



The Matrix Mindfulness Practitioner

# Meditation Collection

*Dr. Paras*  
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts  
for Wellness Professionals**

Increase Emotional Intelligence

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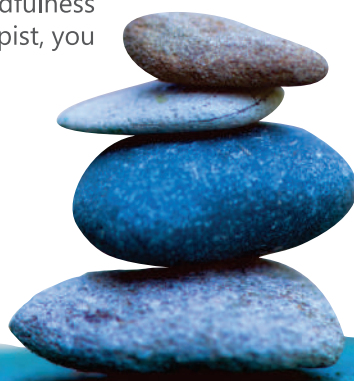
If you are a practising hypnotherapist, Mindfulness Coach, NLP Practitioner, or a psychotherapist, you may use the meditation scripts for -

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


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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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# Increase Emotional Intelligence

**Emotional Intelligence** refers to your ability to manage your own emotions as well as the emotions of others.

Boosting your emotional intelligence can help you improve **just about every aspect of life**, because everything is about communication and your communication is dependent on your emotions.

**Increasing your emotional intelligence** can help you radically improve your life. Your emotions give you the **ability to express yourself**.

Without your **emotions....** life would be very dull. Your emotional intelligence gives you the ability to process, identify, understand and regulate your emotions and **your feelings**.

If you have a low level of emotional intelligence it can make it difficult to understand others **emotions and attitudes**. This can lead to unresolved conflicts, mixed messages and other types of **communication issues**.

If you have trouble understanding what makes people tick, **increasing your emotional intelligence** can go a long way to enhancing your communication skills.

Today we will take steps to **increase your emotional intelligence** by accessing the emotional center of the brain.

Understanding emotional intelligence and why it is important can help you rise up to a **whole new level** of personal and professional success.

With this Mindfulness Meditation, you can not only increase your **emotional intelligence**, you can also learn to employ your emotions for better decision making, for building trust and rapport and using your energy and enthusiasm to motivate others.

Emotional intelligence is not solely about being nice all of the time it is about **being honest**. It is about being aware **of your feelings** and those of others. It's learning how to be smart **with your emotions**.

So if you are ready, let's begin.



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.



Today you will explore different aspects of **increasing your emotional intelligence** at a subconscious level.

And because you have chosen to rest comfortably here listening to the sound of my voice, you have decided that you would like to **improve your emotional intelligence**.

Let's begin by having you envision yourself at the top of a **beautiful spiral staircase**. As you go **deeper and deeper** into this beautiful state of relaxation, imagine yourself gently walking down each step.

As you **descend down the stairs**, you will be able to double your relaxation with each and every step.

So go ahead and picture the **most beautiful staircase** you can imagine. See it in your mind.



Your staircase can be made out of any material you like. There is **no rush** and you are in no hurry.

And with that feeling of **warmth and comfort** go ahead and take that first step gently down the stairs.

You may imagine yourself **floating down** the stairs.

Breathing **easy and rhythmically**, let yourself drift. You don't even have to pay attention to my voice, for your subconscious mind is here, **doing all the work**.

There is nothing you need to do but allow yourself to **gradually let go** into this peaceful and beautiful relaxation.

Now gently proceed to that next step, as you **drift deeper and deeper** down into relaxation.

Feel your body beginning to **relax and soften**; let your thoughts go.

Down the next step you go; you're not even sure where this staircase is leading you, but you **trust in this process** and you are ready for change.

As you breathe deeply and slowly, **let your muscles relax**.

Feel your neck muscles **going limp** as you relax even further.

And there's no need to fight, so let yourself **drift** into this beautiful state of relaxation.

Go ahead and take that next step; feel the relaxation **flowing down your body**.

All the tension is now **draining out of your body**, down your legs and out through your feet and toes. Every muscle, every fiber and every cell of your body is **loose and relaxed** as you float down the stairs. Everything is easy in this beautiful place as you

as you allow yourself **to soften**.

And now as I count back from **5 - 1** you will descend all the down to the bottom of the stairs.

5, moving down, **deeper and deeper** down.

4, feeling this **sense of relaxation** move through you.

3, drifting down a **little more**.

2, relaxing and **drifting**.

And on that next number you will feel 10 times more **deeply relaxed**.

And 1, you now feel **deeply relaxed** and ready for the work to begin.

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



Emotional intelligence refers to that ability to recognize **your own emotions** and to act intelligently. It's also about recognizing the **emotions of others**, so you can act socially appropriately.

You know that **increasing your emotional intelligence** is a highly sought after skill. When you have **high emotional intelligence**, you are more easily able to communicate effectively.

Your emotional intelligence helps you use your intuition when responding to people that you **know and love**.

Having a high level of **emotional intelligence** helps you understand yourself and others better, which can help you communicate better.

You can **enhance your emotional intelligence** by accessing the emotional center of the brain.

The brain is the **command center** of your body and it controls your emotions and thoughts.

The brain has chemicals called **neurotransmitters** that carry out many unique functions, including the transfer of messages within the brain.

Just as you would go to the doctor to seek traditional treatment, you have come here to seek this alternative treatment to **raise your emotional intelligence**.

There is a part of your brain that controls your **moods and emotions**. You can access that **part of your mind** through Mindfulness meditation.

And now I would like you to imagine that you could travel **inside your body** and travel to that part of the brain that is responsible for **increasing your emotional**



## intelligence.

You may do this in whatever **way you desire**. You could shrink yourself down or simply imagine yourself accessing that part of your brain using some kind of tool.



