



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Branding Yourself

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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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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Branding Yourself

In order to obtain any skill or to become proficient in any art, to do anything worthwhile, **you need confidence**. You need to be able to **sell yourself**.

Confidence makes anything and everything easier to accomplish and **more fun** for the fortunate individuals.

People who **thrive in life** are very comfortable with self-promotion. It is not selfish to believe in yourself and what you **have to offer the world**.

In order to be the **very best you can be**, you must get comfortable selling and promoting yourself and your abilities.

It doesn't matter if you are in sales or some other profession either, because your impression is **integrally important**.

You are essentially selling yourself **every day**. Everything you say or do **portrays a message**.

In order to sell yourself you must create a **good impression**. To create a good impression to potential clients, employers or even to strangers or business connections, you must get comfortable explaining your **strong points**.

When you learn how to **project yourself confidently** people see you in a much better light. They can see your **confidence**.

Selling yourself doesn't mean merely talking arrogantly about how great you are, it's more about feeling a sense of **self-pride**.

Under-selling yourself is a habit that **you can break**. It's important to understand that when you put yourself down or criticize yourself that you are **selling yourself short**.

In the end, it's all about the **communication** and your perception of yourself.

Much of our communication is **non-verbal**. The way you groom yourself, the clothing you wear and even how you move and speak **says a lot**.

In this session you will learn the valuable skill of **selling yourself**. So, if you're 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 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. Focus on how good you feel in this moment.

And in a few moments I'm going to ask you to **imagine** certain things.

Don't worry if you can't actually see them in your mind's eye, just let your mind gently **focus on the words**.

And I want you to think about a **starry, starry night**. Imagine looking up into the black velvet sky and gazing at the **millions of stars**.

You are well aware that only a **few of these stars** are available to the naked eye.

Now picture a full, round moon; a **beautiful big, full, round, white moon**.

You can almost see a face on the moon, and a halo surrounding it ...as it throws its light out of the **black, night sky...**



And now I want you to imagine that you're looking at a **glorious sunset**. The sky is aglow with a **fiery scarlet** and orange light. Imagine that sunset **rising up** over the horizon.

The color orange is so **warm and inviting**.

Now imagine a **grey-blue sky** with dark clouds sweeping across it. Imagine a windy day and **fast moving clouds**.

And coming down to earth I want you to visualize a lovely **green meadow**.

Scattered across the grass are patches of **white daisies** and purple clover and **bright yellow buttercups**.

You marvel at the different shades of **green in nature**.

Now imagine a **lovely blue lake**, you might even be in a boat, on this lake. Someone else can do the rowing. The ripples on the water remind you of the **ripples of consciousness**.

And in your boat you can feel yourself swaying from side to side, gently rocking, from side to side, as you go deeper and deeper down, into **gentle meditative rest**.

And you can go in and out of trance. You can go **deeper and deeper down**, into gentle **meditative** rest.

Feeling more relaxed, feeling more **peaceful and calm**, than you've ever felt before. Just enjoying this tranquility... **and calmness...** as you go deeper and deeper down.



As I count from 10 -1...you will be able to double your relaxation with each **descending number**.

10...It feels so good to **just relax**.

9.....Going a little **deeper down** – that's right.

8.....You have nothing to do and **nowhere to go**.

7.....Relaxing a bit **deeper now**.

6.....Very nice.

5.....You're halfway there – and it **feels sublime**.

4.....You're starting to feel so sleepy – **so lazy** – and that's OK.

3.....Feeling so **relaxed.....**

2.....So **sleepy.....**

1.....Drifting down **so easily....**

And now you're **deeply relaxed** and ready to begin the work for today.



Today you are learning how important it is to **sell yourself**. In essence, you are selling yourself every moment of **every day**.

That impression you make is **everything**. Each day gives **you** another amazing opportunity to **sell yourself**.

Today you are tapping into that beautiful state of **confidence** and you deserve it.

Now as we begin, I want you to focus on what it means to feel confident and have a high degree **of self-worth**.

The more you believe in your **own abilities**, the more you will be able to **sell yourself**.

Self-worth is that opinion you have about yourself and the **value** you place on yourself.

It's all about feeling **worthy**. Not because of anything or anyone else. This feeling comes from **within**. It comes **from you**.

When you feel confident you believe in yourself and in what you have to **offer the world**.

Selling yourself is all about establishing that **core belief** within yourself - and **portraying it** out into the world.

When you are self-confident you are **empowered**. Self-confidence is **beautiful**.

Now in this session, we will be focusing on the idea of **selling yourself**.

And as you relax you find yourself in a **long hallway**. This is the hallway of your **inner mind**.

And as you look down the hallway you can see a **door**.

When you open this door, you will be tapping into that part of yourself that is **super confident**. You will be tapping into that inner **charisma that shines**.

This doorway leads to a room where you will learn how to **sell yourself**. The more you focus on your positive qualities, the more **you shine**.

