and smaller, as you go **deeper and deeper**.

You're now floating up into the sky, and **into the cosmos. You are safe and protected here**.

Everything feels **quiet and peaceful**. There is no rush and you are in no hurry, so just **let yourself go**.

You float up a little higher, and you finally land on a **beautiful little star**.

And now you are floating on this star, just **drifting and dreaming**.

Allow your body to relax and soften as you sink deeper and deeper into this **lovely relaxing feeling**. You have no cares or concerns, as you rest on this **perfect little star**.

And as you rest, I will count **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**.



Now as you relax, let's begin by focusing on an area of your life that you would like to **concentrate on today**. Think of something you want to develop **some instant motivation for**.

Go ahead and think about now. What area of life do you feel needs a **little more motivation** and focus?



Once you go through this process, your motivation **will fly**. You will feel more **self-confident** and better able to accomplish your goals.

You will have **no doubt in yourself**.

You will feel **motivated to be successful** at whatever you are doing.

Any task that you do you will finish in a **positive manner**. This is your **new normal**.

Imagine how it feels to be **happy and motivated** to try new things?

To feel excited as you approach a new task, knowing you **will do your best?**
And your best seems to always get **better and better**.

With this new sense of motivation, you are developing a sort of **childlike enthusiasm** - this is an exciting way to think.

You are curious and excited as you **complete each new task**.

This wonderful feeling of motivation keeps growing stronger and stronger **each and every day**.

Now keep focusing on an area of life where you want to develop more **self-motivation** - this could be any area of life or any task.



You are going to be picturing yourself engaged in this task as if you had already **achieved your goal**. It's really very simple.

This is a very powerful exercise that can help you develop **instant motivation**.

As you focus on this task or goal take a moment to think about all of those things that **inspire and motivate** you as it relates to this goal.

What is it that **gets you motivated**? Keep tuning into those things and that feeling of being **highly motivated**.



You are going to be immersing yourself with all of your senses as you **concentrate on this goal**.

One of the best ways to motivate yourself is to **immerse yourself** in your dream or goal as you are experiencing it to its fullest extent.

Focus in on your goal now and see it and feel it with all of **your senses**.
Take yourself **into this dream**.

As I count from 1 to 3, you will be **immersed in this dream**.

- 1....
- 2.....
- 3.....

Be there **NOW**.

How does this **feel**?

Take yourself **into your dream**.

Very nice!

Now I'm sure you know if you want to achieve a goal, the best way to achieve it is to picture yourself **having already achieved it**.

Think about how you would feel if you had already **achieved your goal**? It's really quite simple to do.

Take yourself to that **end result**. That **single point of focus**. This is what you have been working **so hard to achieve**.



If you want better health, picture yourself in a **healthy, fit body** enjoying an activity.
If you want to finish a project, **see it already completed**.

If you want to achieve success, see yourself at the **pinnacle of your success**.



Keep picturing yourself having already acquired your **dream or goal**. **Touch it and feel it** in every little detail. Now notice how you feel in **this moment**?

Do you feel inspired? Do you feel **happy**? Do you feel **elated and excited**? Be there now with all your senses and feelings. Get as **close to your dream** as your mind will allow you.

Have some fun with this. See yourself jumping with joy and celebrating this **great achievement**. You might even see other people in this vision **celebrating with you**.



Great job! Doesn't it feel good to focus on the positive **and on that end result?**

Now, we are going to be using an anchoring technique. An anchor is something that you can use to **remind yourself of your goal**.

For example, when you see a sports logo like Nike, you think of positive images related to sports figures so in a sense the logo **works as an anchor**.

If you see a picture of someone celebrating success, you can use that as a **visual cue**.

Go ahead and think of some **positive images** that remind you of your dream or goal now.

You may use any of your senses including sight, sound or touch.

If you have a song that you like that **motivates you**, think of that song.

Maybe you see a symbol associated with your goal, if so **think of that symbol now**.

See yourself in your new frame of mind engaged in your new activity and use your anchor to help you associate this goal or activity with this new **positive state of mind**.



Keep seeing yourself engaged in this goal or activity. You have done it! You have **achieved success**.

Keep immersing yourself in this goal as if you had already **achieved it**.

Now as you think of your visual cue, or your sound cue press your thumb and forefinger together as you visualize **yourself immersed in this goal**.

This act will serve as an anchor you can use to achieve **instant motivation**.



Drink in this feeling of **happiness and success**. Notice how **good you feel**. You've done it!

Now let's try another visualization technique. Think of a **really happy memory**. This could be a childhood memory or a more recent memory.



This can be any time out of your life. Remember this amazing time now, how safe and how comforted and how **loved you felt**. Take a moment and **be there now**.



Just immerse yourself in those feelings of **happiness and joy**.

Notice how **good you feel**. You can channel these feelings of happiness and joy and use them as a **motivating factor** anytime you need.

Now combine all of these cues together and feel this sense **of happiness and joy exploding**.

See yourself in your **new state of mind** having achieved your goal and feel those feelings of joy.

Now once again press your thumb and forefinger together and **anchor these feelings**.

Now think of another time in your life in which you achieved **success or completed an important goal**.

I'm sure you can recall many times in your life so just take a moment to think of one or two.



Fantastic!

You can clearly see that you have an ability to achieve whatever **goal you desire**; it's just a matter of dedication and commitment.

And anytime you feel you need a **little extra motivation**, you can use these techniques and feel that instant motivation.



Now repeat these motivational words:

I am **successful**.

I am **motivated**.

I am **driven**.

I expect **success**.

I **believe** in myself.

I can do **anything**.

I wake up motivated **and inspired**.

I love **challenges**.

I **forge** ahead.

I easily **achieve my goals**.

I love my life.

I am fulfilled in everything I do.

Fantastic!

This new level of motivation **changes everything.**

You have a new **motivation for life. And, it shows.**

You are **thriving.**



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 motivated. You are **determined.**

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.

Now go out and **achieve those goals!** You can do it.