



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Overcome Fear of Public Speaking

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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Overcome Fear of Public Speaking

Being able to speak in public with confidence is a wonderful skill to have! It can enhance both career opportunities and increase confidence levels. It's so important to be able to put across a message in a way that is both entertaining and direct and public speaking is a powerful method of communication. It helps with authenticity and self-esteem.

Yet, not everyone has the natural ability to stand with confidence in front of an audience. Many people feel nervous at the prospect and worry that they will not be able to deliver an attention-grabbing speech. So, what is the difference between the seemingly confident person who is happy centre-stage and the person who dreads the prospect of being alone on stage?

In truth, very little.

Most people want to succeed in life and perform well rising to the challenge of presenting to peers or to a higher level. It's important to feel naturally confident in a crowd. To speak well in public, it's important to learn how to cope with inner fears and some may find this difficult. But, in reality, there is very little difference in how any individual feels when presented with a difficult task as it sets off the natural fight or flight mechanisms within us. Some people rise to the challenge, but others worry about failure.

The fear of public speaking is very real. It is also a very common fear and even has a name, Glossophobia. Most people do not suffer in such an extreme way but even small amounts of fear that is not handled properly can lead to anxiety. Fear can impact the deep levels of the mind, and the subconscious mind tries to protect from further stress by reinforcing those conditions. This becomes a vicious circle. One negative experience means you are unlikely to want to share your ideas and engage with an audience again and this can have a detrimental impact on your career and on personal growth.

Once we understand our fear, it becomes easier to be able to control it. Knowing that everyone is really in the same position in an emotional sense helps. It is not the nerves and fear itself that is the problem, it is what you do with it. Everyone has nerves, but Mindfulness meditation enables suggestions to enter the subconscious mind which in turn guides you. It allows confidence to grow and your true inner abilities to come to the surface. You are already everything you want to be but sometimes, the confidence for public speaking is hidden behind self-imposed barriers or learnt behaviour patterns.



Today, I want you to find a **comfortable position**.

Adjust your position until you are happy.

Everything happens in your own time.

This is your moment so allow yourself to relax as you get **more comfortable**.

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.



In fact, I want you to give yourself **permission to relax right now.**

In your mind, repeat the words, I give myself **permission to completely relax.**

Repeat slowly.

I give myself permission to completely relax.

Now I am going to count down from 5 to 1.

On each number you will focus on my voice and start to become more and more relaxed.

I will start right now.

5. Beginning to sink into a relaxed state.

4. Allowing yourself to sink further.

3. So deeply relaxed and calm.

2. So peacefully relaxed.

1. Wonderfully relaxed and calm.

Now you are in a relaxed state and can let any tensions from the day float away.

My voice is your focus, and this relaxes you more.

External noise is fading into the background.

This is your moment and you are going to enjoy each second.....

Simply by relaxing even more.

As your **inner mind opens up**, so does your imagination.

You may have thoughts and images coming into your mind and this is perfectly normal.

Your subconscious mind is still **focused on my voice** and absorbing information.

The more you relax, the greater the sense of relaxation.....

Everything happens in your own time.

It feels **peaceful to relax** further.

I want you to use this wonderful imagination of yours.

In your mind, focus on a feather.

It probably is white, but your imagination may choose another colour.

This is up to you.

It is high above you and is gently making its way to the ground.

It is spinning slowly.

So soft

So lightweight....

As you **fix your gaze** upon it.

You become relaxed.

Its slow journey to the earth **relaxes and calms you.**

You can only see the feather.

It is slowly turning and **drifting downward.**

Every inch of it is taking you **even deeper** into a relaxed state.

Slowly, it falls like a snowflake.

Calming and relaxing you.

It feels **so perfect.**

You are **so deeply relaxed.**

Watching it drift down.

Sinker deeper with it.

Your inner mind is open and relaxed.

So peaceful.

So deeply relaxed.

Nearly at the ground.



Nearly completing its downward journey.

Relaxing you completely.

Allowing your mind to drift.

As it touches the ground you become **completely relaxed and very calm.**

So **very peaceful.**

So very **calm and relaxed.**

Open to suggestions.

Aware only of my voice.

Ready to listen.



At this very moment the idea that you can speak to groups of people in a **confident way** is growing on you.

It now seems like it is more than possible....

You suddenly realise that you **could easily do this.**

This idea really **appeals to you.**

It is a suggestion that **your inner mind accepts.**

It is growing stronger.

You really can do it.

Because this is a suggestion and one that you really do want, then your subconscious mind is **reinforcing it.**

It is embedding this suggestion **deep into your inner mind.**

It is creating a strong confident public speaker.

You know that you have the skills within you.

You know that **people will want to listen to you.**

You do not need to please everyone.

Most of them will applaud you.

This builds even more confidence in you.

Because you truly believe this powerful suggestion your ability to become a public speaker gets better and better.

You **truly believe in your ability** as a public speaker.

You understand that you are **constantly growing in personality.**

You are now aware of the abilities you have.

You know your goals and how to achieve them.

