



The Matrix Mindfulness Practitioner

# Meditation Collection

*Dr. Paras*  
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts  
for Wellness Professionals**

Stop Comparison

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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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

# Stop Comparison

Do you **constantly compare yourself** to others? Do you feel like you **can't keep up** with other people's idea of success?

This tendency is **more common** than you might think. Comparing yourself to others is a **natural human trait**, believe it or not.

Every time you turn on the television or go see a movie, you see some **ideal image** of who you think you should be.

The truth is that the idea of perfection is very damaging to your sense of **self-belief**.

In order to stop comparing yourself to others, you have to begin with how you **feel about yourself**.

You are **unique**. There is no one else in the world with your **talents and abilities**.

When you compare yourself with others you are undermining **your own value**.

We all do this **on occasion**. We tend to focus on what we don't have or what **we still need**. We are never quite satisfied with **exactly who we are**.

It's time to **stop copying** others. It's time to practice **self-acceptance**.

In this session, you will feel much more relaxed with who **you are as a person**.

You will become less **self-conscious**. You will feel a greater level **of self-esteem**.

You will begin to shift your focus from one of comparison to one of **self-acceptance**.

You will rediscover your **true value** as a person. You'll start really **believing in yourself**.

It's time to **stop comparing** yourself to others. It's time to **reclaim your birthright** and believe in yourself again.



Gently close your eyes and **relax** if you haven't done so already.

Start to **focus** on your breath. Breathe **slowly and deeply**. As you breathe in, feel the **breath flowing in** and out - calming and relaxing you.

Breathe in through your nose and **slowly exhale** through your mouth.

Notice how the breath **calms and relaxes** you.

And because you have chosen to rest comfortably here listening to the sound of my voice, you have decided that you would like to **stop comparing yourself to others**.

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

I want you to now imagine that we are about to go on an amazing journey, into **the subconscious mind**.

Allow your breathing to 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**.

Now you may breathe at your own **natural, comfortable** pace . . . . Notice now how easy it is **to relax**, just by focusing on your breathing.

During this session, you may allow each breath you take and each sound you hear, to lead you into an even deeper **level of relaxation**.

And with that, imagine yourself standing under a **shower of light**.

You might be in the middle of a **beautiful thick forest**, on a tropical island or even in a magical temple in your mind...wherever you like.

See yourself standing there.....surrounded by a curtain of **plants and flowers**.....shielding you from the environment.

Know you are **safe and protected** and you can let go here.

Now let your entire body **rapidly relax** from your head to your toes.

And as you continue to breathe and to relax, you may imagine that this shower of **deep, deep relaxation** is flowing from the very top of your head and moving rapidly down your entire body.



Notice how quickly each part of your **body relaxes** from the delightful shower from above.



Notice how **relaxed** your head, face, jaw, and neck are becoming. This delightful shower of light is soothing and **calming**.

Allow this **shower of relaxation** to ease your shoulders, and collarbones.

Let this feeling of deep relaxation flow through your shoulders, arms, hands, fingers, and even **your fingertips**.

Now move this **relaxing feeling** down your body all the way down to your toes.

Continue breathing in the **peace and the stillness**...exhaling any tension or worry.

Release all your cares and allow yourself to sink into an even **deeper state of relaxation** as your thoughts begin to subside.

You are relaxed, **most completely relaxed**.



As you continue to relax, you can let your **imagination drift**. Soon you will be able to feel everything I suggest to you just as if it were **really happening**.

As I count from 5 -1, you will feel yourself sinking deeper and deeper down as you become more and **more relaxed**.

Number 5....you feel so relaxed and so at peace....just allow yourself to drift in and out of **conscious awareness**.

Number 4.....take another deep breath as you continue to **let go** of all the tension and stress. Notice **how relaxed** you already feel.

Number 3....you continue drifting deeper and deeper down in this ancient place and it **feels so good**.

Number 2....you're almost there....that's right .....just continue sinking down, **deeper and deeper down**.

Number 1....you feel so tired and so heavy....just enjoy this **amazing relaxing feeling**. It feels so good to just be quiet and **peaceful and serene**.

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

Your whole body is now **totally and completely relaxed**, from the top of your head to the tips of your toes.



It's time to **stop comparing yourself** to others. You are ready, **more than ready**.

Your quirks and faults make you **unique and interesting**.

We all have **amazing gifts** to offer the world. You have decided that **today is the day**.

It's time to stop comparing and **start celebrating**. You should be proud of what **nature blessed you with** and you should wear it proudly like a badge of honor.

Today you are stepping into a **new level of truth** and authenticity. You are **dropping the comparisons**. It's time.

When you are proud of who you are, you realize there is no one else on earth **quite like you**. You are made to be **one of a kind**.

The greatest freedom we have is the ability to be **exactly who we are; it's empowering**.