Now in this session today, you will be able to make all of the adjustments you need to make to **regulate your emotional intelligence**.

You can easily visualize the entire **working of your brain** that instructs the body now. You may see the brain on a giant movie screen or see yourself **inside of the brain**.

Your subconscious mind instinctively knows exactly where to go to **increase your emotional intelligence**.

Take a moment now to **envision this process** beginning.



Your mind is the most **powerful tool you have**, much more powerful than any computer that could ever be designed.

Go ahead and see yourself arriving at that very important part of the brain responsible for your **emotional intelligence**.



You already know how important emotional intelligence is to your **success in life**. Emotional intelligence might also be thought of as people skills or **people smarts**.

It's much more than IQ; it's not a single characteristic, but a **wide set of competencies**.

Now as you gaze at this **very important** part of the brain, notice that there are several dials for you to adjust.

These dials include a dial for self-awareness, a dial for self-management, a dial for social awareness and a dial for **social skills**.

There are also dials for **leadership skills**, work performance and creativity, as it relates to emotional intelligence.

Go ahead and examine these dials. The first one you see is **self-awareness**. Take a moment to think about how self-aware you are.



Can you sense your **personal feelings** and understand them? Are you **fully aware** of your feelings? How do you **perceive yourself**? Do you see yourself as a **successful emotionally engaged person**? If not, you can **adjust the dial** accordingly.

Go ahead and do that, **moving the dial up** as much as you think is necessary.





Great job! Now move to the dial labeled **self-management**. This is the **ability to understand your emotions** and how to use that understanding to turn situations to your benefit.

How well do you **manage your emotions**? Do you feel like your emotions control you or **direct you**? How is your mood on a **day-to-day basis**? How are you at **controlling stress**? Do you feel you consistently act in a rational and **reasonable way**?

Go ahead and **adjust the dial accordingly** if you need to.

Great job again!

Next is **social awareness and social skills**. Social awareness is all about how you **handle relationships**, and how you recognize and respond to the emotions and feelings of others.

Go ahead and adjust the social awareness dial accordingly if you feel like it **needs a boost**.

Great work!

Now let's look at **social skills**. Social skills can help you become a good leader, be an effective parent, and also help you understand your own **personal success**. Social skills help you lead by example, **encourage others** and create a sense of rapport and trust.

How are you in this area? Go ahead and move the dial to **where you would like it to be**.

Wonderful!

Now let's finish up by looking at the dials for leadership skills, work performance and creativity, as it relates to **emotional intelligence**.

Notice these 3 dials and go ahead **adjust them accordingly**. As you do this think about how people perceive you as a leader, and how that might impact your **work performance**. You can also think about how **creative** you are and if you want to be more creative.

Go and adjust these last 3 dials.



Fantastic!

You have just **raised your emotional intelligence** level. Congratulations!

How do you feel?

Now let's imagine you are out at some kind of **social event**. Go ahead and picture yourself **out at this event**.



Notice how **self-aware** you are. As you move around the room you are well aware of your feelings and the **implications of your actions**. You understand that the way you feel on **the inside** affects how you respond to people on the outside.

As you move around the room you feel **happy and confident**. You might even **politely nod** and smile at people who pass by. You have a **good sense of humor** and you know your strengths and weaknesses.

You learn from each new experience and you are self-confident and **self-aware**.

You also **manage your emotions well** and you are emotionally open and available.

Now see yourself **meeting someone new** and shaking their hand and introducing yourself.



Notice how your sense of **rapport and optimism** rubs off on others. You come across as **trustworthy and consciousness** and it shows.

People respond **positively to you**, and you are well aware of this. You have **empathy for others** and people like this. You are attentive to others **emotional cues** and you can accurately read other people's moods.

You are **sensitive and kind** and respectful to people of all diverse backgrounds.

You are adept at **reading people's body language** as well and you adapt well to social cues.

You would make a **great leader** and you are creative and smart. You have an **excellent work ethic** and people love this about you.

Notice as you move around the room how you instinctively know how to react with **different types of people**. You always make **good eye contact** and really listen to people.

You use your **intuition more** and think before you speak.



As a result of this exercise today, you feel more **socially confident** and well-informed. You easily gauge how **people are feeling**. You enjoy making others feel **important** and you are fun to be around. You use active listening skills and watch people's **body language** very carefully.

You easily **sense others emotions** so that you can empathize with them if needed.

As you speak, you easily **converse with others**. Your energy is **open and receptive**.

You feel **empowered!** You are diplomatic and **easy going** in your communication.

You immediately put others **at ease** when conversing.

You also respect if someone is upset and does not wish to talk because that sends a



message that you are **respectful**.

Your high level of **emotional intelligence** is opening doors and opportunities that you could have never imagined.

You have a **charming and approachable** personality and it shows.

You feel like a success, and **you are a success** in every way.



Everything in your life is about to change now, because you have learned how to **increase your emotional intelligence**.

All of these changes have now integrated into your life **easily and effortlessly** and they have become a part of your personality and of your behaviors from this moment forward.

At this point you are ready to return to your conscious self.

And 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 1. Coming back slowly...

Number 2. Feeling amazing...

Number 3. Coming back to the present time and the present place...

Number 4. Mind and body returning ....

Number 5. Eyes open, wide awake, eyes open, wide awake.

Welcome back and **congratulations!**