



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

Exclusive Mindfulness Scripts
for Wellness Professionals

Believe in Yourself

Believe in Yourself

When you **believe in yourself**, you really believe in yourself and know that you are capable of anything in life!

Believing in yourself and in your abilities **is empowering**.

Your mind has the capacity to dream up and imagine **any reality you desire**. When you really believe in your own power your life begins to open up in a **whole new way**.

When you believe in your abilities, you feel stimulated and **exhilarated**. It is that feeling that you are in the right place at the **right time**. It is that feeling of being in sync with the universe.

Believing in yourself is so important for **your happiness and success**.

When you **believe in yourself**, you feel like you deserve good things. You feel confident **and deserving**. When you have this strong belief..... you realize that you deserve to be **immensely happy**.

Everything starts with this idea of **self-belief**.

Learning how to believe in yourself opens up **endless possibilities**. If you struggle with self-belief, you are not alone. We are programmed throughout our lives and **conditioned** to doubt ourselves.

In order to shift your focus and **believe in yourself again** you need to rid yourself of self-doubt and rebuild a healthy sense of self-esteem.

You can do this. It's just a matter of thinking differently and building up that self-belief.

When you start thinking differently, **everything changes**. You believe **change is possible**. You start visualizing a new life and pulling in the **energy of change**.

All of this causes you to **take inspired action** toward your dreams and goals.

You always have the choice to think differently and to believe in the **infinite possibilities** for your life and that is what this session is all about.



So if you are ready, let's begin the process of change. 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 you**.



Take another **deep breath** in and relax.

Breathing in through your nose and **slowly exhaling** through your mouth; feel yourself sinking deeper and deeper - letting go of all distractions and thoughts. Notice how the breath **calms and relaxes** you.

Now, take another deep breath, and let every muscle in your body **just let go** as you breathe out

That's good.



As you relax and breathe, you might even imagine you are **soaking in an outdoor hot spring** of some kind.