We must learn to **please ourselves** and stand up for what we believe in.

You have taken on a **new mindset today**, a new motivation. You have **stopped comparing yourself** to others. This is a **new day**.

From now on, you make choices based on what **you believe**.

You are **completely unique**; there is no need for comparison.

What you see when you look at someone else's facade is that **false picture** they show the world. You don't see **underneath this**.

Everyone struggles with **something**. That's **normal**. Comparisons don't really tell the **whole story**. You never really see the **complete picture**. You have no idea what else someone may be **struggling with** underneath that facade.

Constantly comparing yourself to others wastes **precious time**. It's time to walk your **own unique path**.

Now in your mind, I want you to see yourself **walking on a path**. This could be a straight path, a **crooked path** or any other kind of unique path. Make this path **your own**.



This path you are traveling on allows you to shed the **inauthentic layers**. It gives you a **sense of freedom** and authenticity.

It allows you to **fully express yourself**. As you walk on this path, you begin to **relax even more**. **You are coming home**.

It's a beautiful day; the sun is **shining brightly**, and the air feels warm on your skin.

You might be traveling on a brick path, a gravel path or even a **dirt path**.....whatever you envision is **right for you**.

You find yourself passing by **beautiful fields of flowers**, large trees or even fields of wheat or clover.

Now as you walk on this **lovely path**, you suddenly realize that you are carrying a **heavy sack**.

This heavy sack contains all of the things you used to **compare yourself with to others**.

It contains all of those things that **disguise the real you**. You are **more than ready** for this change. You begin to realize that you can live with **honesty and integrity**. You can **be yourself** and stop the comparisons.

You have the freedom to **simply remove anything** from your sack that isn't aligned with your personal goals and values. You can **let the comparisons go**, just like that.

You come upon a nice bench by a **wonderful tree**, and you decide to sit down and evaluate your life.

You put the heavy sack down and begin **going through it**. You are amazed at **what you see**. You hadn't realized how heavy this sack really was and how much this constant **comparison** was dragging you down.

You start going through the sack **item by item**. You toss aside all those **images of**

## perfection.

You may **discard or repurpose** anything you like.

Now begin to go through your things **one by one**. People in your life..... situations you find yourself entrenched in. Relationships, careers, even spiritual **values and beliefs**.

Let all the **comparisons go**.



You begin to realize how silly comparing yourself to others **really is**. What people show you on that outer facade is not real. It is a **false projection**.

Now think about what **YOU want**.....what's good enough? What are you **willing to accept**? Think about what is **real and authentic** about you? What is it that **makes you shine**?



Take some time to do this.....making sure your actions match up with what **you tell others**.

**Release** anything in the sack that isn't in alignment with your authentic life.

You may release things by gently setting them aside, or tossing them out **into the air** and the sky, whatever feels right.

You may choose to only release one or two things today, and that's OK because you can come back and do more **work later**. Do this now and I will be quiet for a moment while you work **through this process**



Sit with yourself for awhile and **think about your goals** and dreams and values. What does it mean to live your life with integrity and **authenticity**?

Strive to be the **real you**, no matter what.

What are some steps you can take to begin walking this new **authentic journey**.....this journey of integrity?

Now that you have begun this **new journey** and dropped the comparisons you feel **much much lighter**.

You feel much more **confident**. You **feel alive**.

You realize that your sack has **dramatically changed**. It is **lighter** and brighter. It feels **rejuvenated** and whole again.

Within it are only those things that you hold **near and dear** to your heart and your life. Within this sack are your **true gifts and talents**. Those things that make you unique. This sack now contains **the REAL YOU**.

**Congratulations!**

You have done it. There is no need to compare yourself with others **any longer.**

Now lift up this sack and feel **how light it feels.**

You have **lightened your load...and** it feels wonderful. You have the power to accomplish **anything now.**

You are walking **your own path** with courage, faith and honor. You have **honored yourself** and your journey today.



As you breathe in the breadth of this change.....you begin repeating in your mind:

I always live with **integrity and honor.**

I am **authentic.**

I am **real.**

I speak **my truth.**

I stand up for what **I believe in.**

I have **stopped comparing** myself with others.

This is my **new truth.**

Fantastic!

Everything in your life has transformed from this **new way of thinking.**

It feels incredible to live like this....to be so **free and light.**

You are walking your own **unique path today.** You shine brightly. You are unique, important and special and now **you believe that.**

You feel like a success, and **you are a success** in every way. Dropping the comparisons has **completely transformed you.**

**Great job!**



And as you return to conscious awareness, you will bring with you the tools and lessons you have **learned here today.**

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 One....coming back slowly.....

Number Two.....feeling amazing.....





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

Number Four.....mind and body returning .....

Number Five.....eyes open, wide awake, eyes open, wide awake.

Welcome back and **congratulations!**