



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Managing Your Success

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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Managing Your Success

With success often comes a whole new set of problems. **Managing success** can therefore be challenging. With more success comes **more money**. With more money come **new responsibilities**.

Now that you are **successful** and achieving those dreams and goals, you have to **manage the energy** and anxiety that come with it.

You need a strategy to manage that success **wisely**. You need to learn how to manage your time **more effectively** and you certainly need to learn how to manage others' expectations more easily.

And managing is a **big task**. This Mindfulness Meditation session can help you **manage your success** and help you prepare for **greater and greater** levels of achievement along the way.

Whether or not you are dealing with anxiety, performance pressure or simply perfection issues, a **good strategy** can help you manage all of this effectively.

Sometimes those who are **super successful** learn that others are not as happy as you are with your new success. Old friends or colleagues may also feel **threatened** or jealous.

In order to **be successful** and stay successful, you must learn to manage the naysayers and stay in your own lane.

You must **push past your fears** and move past your anxiety. **You** can do this. You can learn to **effortlessly integrate** all of these new things into your life, your successful new life.

The most important thing to keep in mind is the idea of **balance**. It's not always easy balancing your personal and professional life but **you can manage it**.

It's time to **celebrate your success** and share it with others. It's time to feel **good about yourself** and your journey in life. You have worked hard to be successful and all of this hard work is now **paying off in a big way**.

You are learning to live in a **whole new way**.

It all boils down to **self-belief**. If you don't believe you deserve this success, chances are you will not be able maintain that **level of success**.

In this session, you will **take charge** and step up to that new level of success and achievement. You will manage this high level of success brilliantly.

You can build from your **successes** and learn from them. It's time to celebrate your success.



So if you are ready, let's **begin** that process. 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 as you breathe in and out, allow **every muscle** in your body to **just let go**. As you relax and breathe, imagine you are walking along a road. This is your road to success.

This might be a road you have been on before, or a **brand new** one. It could be an old dusty road, or a **nice modern road**.

As you walk you notice many **colorful signs**. You can feel the **warm air** on your skin. You may walk past trees and bushes or smell the aroma of **freshly mown grass**.

Adjust your body so you are **really comfortable**. That's right.....it feels so good to **let it all go**.

And then you might notice a **beautiful field of flowers** as you walk. Smell all the **wonderful aromas**. It feels so good to be so **natural and at ease**.

Just continue walking, taking in all of the sights and sounds **all around you**.

Notice if the earth is **hard or soft**. Notice the temperature of the air. Notice if there is a **soft breeze**.

As you walk the trees become **thicker and thicker** as you go deeper and deeper. You feel yourself becoming more and more relaxed.

And the deeper you go the better you feel and the better you feel the **deeper you go**. Allow this heavy and tired feeling to take you **deeper and deeper down**.

You can smell the pine trees and the earth all around you and it's **a nice comfortable feeling**.

You feel **more and more relaxed** with every sound you hear. My words begin to fade into the distance as you continue drifting down, **deeper and deeper down**.

As I count from 5 -1, you will feel yourself sinking deeper and deeper down as you become **more and more relaxed**.

Number 5. You feel so relaxed and so at peace...just allow yourself to drift **in and out** of conscious awareness.

Number 4. Take another deep breath as you continue to **let go** of all the tension and stress. Notice how relaxed you already feel.

Number 3. You continue drifting deeper and deeper down in this ancient place and it **feels so good.**

Number 2. You're almost there....that's rightjust continue sinking down, **deeper and deeper down.**

Number 1. You feel so tired and so heavy....just enjoy this **amazing relaxing feeling.** It feels so good to just be quiet and peaceful and serene.

You are now at your **ideal level of relaxation.**

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



Success can be challenging for anyone; success can change things. While success is **obviously wonderful**, it can upset that precious balance.

It can also create a negative attitude and cause people to be **envious.**

However, you have determined that you are ready to **welcome that success in** today, more than ready,

You can handle any challenge **life throws** at you. You stay **focused**; you don't listen to the naysayers or those that criticize you.

