



The Matrix Mindfulness Practitioner

# Meditation Collection

*Dr. Paras*  
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts  
for Wellness Professionals**

**Be A Great Leader**

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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# Be A Great Leader

A true leader knows how to motivate people. No one can be **truly successful** alone. You cannot be a great leader without **great people to lead**.

It all boils down to **self-belief**. If you don't believe in yourself, chances are you will not make a **great leader**.

A great leader must have **vision, passion, and character** and be an excellent communicator.

When you have a **good vision**, you motivate and inspire people. When you are **passionate** about something, it shows in your behavior. In order to build an extraordinary team, you must have the **fire in your belly**.

You must also have a great strength of character and feel **confident** in your abilities.

And finally, you must have the ability to communicate all of this effectively.

Leadership is the art of motivating a group of people to act toward a common goal. It's the process of encouraging and helping others to work enthusiastically toward objectives.

Ultimately, leadership is about creating a way for people to contribute to and create extraordinary results.

Leadership transforms potential into reality.

A great leader can be cultivated and developed.

A true leader has the **confidence** it takes to stand alone and they know how to **motivate people**. While some leaders are born with these talents, others **cultivate them**.

You can learn to be a **great leader**. You can develop that **innate leadership potential**. You can undergo a **personal transformation** quite easily and effortlessly with this meditation.

In this session, you will take charge and step up to that leadership role to release that **brilliant, powerful leader** within. You can build from your successes and learn from them. You can learn how to take charge of any and all situations.

So if you are ready, let's begin that process. **Gently** close your eyes and **relax** if you haven't done so already.

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 recording while driving or operating any machinery as it could make you very drowsy. It is best to use headphones to listen to these recordings to be able to hear all the subtle sounds.





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 as you breathe in and out, allow every muscle in your body to **just let go**. As you relax and breathe, imagine you are standing up on a **beautiful stage**.

This is your **stage of life**. You are undergoing a **paradigm shift** today. You are **transforming**. You are channeling all of the **great leaders**. You are very comfortable in this role.

Now see yourself up on that stage. You are a **powerful person**. You always connect with the **best people** in your chosen field.

You are coming from a place of **empowerment and confidence**. You know that a sense of **trust and rapport** is required to be a great leader and you are more than ready.

And now as I count back from 10-1, you will find yourself up on that stage.....connecting with these **powerful people** in your field. You are **transforming and growing and changing** and becoming that great leader you know you can be.

So just relax and **let go**. It's OK to take this time. Take a **deep breath** in and let go of all your cares and concerns.

You're just **breathing deeply**, listening to the sound of my voice. Breathing in and out - **resting and relaxing**.

Letting go of all cares. Letting go of all worries. This is your time to **rest and relax**.

As you stand up on this stage, you can let your mind drift.



10. **Relaxing** even more.



9. Going **deeper and deeper** down.

8.It feels nice to relax.



7.....6.... Your mind and body are **relaxing nicely**.



5....4.....**Drifting down** a little more.



3..2..You're almost there. And on that next number, you will be **deeply relaxed** and focused on becoming that powerful charismatic leader.

And 1. Deeply relaxed.

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



And as you continue to **breathe deeply**, see yourself up on that stage again.

You know you already possess all of the skills and talents you need to be a **great leader**. You are merely tapping into this ability today and bringing it forth. You are looking forward to this amazing journey.

Having strong leadership abilities opens up doors to new **opportunities and possibilities**. Learning how to be a **great leader** can give you that **winning edge** you need to completely transform your life.

We are all born with the necessary character traits and potential to be a **great leader**. Leadership is a skill that can be developed and it is a skill that can be brought forth within you **easily and effortlessly**.

Leadership is a process of **influencing others**. It's also about having **great charisma**.

The truth is you can learn to **charm and influence people**. With charisma you have the ability to **attract attention** and **inspire confidence**.

In order to be a natural leader you must have the drive, the ambition, and the willingness to work towards your goals. You must also be an **excellent communicator** and have the ability to bring your vision forth.

Today, you are standing on that stage and acquiring all of the characteristics you need to be a natural leader and it feels great!

Now, let's start channeling these **leadership abilities**. Think of someone you know who is a great leader. This might be someone you know personally or a personality whom you've read about.



Imagine yourself standing behind this person. Notice how **powerful** their energy is. Feel this power resonating out.

Now imagine you could **become one** with this powerful leader. Go ahead and take a deep breath in and **step inside** this person's energy. Move just the way they are moving. Become one with them and notice how **good it feels**. Go ahead and do that now. Mirror their body language.





As you become one with this powerful presence, notice how you **exude this same sense of confidence** and charisma.