You now believe in yourself.

You appreciate that you do things to help others.

You believe in the **power of your messages.**

You are constantly calm and assured.

Your confidence grows daily.

People can see that you **believe in what you say.**

They **feel your confidence.**

You have an air about you.

You see the good in the world.

You want to **share your feelings.**

People respect you and you respect yourself.

You have a sense of goodwill within you.

As you relax further, it becomes obvious that your **integrity is important** to you.

You make new friends daily.

You naturally do this by being your normal **friendly confident self.**



You want to **help and guide people**.

You are a **very happy person** who spreads out your message like a ripple on a pond.

Your **imagination is fully active**.

You are **always confident** when meeting new people.

You are **secure and relaxed** in company.

Communication is one of your main strengths.

Still deeply relaxed.

People like to listen to you.

You are so at ease when you have a group of people listening to you.

You like helping others.

You recognise that most people are on your side.

You are excited at the thought of sharing.

You look at your audience as friends.

These are the people you want to help.

When you speak you are perfectly at ease, you come across as **a natural speaker**.

You give your message in a **clear and direct way**.

People enjoy listening to you.

Every now and then you **take a deep breath**.

This **instantly relaxes** you.

You breathe in slowly for just a few seconds **and it works every time**.

You can try it **right now**.

Breathe in slowly for a few seconds and release.

Now you can feel how that **instantly calms and relaxes you**.

You can do this anytime you want.

Anytime you feel tension **you can repeat** this, and the tension will simply float away.

This is a suggestion that your inner mind likes.

You often are animated when getting a point across.

This is very natural to you.

Your message is important, and you want people to gain from your words.

You are gradually becoming **a great story teller**.

People like listening to you.

As you **relax even deeper** you can picture yourself on stage.

Your legs are strong.

You look very confident.

You feel confident.

You are relaxed and clearly enjoying yourself.

People are looking forward to listening.

Your breathing is **slow and relaxed**.

You are smiling.

You are in your element.

How does that feel to you?

Take a moment to imagine this scene.

You speak freely to small and large groups in exactly the same way.

You genuinely feel friendship towards your audience and they reflect it back to you.



When you have their attention, it gives you an inward buzz.

You are happy.

You are **secure and confident** as you speak, and this **grows stronger all the time.**

You find it easy to capture your audience's attention.

Your ability to communicate clearly gives you pleasure.

This shows, and **the audience appreciates it.**

You find that people want to ask you questions when they meet you.

You appear to attract people to you.

You are happy that you can help people by guiding them with the truth.

You always **believe in what you do.**

You are **always relaxed.**

People sometimes ask you, how are you **so relaxed?'**

You are just being yourself.

Your subconscious mind understands your abilities as a public speaker.

You are constantly being guided by **your inner knowledge.**

You find that you are becoming a witty person.

You do not even need to think about this.

You are just **naturally humorous.**

It is part of who you are.

You always know your topic and can easily ad lib if you want to.

You enjoy speaking to anyone.

Your inner mind understands you have **a special talent at speaking to an audience.**

It guides you to **become strong and calm and vibrant.**

Totally confident and at ease.

You are easily able to keep the flow going.

Everything is easy for you.



You also understand that you can **learn from others.**

You are **happy to listen** to their points of views.

You realise that there has to be an ebb and flow.

A natural balance in the universe.

People recognise your honesty.

You are able to speak and act freely with a mature attitude.

You are **relaxed enough to speak at very short notice.**

You **constantly learn** from your audience.

You are open to ideas.

You share your own.

You draw people to you in a very natural way.

The ability to share knowledge is your passion.

So deeply relaxed.

You have a talent, and this shows.

This instantly **gives you authority** in the subject you are speaking about.

You find that your **memory is increasing.**

You can remember facts whenever you need them.

You are always aware of the truth.

It is very important to you.

You influence others daily.

You have ideas that create an impression on people.

Your **ability to communicate** is clear in your subconscious mind.

From this point onwards, you are becoming aware of the **wonderful feeling of personal confidence**.

You are open and have all the ability you need to communicate and get your message across.

You feel happy and calm at this thought.



In a moment you will be brought back to the room and feel awake and confident.

Your subconscious mind has been absorbing **all** the thoughts and suggestions.

You have transformed your inner thinking.

It is **all** natural and easy.

I will count from one up to five. On each number you will become more awake but remain happy and relaxed.

I will begin right now.

One. **Slowly awakening**, very relaxed and calm.

Two. Eyes maybe flickering and muscles waking up.

Three. External noises making themselves known.

Four. **Remain calm and relaxed** but waking up.

And Five. Fully awake with eyes open.

Welcome back into the room. What a wonderful journey.

You may wish to shake your arms a little to get the blood flowing or stretch a little.

You will find yourself very relaxed but with a bubbling new confidence that will gradually show itself through the day and weeks to come.

You have taken down any barriers that existed and allowed your true ability to reveal itself. You have the tools to now do whatever you feel like doing. You will likely feel that life slips into an obvious pattern from now and you will feel calm and happy with your decisions.