You **rise above.**

You are bringing forth **a new ability**, the ability to release any fears or anxiety you feel when it comes to success.

You are **redefining** your idea of success today. You are ready for a **new challenge** and a new chapter.

You are ready to step into your own **unique success** because everything in your life has led you to this amazing moment.

You **deserve this success** and have worked tirelessly for it. You have **arrived.** You can **accomplish anything** you set your mind to.

No problem is too large; no obstacle too big; you are a **problem-solver.** You get things done. **You tune** out the negativity.

Now see yourself on that road once again, that road to your **success.**

And as you walk, you turn around and notice how **far you've come.** You see everything you have **accomplished.**

So many setbacks, but you have **worked tirelessly.** You have **put in your time.** You have gone that **extra mile.**

You finally feel like you **deserve this success.** It's time to **celebrate it.**

You see all of your **previous achievements** behind you. There were times you didn't think you would make it; there were times you wanted to quit. But **you didn't.**

It's time to truly **believe in yourself** and your dreams. You have come so far. You have **no limits**.

Success hasn't changed your core values or changed what it is that is **important to you**.

Success complements everything that you are and everything **you stand for**.

And now as you walk on this road, you stop looking back. You push **away your fears**. You keep going, you build **momentum**.

And now you find yourself literally **running** on this new road. You have got this. You have **no fears**. You jump over obstacles that appear in your path.

You can do this. **Nothing** will stand in your way.

You are **letting go** of the fear. Today you are stepping into a **whole new level of success** and it feels good.

And now you know you can easily **manage this success**. You have **learned** from your mistakes.

You have spent a **lifetime preparing**. You're managing those **expectations beautifully**. You're managing the stress. You push **past the fear**.

You simply don't care what others think. **You've got this**.

And now that you have been on this road to success, you know **you can continue**. You feel **confident** in your abilities.

You feel **good about yourself**. You know you deserve this **high level of success**, you have earned it.

You are impervious to the views of others who criticize you; you **tune them out**.

You are **seamlessly integrating** in all of these things and stepping into your success.

You feel **enthusiastic and motivated**. You love challenges; you can solve any problem; you are **brilliant**.

And now you have arrived at the end of this road. You notice people gathered round **welcoming you**. They are here to **congratulate you**.

You have arrived at the finish line. It feels exhilarating and **exciting**.

Everything in your life has prepared you and led you to **this moment**. There is nothing to be concerned about because you feel **very confident** today.

You **never compromised** who you were or what you stood for. You are proud of the fact that **success hasn't changed** who you are.

You are managing your **success beautifully**.

Now that you are successful, you can spend more time doing the things you **love to do** and changing the world.

You suddenly realize that you have **transitioned effortlessly** into this new role.

You are a bit surprised at how easy it really was. Success **comes naturally for you**.

You have worked diligently **and earned** every bit of this success. You know that success is really 1% inspiration and 99% perspiration so you know you have earned this level of success because you have put your whole heart and soul into your **passions and pursuits**.

You feel **incredibly confident** and secure. You feel amazing.

Your contribution is **extremely valuable**. What you do is **important**.

You have **stepped up to success** and you have done well. You were made for this role and **now you know it**.

Success feels **natural and normal**. You are still the down to earth person you have always been because success hasn't changed the good person that you are.

In many ways, you are a much better **version of yourself**.

Now when you think of all those fears, you laugh. You had **no reason to be fearful**.

You are an **amazing success** and you have earned it. You are still the beautiful person you have always been and everyone you know is **thrilled for your success** and they share your celebration.

You have **stepped into a new role**. You have earned it.

You are an **amazing success** and you have earned it.



Now let's repeat some affirmations as you continue to feel what it feels like to **effortlessly manage this success**.

I am effortlessly **managing my success**.

I exude **confidence and strength**.

I love **who I am** as a successful person.

I am **completely confident** of myself.

I was **born to be successful**.

I've **got this**.

I am **rising higher**.

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 **managing your success** brilliantly. Well done!



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

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 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 learned to manage your **success beautifully.**

Have an amazing day!