



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Be Charismatic

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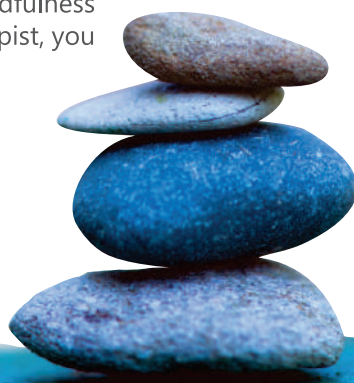
If you are a practising hypnotherapist, Mindfulness Coach, NLP Practitioner, or a psychotherapist, you may use the meditation scripts for -

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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Be Charismatic

Charisma is something that some people already have within. It is as if they were just born with the ability to be likeable and draw people towards them. The truth is that charisma can easily be learned. It has its roots buried deep in mindset and even if one doesn't have a natural flair, it can be developed!

The ability to be charismatic is a powerful tool and one that can open many doors both in a social sense and for one's professional growth. Charismatic people are able to be friendly, and get invited to social events easily. How do we define charisma? Often, it is as simple as meeting someone and liking them instantly but not being able to explain why. We say there is something about them, or, that they have a magnetic appeal that draws others to them.

How would having charisma change your life?



The great thing about charisma is it can be created by thinking differently. Some of it involves self-esteem and in other parts, perception. Charisma has a lot to do with what a person says and does rather what they believe in at a core level. The subconscious mind, social displays, and the way a person expresses themselves all play a role in developing charisma. In fact, you could say charisma is all about the present. It is not about what people think of you but how they act in the now.

Charismatic people are not always naturally humorous, but they may appear to be. How they talk, and act may appear seamless. This enables others to feel comfortable in their presence. Life seems to flow for them. This is often behaviour that is learned with time and proves that you can change the way you think and increase your own charisma.

How you think alters everything around you and how you behave reinforces this. **You are what you think.** How you see the world is directly reflected back at you and this always shows itself to others. To work on your own charisma, it is never about changing your personal beliefs but more about changing how you broadcast those feelings. Your outward communication influences those around you and this needs to be fine-tuned to radiate your energy.

Belief in the moment is very important and so is being in tune with the people you are with. Charisma requires you to be in touch with those around you so that they feel the warmth towards you. To build your charisma, it requires you to genuinely be interested in what others have to say. In essence, you need to be approachable. Mindfulness meditation can be a very powerful tool in building charisma as it helps to overcome barriers that may have been preventing confidence and allows the person to be able to become more approachable. A great charisma starts with how you think at a subconscious level and this can be built upon using Mindfulness Meditation techniques. Your subconscious mind is always prepared to guide you and having the correct knowledge and triggers is essential to developing your charisma





Let's proceed towards a journey in building a natural charisma in you.

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 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.

I want you to relax and **open your imagination.**

Your vivid imagination belongs in the subconscious part of your mind

It is ready to be in a daydream state.

You are looking forward to this

Your **inner mind is ready** to absorb the knowledge it requires to help **build your natural charisma.**

When you hear the word relax, you will find that you start to do so.

Relax now.

Slow down your breathing, let your body loosen up as the muscle tension gives way to **deep relaxation.**

This happens in your own time.

Always with your permission.

This is your choice and it feels so **calm and peaceful.**

As soon as you let go...

You're relaxing

This is your time...your moment.

Relaxing as I speak

Drifting away to the sound of my voice.

Always so calm.

So peaceful.

I want you to imagine a warm place.

This could be you sitting outside with the sun's rays gently falling on your back...

Or, you may be sitting near an open log fire.

The place does not matter as it belongs to you alone.

Your imagination can create anything.

The important thing is that you have the ability to imagine a warm and peaceful place.

One that suits your needs.

This place is always in your mind as it belongs to you.



You can easily feel calm and warm by thinking of it again

Right now, it feels pleasant to be bathed in this warmth.

The heat is energy that is allowing you to **relax even further.**

It seeps into your body and warms your muscles.

Right from your head down to your toes, the muscles are relaxing.

As you rest then so does your complete body.

You are allowing yourself to ease into a daydream.

You remain in control, but **your inner mind is open to suggestions and ideas.**



This is very calming.

Everything is safe.



Everything is peaceful.

So deeply relaxed.

Your eyes are so heavy that it probably makes sense to close them if you have not done so already.

Even doing that relaxes you more.

All the tension of the day just lifting off your shoulders and floating away.

You are so **relaxed** and so comfortable right now.

You are finding it easy to listen to my voice.

This **continues to relax you.**



You are hardly aware of the noises around you.

You are listening to my voice that guides you.



Now you are **so deeply relaxed.**

Now your subconscious mind is open and **ready for suggestions.**

Ready to **learn.**

Ready to absorb information at a very deep level.

So easily



You will continue to **relax** as you listen to my voice.

You do not need to even think about this.

It just happens so naturally.



