



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Eating Due to Depression

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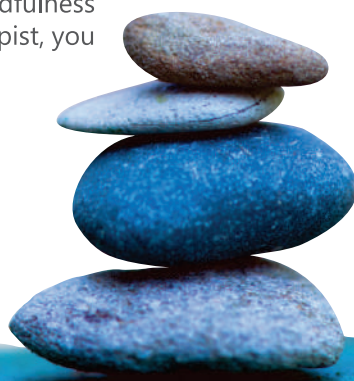
If you are a practising hypnotherapist, Mindfulness Coach, NLP Practitioner, or a psychotherapist, you may use the meditation scripts for -

One-on-one hypnotherapy sessions (in person or in online sessions) with clients


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- 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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Eating Due to Depression

We often try to fill emotional needs with physical pleasures. One example of this, of course, is eating due to depression. When you are depressed, sad or just not feeling right, you may eat in an attempt to make those negative feelings go away.

It may work for a short time, but the negative feelings will surface again very quickly, along with the frustration of weight gain or the inability to lose weight. This can cause you to feel depressed, opening you up to a downward spiral of sadness and overeating. As you continue to misuse food, you gain more weight or become less capable of losing weight, causing you to feel more depressed and more likely to continue the compulsive behavior of emotional eating.

To break the habit of eating due to depression, you need to learn the difference between emotional emptiness which is the depression and physical emptiness which manifests in the form of hunger. Only when you can learn to identify what is really causing you emotional pain and emptiness, will you be able to address your pain at its root instead of gorging on food in an attempt to feel better.

Find a comfortable place to relax for sometime. It could be in your bed or in a nice comfortable chair. Turn off all phones or anything that could distract you and of course never listen to this meditation while driving or operating any machinery as it could make you very drowsy. It is best to use headphones to listen to these meditations to be able to hear all the subtle sounds.

Allow yourself to get cozy and relaxed. Adjust your pillows or blankets so you can rest peacefully. In a moment, I would like you to take three deep breaths and with each breath, **exhale slowly**, as you exhale, completely release the tension and stress from your body.

On the third deep breath, as you exhale, let your mind and body really sink into a deeply relaxed state, let your eyes slowly close, and feel your **awareness**

going to your inner mind. Now, place your hands on your belly and **breathe**

into your abdomen, and as you exhale, **let go of the stress** and tension in your body, feel your belly inflating on the inhale and deflating on the exhale like a balloon. Visualize that as you breathe
Focus all your attention on your breath now.

In and out.

Now take another breath in and let it fill you with a **wonderful smooth softness** like a gentle warm breeze
Letting your breath **relax you**, and allow you to go into a perfect state of **deep relaxation**

It's easy for you, and sometimes you drift and dream away for a time and this is so enjoyable not to have to think about anything at the moment.

As you hear my words and music in the background of your mind,

And if you have had this experience before you know how enjoyable it is and you can **let go**

Easily, NOW

You are so calm now

Like a pebble that you drop into a pool of water.....it ripples the surface but then drifts slowly

down..... just below the surface of

awareness.....the pebble drifts down.....and

down....gently descending.....nothing is disturbed...

as it slowly comes to rest on the bottom of the quiet pool.....all is still.....and

calm....

Nothing to do...

Just be...

Perhaps thoughts.....images.....sensations.....come to mind in response to my words.....

and you can continue to enjoy these feelings of deep relaxation and **comfortable** letting go....

Absolutely nothing to do... nowhere to go... nobody wanting anything from you... just this time

for you... Maybe you notice how easily your body responds to my voice, and how your mind may wander and drift, and then you notice how easy it is to come back to my voice... Every time allowing my voice to relax you..... deeper with each word. Maybe you notice how wonderfully heavy your arms and legs are becoming and this feels good.....as you go deeper and deeper.....so good to just... let... go.....**NOW**.....

You may find that you trust this feeling more and more and simply begin to surrender to it.

And as you surrender you may have already noticed how **deeply relaxed** your body has become and my words can find their way into those deep

inner spaces of your mind where **you can make these changes happen, easily, effortlessly.**

Where you have all the wisdom and ability to create what you desire.

You don't have to figure out how to make it happen, simply allow it to happen



I would like you to imagine a stairway now of 10 steps going down deeper into your subconscious mind. **Now** as you step down from 10 to 1.

- 10- Relaxing, letting go
- 9 - Feeling more relaxed, there is lots of time
- 8 - Peace and serenity are filling your body
- 7 - Twice as deep
- 6 - Feel yourself immersed in an ocean of relaxation and calm.
- 5 - Deeper still
- 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
- 2 - Or maybe a warm breeze
- 1 - You step down to one you feel so relaxed

As you go through the door you see the most **beautiful deserted** beach with miles of soft white sand. You slip your shoes off and step onto the warm sand. Your feet sink into it as you cross the grassy dunes down to the ocean. You gaze out over the vast ocean and perhaps see a sailboat far out in the distance.

As the warm sea air ruffles your hair and caresses your face you feel a **growing** feeling of peace and calm. You walk down near the ocean and allow your feet to test the water. It feels cold at first but warms up very quickly as you let the waves roll in and out over your ankles and calves. You **breathe** in the salt air and listen to the seagulls as they fly overhead. As your feet sink into the wet sand you feel yourself going deeper. It feels good to let go of all stress and tension and allow the ocean to calm your spirit.