Everything you do in life requires you to **sell yourself first**. This is the **most important thing** to remember.

If you don't know how to **sell yourself**, no one will be interested in what you have to say.

Selling yourself is an ability you can learn to tap into and **expand**.

Now as you come closer to the end of the hallway, you can see **the door more clearly**.

Now walk **toward the door**.

Examine the door very carefully, even the doorknob and understand that this is a room where you can tap into that **super confident you**.

You may even feel a tingle **of excitement** running through you.

And now I want you to open that door and then walk in and close the door behind you and **look around the room**.

Look around and **enjoy** what you see here. And in this room a 360-degree mirror surrounds you. These mirrors allow you to examine **all parts of yourself** and how people see you.

Now **take a look** at your reflection in one of the mirrors. View yourself in an **objective manner**. See yourself as **you currently are**.

Perhaps there are things you would **like to change**. That's OK.

Take a moment to examine yourself **exactly as you are** in this moment.



Now, you are going to tap into that **Super You**. There are actually two parts to you. The first part is who you **truly are**. You may even see this part of yourself **as fallible or imperfect**.

Everyone has a part of themselves that feels **imperfect, and that's OK**.

Now start focusing on the new you - that **Super You**.

Focus on that part of you that you are **selling to the world**. Focus on **your brand**.

Think of this part of you as the **Super You**.

Now as you stare at your reflection, I want you to **make a mental list** of all of your best qualities.



Be that **Super You**. **Dress** like that Super You would dress. **Talk** the way that Super You would talk. This can also be thought of as a kind of **role-play**.

This is a **part you play**. Have some **fun** with this. Find the **joy in this**.



Now see yourself **stepping on a stage** surrounded by those 360-degree mirrors.

Start channeling this **Super You**. See yourself **influencing** others. See yourself standing **tall and firm**.

You are here to step into this **Super You**.

And as you do this, you might even imagine yourself as a **Super Hero**. Imagine what kind of **powers** you would have?

Would you have super **strength**? Maybe **super confidence** or even a super brain or **increased intelligence**, you can be anything at all.

You are building a **powerful narrative** in your mind. You are **ramping up your power** and stepping into a new version of yourself.

You are a very **powerful and influential** person.

You suddenly feel just like this superhero, a person with **amazing confidence**, and amazing influence. You know how to **sell yourself**, you get it now.

With this new attitude, **anything is possible**.

Now start tapping into your **super hero powers**.

Notice how you **easily influence people** through your words, your body language and even your eyes. You have the power to **change anything**.

Unleashing this power is so simple - you have **all the tools** you need right here in your mind.

Go ahead and see yourself as this **superhero in your mind**. Let your mind take you wherever it wants to go.



Imagine yourself **persuading and influencing** others. When you see yourself succeeding, change is **easy** to manifest.

Go ahead and create this **superhero in your mind**.....and study the image for a bit.



Notice every detail about your **super hero persona**. Notice your posture, your breathing, your facial expressions, your gestures and even the words you use or the **tone of your voice**.

Study yourself closely and notice **how you shine** in front of others. You have **charisma**. People love your **energy**.

This super hero power is becoming a **part of you**. You are merging with this **Super You** - taking on their energy. You are **leveling up your life**, in every way. You are thinking **BIG**.

Feel how **powerful and strong** you are.....in this moment.



Now notice how it feels to be so **vibrant and alive**.

Feel this new **confident attitude** and notice how you feel about yourself as you act and behave in this way.

As you feel all of that, with your whole heart and soul,...imagine yourself as this **Super You** and as a person who **easily sells themselves**.

Now take it a step further and imagine how this has **changed your life**. Notice what is different about your life...as this **new personality**.

Imagine what your life looks like now.....that you are this **Super You**. You can be or do anything..... You can live your dream right now in this moment.

Feel the confidence and the **self-assurance** you now have, you are so proud of yourself for having stepped into this new role.

Feel what it really feels like.....deep down in your soul.....feel how **elated you feel** and how amazing your life is, now that you have taken on this **new behavior** and this new way of thinking and moving and reacting.



Your **confidence and enthusiasm** show in your every movement.

Now repeat the following suggestions as you continue to feel what it feels like to be this **Super You**.

I am at my **absolute best**.

I know that **anything is possible**.

Change is happening **NOW**.

I am this **Super Hero**.

I have the capacity to **think BIG** and to **sell myself**.

I am achieving **all of my goals**.

I am jumping up to that **next level in life**.

I am **powerful and strong**.

People **like me**.

I am becoming **more influential** by the moment.

With this new power, I can **achieve anything**.

My **charismatic charm** helps me in all areas of life.

I love my life.

I am living my **ideal life**.

Every day in every way, my life is getting **better and better**.



Today, you have learned how to **sell yourself**.

Take a moment to feel how **powerful you now feel**.

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 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 this new Super You.

Have an amazing day!