You have always known that you were a **confident person.**

Sometimes, it did not always show, but now you are finding it **easier to express yourself.**

Your confidence is growing each day.

You are mastering the art of presence.

You are happy to engage with others.

You get pleasure from interacting with other people.

You give people your complete attention.

When people talk to you, they feel better about themselves.

You are **happy to talk about yourself**, but you are equally happy to listen to others talk.

You absorb other people's stories with interest.

It feels as if you are gaining from each interaction.

You **genuinely** want to **hear what they have to say.**

Your own ego never gets in the way.

You are developing a sense of confidence and always know the right time to join in.

You make the other person feel at ease.

People tend to tell you things that they do not normally speak about.

You make friends **very easily.**

You understand the importance of being able to express yourself and be able to listen too.

You are still relaxing.

Deeply **relaxed and calm.**



Your own well being is important to you.
You wear clothes that appeal to you.
You have your own style

You are happy being you.

This builds your confidence.

People notice this in you.

They see that you are full of confidence but still warm and welcoming.



When you enter a conversation about a topic that you have little knowledge of, you are instantly intrigued to know more.

It does not matter what you know, you are **always interested** to find out more.

This always makes **people warm up to you.**

Confidence and the ability to listen are important to you.

Whether you are listening or talking, you are always involved in the conversation.

Your mind is curious....and open.



You always have a purpose to your life.

Your aims and goals are important to you.

You are happy to share these views with others if they ask, but you are also happy to hear theirs, too.

You **encourage others** in a natural and fluid way.

People rely on you to say it as it is.

You appear to be kind because you **genuinely care.**

How do you view your world now that you have charisma?

Do **you see positive changes?**

Are you happy?

Do you have **more friends?**

Let these thoughts resonate with you.



Your **inner mind absorbs this information** right now.

You want to be this person that gives and attracts.

You find it easy to fit into this role.

The future looks **very comfortable** for you.

You had charisma already but now it is in the open.

You feel relaxed and positive.

You have connected to an inner force.

This is a good feeling.

You feel so self-assured.

You are never frightened to **express yourself.**

You always give off the feeling that you know exactly where you are going.

People understand that you are a person that will follow through with what you say.

The art of conversation is easy for you to master and you keep getting better at it each day.

Other people feel at ease talking to you and some will ask advice.

You **enjoy this attention** but not in an egoistic way.

It simply **gives you pleasure** to know that you are being useful.

In the following weeks, you find your sense of humour developing.
Now it seems easy to tell a joke.
Everything seems fluid and natural.

You have mastered the art of asking questions.

You understand that **asking questions is key to people engaging with you.**
People warm to gently probing questions because it means you care
You are showing an interest.

You find this easy to do.

Everything just naturally fits into place.
You always maintain eye contact when people engage with you.

You are **learning to express yourself** in so many different ways.
Your body language expresses to others that you are interested in everything
You listen with intent
You have a deep-confidence in who you are

Developing charisma becomes natural to you



You understand that it is about presence.
You understand that it is about being **genuinely interested in other people.**
You understand that people are drawn to those that **feel compassion** but who are not afraid to tell the truth.
You understand that a sense of humour is important.
You know that **having charisma** draws opportunities to you and opens doors previously unseen.

You are now highly optimistic.

You spot opportunities that suit you and you can see what would suit others too.

This makes you a good leader.

People believe in your guidance.
You have learned to mean what you say but you are also **aware of other people's feelings.**
This is a part of your character that is growing.

Your subconscious mind is there to guide you and is constantly learning what true charisma means.

You also absorb information from around you at a conscious level.

You have a tendency to remember interesting facts.

These become useful to start and engage in conversation.

Learning and knowledge have become an important part of your life.



Your aim is not to try and please everyone but to engage and create a connection with those that truly understand you.

Your ability to lead and communicate is growing.

At the same time, your **compassion and ability to understand** is also becoming very important to you.

People trust you and see you as a **warm friendly person with confidence.**



Your charisma is expanding.

You feel good about yourself.

You feel very happy about your future.



In a moment, it will be time to return to the room. This will happen easily and leave you feeling relaxed and very positive. I will begin to count from one to five and you will slowly and quite naturally become more alert. At number five, you will be fully awake and ready for the rest of the day.



I will start now.

1: Still very relaxed but aware of my voice bringing you slowly back to the room.

2 You are aware of your muscles all coming back to life.

3: Eyelids flickering and gradually opening.

4: Aware of external noises and the chair or bed beneath you.

And 5: Eyes open and fully back in the room feeling relaxed, refreshed and very positive.

You might want to shake your arms and legs to circulate the blood. You can expect to feel positive all day and every time you relax, you will notice positive elements being drawn to you. You will smile at others and mean it. People will start to notice that you are constantly happy, and this is perfectly normal.

You will find that you begin to attract more people into your life. There will be moments where you notice that you draw attention when you are speaking. This will feel good and your inner mind is prepared for this. You are aware of the charisma you hold and display to the world.