



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Weight Goals

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

The Matrix Mindfulness Practitioner Meditation Collection is owned by Dr. Paras Wellness Pvt. Ltd. The company owns Matrix, a corporate coaching and training firm. Dr. Paras Wellness Pvt. Ltd. was established in 2019 and offers authentic hypnotherapy certifications, NLP certifications, counseling, coaching, Mindfulness certifications, and more. We specialize in many areas of providing hypnotherapy and mindfulness services with training and education being the center focus of our activities.

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You cannot use the Matrix meditation files for commercial purposes such as broadcast or for sale.

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


Remember:


- You cannot share the files online or in person for sale or for general purpose.
- You cannot duplicate or rework / modify files for commercial purposes.
- You cannot claim to be associated with us.
- You cannot connect any occurring results with us.
- You agree you are responsible for the safe use of the meditation scripts.

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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Weight Goals

You may think that losing weight is not easy. The factors that contribute to weight gain and difficulty losing weight are complex, and you may find yourself struggling with a number of issues that keep you from reaching the weight you want to be. Most people who have tried “diets” know that they really don't work. The reason for this is that diets are based on restriction and control. It takes a lot of work and willpower to stick to a diet.

Simply put, losing weight and keeping it off is not a matter of following a diet. It is a matter of being healthy. You will be successful at losing weight if you make a healthy diet and regular exercise a natural part of your regular routine. Of course, this is easier said than done for many reasons. There are emotional and psychological blocks that can show up in different ways and sabotage the best attempts to lose weight. Some people struggle with food cravings, while others lack the motivation to exercise or are prone to overeating due to depression. In other cases, people simply eat too much because they eat too fast – or perhaps you don't even know which nutrients or how many calories your body really needs to be healthy.

If you have tried every diet, pill and form of therapy in an attempt to lose weight with little or no success, you need to address the issues at their core. Mindfulness meditation can help you do just that. Meditation suggestions work with your subconscious mind to reframe the way you think about the obstacles that stand between you and your thin, sexy body.

Turn off all phones or anything that could distract you and find a place either in your bed or in a comfortable chair where you will not be disturbed during this time. Never listen to this recording while driving or operating any machinery as it could make you very drowsy. It is highly recommended to use headphones to listen to these recordings to be able to hear all the subtle sounds and to help you go deeper without any distractions...

You will be taken into a deep state of relaxation during this recording, so it is important to make yourself very comfortable. Make sure your body is in a very **relaxed** position, and adjust your body as you need to...

Close your eyes, take a deep breath in now, hold it for 5 seconds and then release it with a big sigh...

Release any tension accumulated from your day with another big breath and a sigh
Now breathe very slowly into your abdomen...

Place your hands there and feel your stomach rising and falling with each breath
As you breathe in allow your abdomen to rise and as you breathe out let it fall. Focus all your attention now on your breathing. That's right.

Keep the breath moving in and out of your belly, and keep your chest still...

In....and out...

Breathing **slow..... and deep.**

Breathe in relaxation... and breathe out tension and stress.

Maybe you can feel yourself drifting into a more relaxed state of being now...

As you feel a warm wonderful sensation of relaxation in your body, you can allow all the tension to just **float away...drift away...**

You may begin to notice now as you feel the weight of your body resting there... that you can allow your head to feel **heavy...**like it is just **sinking** into the pillows or whatever your head is resting on...into the most **comfortable** position for you to relax now...

And you can allow all the muscles in your face to let go...
Particularly all the tiny muscles around your eyes...feel the weight of your eyelids...allow them to be heavy and relaxed....and it feels good...that's right...
It is easy to leave them closed now as you feel the relaxation flowing down through the cheeks to the jaw...relax all the muscles around the jaw now...

Release any stored tension there by just letting it just drop open a bit...now feel the relaxation slowly, flowing into **all** the muscles in your neck...letting go...and then sliding down the spine into the muscles of your back...and your arms are resting **comfortably** as you might begin to feel relaxing sensations **all the way** to your fingertips...

Imagine a ball of pure energy or white light...in your abdomen now...feel it under your hands resting there...

As you inhale it rises up through your body...through your chest...into your forehead.....over the top of your head ...then let this ball of light slip down the back of your head with healing white light energy and deep relaxation...

Feel this relaxation and healing flowing from the top of your head **all the way** down your spine to your toes...washing away any negative thoughts, feelings or emotions with it...and releasing them into the ground....

Now imagine as you inhale that this ball of energy or light travels up through the soles of your feet, up through your legs...through your body...your belly...your chest...your forehead...to the top of your head...and then glides down the back of your head...white light cascading down ...washing away any tension, pain or uncomfortable feelings...into the ground...



Circulate this ball of energy through your body for a few moments.....



With each breath every cell of your body becomes at ease...

As all tension...tightness...pain...

Or discomfort drains down your spine, down your legs into the ground and dissipates and as you inhale you bring into your body new revitalizing energy, pure white light...cleansing and healing

Continue circulating the energy and notice how you are **twice** as relaxed as you were a moment ago. More peaceful...comfortable...

At ease...

Allow all the cares of the world to take care of themselves all **by** themselves....any thoughts that were bothering you just disappearing for the time being...this is

relaxation time **just for you** and you can let all those thoughts go while you focus on your breath... feel the circulating energy. Allow the subconscious to do **all** the work for you now... You feel a warm wonderful sensation of relaxation in your body as you allow all the tension to just **wash away...**

As you are listening to the sound of my voice and the gentle music in the background, you can feel yourself **drifting....**very comfortably wherever you are in time and space...like a flow of comfort....deeply....just enjoying the restfulness of not having to do anything in particular **right now...**

Nothing to do...

