



The Matrix Mindfulness Practitioner

Meditation Collection

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INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Attract Success in Business

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Striving for success in business may be difficult at times but every part of the journey can be a lesson in which to learn. Sometimes, failure in the present moment can be a catalyst for success later on in life. For those who really wish to achieve success, a step back can be the trigger to **ignite the desire to achieve**. Progression can come swiftly when you understand what works. Thinking positively enables a **smoother transition** towards business success. Our thoughts can make a big difference to the outcome. How we perceive our working environment and how we set up strategic goals can define the end result.

Some people fail because they did not define their goals sufficiently. They may not have believed in them fully. They may not be aware of their full potential and may have a lack of awareness of options in life. Self-limiting thought patterns or beliefs exist and serve to hold a person back. Doubts about ability or skills can easily seep into daily life and these may often form a part of one's beliefs. Doubts may occur due to failure or rejection or it may be a result of beliefs belonging to someone else installed in a person at an early age. When Our minds are impressionable at a tender age, and we do not think about risks, or, about failure to achieve. Sometimes, we let the negative aspects of life halt our progress both on a personal and professional front. So, we can use meditation to initiate a transformation in the way we think. One needs to turn away from fear of failure or doubts, and strive forward with positivity. By doing so, **we clear the mind**. We create stronger foundation blocks, and this helps us to take an alternative approach to **career success**.

So, how can we alter perception and solidify our resolve to achieve career goals? We do this by **opening the mind**. We do this by working on confidence levels and by harnessing the power of mindset. We clear our doubts and create a space in the mind and develop self-awareness. We examine existing plans and change them if necessary. **We open the subconscious** to improve our deeply-rooted beliefs. In a very **relaxed state**, we change how we take information onboard. We are open and calm, and our knowledge absorbs at a deeper level. **True success comes from within**.



Today, we are going to create a mindset that is ready for success.



Find a comfortable place in which to sit or lie down. Take a moment to release any tension and to settle.

Focus just on the **sound of my voice**...

Let the outside distractions drift away into the far recesses of the conscious mind.

The distractions are drifting away...



If you wish you can close your eyes.

Begin by **breathing deeply** and **slowly**.

Visualise pure positive energy filling your lungs

And, the deeply-stored tension dissolving away on the outbreath.