You then decide to go back to the sand and lie down on a blanket that you placed there in the soft sand. The sun feels good and you stretch your arms and legs out, not a care in the world. You let out a sigh and feel the warm sun on your body just **melting away** any worries or problems that might have been bothering you. This is time just for you and you only. Nothing to do, nothing to think about, just the sound of the waves moving in and moving out.



The gentle ebb and flow of the tide
In..... and out....



In and out.
You feel **safe** and **secure**. Feel your entire body and mind bathed in soothing, comfort.

That's good.
Letting yourself go.

Effortlessly, Naturally, Deeply.....
That's right.
You are so **relaxed now** and you are listening to the sound of my voice and it is

relaxing you.

Your subconscious is taking in everything that is being said. You are receptive now to what I have to say because you know it is what you want. You will **remember what I tell you** and use it throughout your life because it **feels good**.

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

We often try to fill emotional needs with physical pleasures. An example of this, of course, is eating due to depression.

When you are depressed, sad or just not feeling right, you may eat in an attempt to make those negative feelings **go away**. It may work for a short time, but the negative feelings will surface again very quickly, along with the frustration of weight gain or the inability to lose weight. This can cause you to feel even **more** depressed, opening you up to a downward spiral of sadness and overeating. As you continue to misuse food, you gain more weight or become less able to lose weight, causing you to feel more depressed and more likely to continue the compulsive behavior of emotional eating.

To break the habit of eating due to depression, you need to learn the **difference** between **emotional emptiness** which is depression and **physical emptiness** which is hunger.

There is always an unresolved emptiness that may drive you back to your habit of eating in an attempt to get rid of the emotional pain.

It becomes a habit that you repeat time and again, even though it is not adding any value to your life.

Only when you can learn to identify what is causing your emotional pain and emptiness, only then will you be able to address your pain at its root instead of eating more than required in a temporary attempt to feel better.

You must remember this - Don't eat because you're sad; eat because you're hungry.

If you are an emotional eater you need to get in touch with the real reasons for your habitual eating. Think about your emotional needs for a moment

Are you lonely, bored, nervous, sad? Are you getting over a loss in your life?



How can you change your association with food as an anecdote to emotional pain?



What can you do to distract yourself from your food cravings when you are feeling sad or depressed?.

What hobbies do you have, what interests you?

Maybe your answer to this question might be that nothing interests you and if that is the case you may need to seek help for this.

If you have the answer that many things interest you and you just don't have the energy or time to pursue them, you may want to look at the reason behind it. Find out what you can do to get away from the refrigerator and do some of the things you love?

Think of something right now that you can do when you feel an urge to go to the kitchen and start looking around for food. What can that be?



See it in your mind, see it clearly. Is it going for a walk, doing something on your computer, getting outside, doing something fun, whatever you have come up with, visualize it now. Know that binging on food for depression can't resolve the problems of the mind.

Take a deep breath in now inhaling relaxation
And then **exhale all tension**

You will have **new thoughts** and **new patterns of thinking**
You will **concentrate** now on the suggestions I am giving you.



Each time before you eat, you will check in with your stomach to make sure you are **genuinely hungry**. You will place your hands on your stomach and just check in for a minute.

You will breathe in slowly through your nose and then gently out of your mouth 3 times until you feel you have clarity

You may want to count to 4 as you **breathe in** and 4 as you **breathe out** to make sure your breath is **slow and deep**.

Take a deep breath in now inhaling relaxation.
And then exhale all tension.



If in fact you are genuinely hungry, then you can shift your thinking towards the healthy food choices that you have to choose from.

This eating strategy is now a **permanent thought process**. You will also use this strategy as you are eating your meal. You will eat slowly and mindfully savoring every bit. Once you are halfway through the meal, you will check if you need to eat more. When you begin to feel full, you will put down your fork and just breathe again.

You are now aware that you will eat as per your requirement. You are highly aware binge eating does not serve you or add value to your life.

You are now consciously using this technique every time you reach out for food. Your mindfulness level increases greatly giving you satisfaction for every meal.

You place your hands on your stomach and say this to yourself when you feel you have satisfied your hunger:

I feel satisfied now

Take a deep breath in and exhale through your mouth.....

I feel a sense of well-being

Take another deep breath in and exhale through your mouth.....

I am relaxed and comfortable

Once again, **breathe in** and exhale through your mouth.....

.....

Allow yourself to deal with your feelings directly and in healthy ways. .

You are now aware that you can feel satiated only when you are genuinely hungry.f.

Every time you notice yourself eating **quickly**, without mindful awareness.,. you can put down your fork and take **3 long deep breaths**. This will be the trigger to remind you to **slow down**.

Imagine yourself now in an earlier situation where you are binge eating and visualize yourself with higher awareness.

You convey to yourself, "I will eat only till I feel slightly full." You put your fork down when you feel you are slightly full and take 3 deep breaths.

1



2



3



You will not eat from boredom, anxiety or depression.

"You eat to **live**" not "live to **eat**"

You will not eat because you're sad; you will eat because you're hungry.

Now allow all these suggestions to take an effect in your mind, as you sink deeper and deeper into relaxation and they seal themselves into your subconscious mind. They will reinforce themselves over and over again. I'm going to give you a period of silence in which all this takes effect.



In a few moments I will count you back from 5 to 1, if you are listening to this meditation 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