Notice how you have a sense of grace while having a great desire to excel

Every action you take reinforces this and shows up in the way you move, speak and relate to others.

You have the ability to **think on your feet** and exude calmness. This ability to **lead under pressure** is what makes **YOU** a great leader.



This technique you are engaged in today is called the **New Behavior Generator**, and it is **extremely powerful** and effective.

Using this method, you can rewire your brain easily and effectively, using just your **imagination**.

The **New Behavior Generator** allows you to emulate the skills, talents and abilities of a **natural born leader**.

It allows you to shadow and mimic other people's behavior, so that you can practice and know what it feels like to be a great leader.

As you become one with this great leader within, you begin to notice those tiny details.

You notice their **breathing**, their facial expressions, and even the gestures they use. You notice the words they use and the tone of voice and notice any eye movements.

You are doing exactly what they are doing, moving the way they are moving and thinking and feeling the way they are thinking and feeling.

Notice how it feels to be in their skin, as you **mimic their behavior**. Notice how it really feels to be **a natural born leader ?**

Take some time to observe your feelings right now. Soak into this behavior.



Move as they are moving and emulate each behavior and every tiny movement. Notice their attitude and their demeanor and how **charismatic** you feel.

Feel this sense of **supreme confidence**. Feel how **inspired and motivated** you suddenly feel. Notice how charismatic you are and how people hang on your every word.

See yourself **smiling** and easily interacting with others, **completely confident** in your leadership abilities.

And now let's push this dream ahead a little bit more. See yourself in a future moment, using all of these new **talents and skills**.





Notice where you are and what you see, as you behave in this new way. You might be out in a crowd or at a business meeting. You might be giving a speech or giving a big presentation.

Take yourself there now.



Notice how **radiant and confident** you feel, now that you have channeled these leadership abilities. You have an incredible ability to **lead and inspire others**. You exude **confidence**.

You learn from everything and take responsibility for your actions. You **positively influence** others without being bossy and you delegate and trust others that are part of your team.

Keep channeling this new leadership ability. Notice how this has changed your viewpoint and your life. You feel good about yourself and your role. You feel like a **true leader** in every way. Everyone notices this change.



Being a **great leader** has opened up doors to new opportunities and it is benefiting you in every aspect of your life.

You now have that winning edge you need to feel **confident and strong and secure**. You love this **new YOU**. It feels good to have this ability to shine.

You **positively influence others** and you have the drive, the ambition, and the willingness to work towards your goals.

You are also an **excellent communicator** and you have the ability to bring your vision forth.

You are amazing. Feel how great it feels to be a **natural born leader** in every sense of the word.



Let's go a little further with your vision of self. See yourself up on that stage at this very important event. You are a **true leader** in every way. You **radiate confidence**.

People hang on your every word. You love standing in front of the crowd. You feel **confident** in your leadership ability.

You are channeling all of the **best traits** from every leader you know.

You have faith in your abilities. You have earned the respect of your team. You have a **great vision** and you help others work through their strengths and weaknesses.

You are comfortable taking risks and making tough decisions. You understand that **people are the key to success**.

You have the ability to **guide others** and inspire trust and confidence. You have a **clear vision**. You are **courageous** and trustworthy. You push people to be their

**absolute best.**

You do not lead by force, but **inspire** people to follow. You are **passionate and motivated** toward your cause.

Take a few moments now to see yourself up on that stage, successfully **motivating and inspiring** others through your speech, your actions and your behavior.



Now let's repeat some affirmations as you continue to feel what it feels like to be a natural born leader.

I am a **natural born leader.**

I exude **confidence and strength.**

I **love who I am** and who I am becoming.

I am **completely confident** in my leadership abilities.

I was born to **motivate and inspire** others.

It feels good doesn't it? You have always had this ability to shine; you just didn't realize it until now.

These suggestions have become a part of your personality, your actions and your behavior from this moment forward. The more you listen to this session, the quicker and faster you will move into these new abilities.

You are a **great leader** and it shows. Well done!

Today, you have taken on a **new attitude**, the attitude of a leader.

Take a moment to feel how powerful you now feel.

Just feel it surfacing up from within. Feel the **power.**

Very nice...



And now you may choose to consciously remember these suggestions or allow them to sink back into your mind. **The subconscious mind remembers everything.** You will be able to use these new leadership abilities whenever you need them.

You have done an **outstanding job** today! Well done.

Now as I count from 1 -5....you will awaken, with a new sense of hope.

1. Feeling great.
2. Coming back up.
3. Almost there.





4. That's right, coming back around.

5. Eyes open, feeling incredible.

Welcome back! **Congratulations!**

As you return to conscious awareness, know that you have become the **great leader** you aspired to become.

**Have an amazing day!**