Just be...

I would like you to imagine a stairway now of 10 steps going down deeper into your subconscious mind. Perhaps you can feel a cool plush carpet under your bare feet or something else, I don't know but your subconscious can present to you a safe stairway of your own making, now as you step down from 10 to 1.

- 10- Starting to go on that inward journey now, relaxing letting go
- 9- Feeling more relaxed, there is lots of time
- 8- A deep, deep calmness inside and out, peace and serenity are filling your body
- 7- Down into your own internal home now, finding that place in your innermost being that knows all the answers.
- 6- A place where you can experience internal harmony. Serenity and peace,
- 5- Feel yourself immersed in an ocean of relaxation and calm.
- 4- You will become more and more ready to retain those ideas that I will give you.
- 3- Allow this feeling to wash over you like a warm bath or a warm breeze
- 2- Twice as deep now
- 1- You step down to one and you feel so relaxed.

As I am talking to you, you are listening to me and the sound of my voice is taking you deeper. You are feeling **so good, comfortable** and relaxed. You are becoming more and more ready to retain those ideas that I am giving you and you will let them go deep into the back of your mind...

Beginning a diet to lose weight and improve health is a worthy goal...but it can be a bit overwhelming...There are bound to be challenges whenever you start something new...especially when it involves something you do several times each day -- like eating and drinking.

As long as you don't try to change everything at once, you can meet your weight loss goals...

The 1st step is to follow a **Healthy Eating** Plan...

A healthy eating plan should include foods you enjoy along with plenty of healthy, not-too-processed foods like fruits, vegetables, whole grains, low-fat dairy, lean meats, seafood, beans, and nuts...Allow yourself to think of those foods now...which ones do you know you would eat and enjoy eating?.

Visualize your refrigerator and see perhaps bags of fresh veggies you have prepared

for snacks.....and perhaps some low fat dips like hummus or something else you like...if you can begin enjoying these low calorie foods they will help you stick to your diet because of their ability to satisfy...The most satisfying foods have lots of fiber (like fruits, vegetables, whole grains, beans, and nuts) and/or low-fat protein (found in meat, fish, dairy, and soy). Ideally, you'll slowly wean yourself off favorite foods that are heavily processed and high in fat or calories, and replace them with more nutritious options...

Making small, gradual changes in your eating patterns is the best way to change your diet... Change isn't always easy, so taking baby steps can help...maybe...make just one change each week, to give yourself time to get used to the new behavior...Your ultimate goal is to establish new eating habits that can be sustained for the rest of your life...

Begin by stocking your cabinets and refrigerator with healthy foods...Pick up a new cookbook or cooking magazine specializing in healthy cuisine...and plan to prepare healthier meals at home...

Don't set unrealistic goals...dreaming of fitting into clothing sizes that may not be realistic for you...but losing as little as 5% to 10% of your body weight can improve the way you feel and improve your health.

Studies show that losing even small amounts of weight can improve overall health and, specifically, lower blood sugar, blood pressure, and cholesterol levels. Set weight loss goals that are attainable, and keep in mind that the recommended rate of weight loss is only 1-2 pounds per week. Slow and steady wins this race. It takes time to learn new eating habits that will last for the rest of your life.

To keep motivation high, reward yourself after reaching mini goals... After all, losing just a few pounds or starting a new exercise program that you enjoy and stick with can be considered a huge accomplishment...Don't be too hard on yourself if you slip up sometimes and abandon the whole weight loss goal...do your best 80% of the time and **relax** the rules a little the rest of the time so you won't feel like you are being completely deprived.

Find a friend or family member to do this program with you...have them join you on your walks or workouts...

Support is an essential part of a successful weight loss program.

When you lose some of your inspiration to continue to lose weight...these people can be there as your support team...

Get a journal and document what and how much you eat...this is a powerful way to track what you are actually putting in your mouth and will help keep you under control...

What you eat is only part of the formula for losing weight, exercise on a regular basis is the other very important part, it is best to get your exercise 1st thing in the morning if you can fit it into your schedule, then it is over for the day and you have no excuse for not having time for it when your day gets busy, exercise reduces stress and improves your overall health so when you include it into your daily routine you will begin to feel happier and more relaxed... be proud that you have made the decision to improve your health...

Now put your middle finger and thumb together on your right hand making a circle, then do the same on the left hand and repeat these affirmations to yourself after you hear them. Do this with your hands whenever you want to remember, as it will help imbed the suggestions deep into your subconscious mind.

- my head is no longer totally preoccupied with food
- my stomach and gut feel more **comfortable** and easy
- I am finding that I naturally forget to even think about food between meals
- I am really beginning to enjoy the **healthier way** I am living
- Today I love my body **fully, deeply** and **joyfully**.
- I love the way I feel when I take **good care** of myself.
- Today my own **well-being** is my top priority.

Know that the road ahead will have some bumps, but equipped with a good eating plan, support system, and a positive attitude, you will be **successful**. Good luck!

In a few moments I will count you back from 5 to 1, if you are listening to this recording in bed and wish to drift off into sleep you can just take off the headset and in the morning you will wake refreshed, awake and ready for your new day.

- 5- Stretching and bringing your awareness back into your body
- 4- Remembering to return refreshed, relaxed, awake and aware as if you have just taken a short nap
- 3- Take a deep breath in, release it with a sigh
- 2- Wiggle your fingers and toes
- 1-Open your eyes whenever you are ready

Have a wonderful day ahead!