



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Build Confidence Around Women

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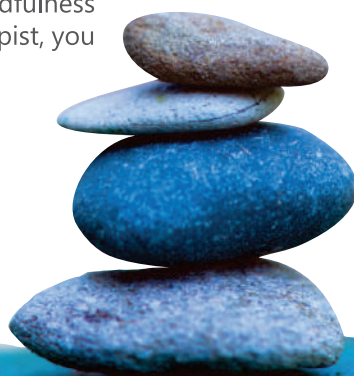
If you are a practising hypnotherapist, Mindfulness Coach, NLP Practitioner, or a psychotherapist, you may use the meditation scripts for -

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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Build Confidence Around Women

Most men may find it difficult to be around women. You could be someone who is awkward or tongue-tied. Do you see a woman you are interested in and yet avoid her completely because you're so afraid of being rejected? Self-confidence can be a troublesome affair while dealing with women. Even if you have an outgoing personality in most social situations, the "dating scenario" may feel a tough path for many. A million "what-if" scenarios may pop up into your head. You may fear everything right from being laughed at to a date that ends up in rejection. But you know that you don't want to be alone forever, so what can you do?

Getting to know someone new is difficult for both sides, and women often feel self-conscious in this situation too. Think about times when you meet someone new, with no expectations. It is easy to start a conversation and feel confident then? That's how you want to feel when you introduce yourself to an interesting woman. Instead of overthinking the situation, you need to just be yourself and say hello. You need to trust your journey from the first date.

I welcome you to this Mindfulness meditation to build confidence around women. You will find yourself building confidence daily to be able to date without preconceived ideas about yourself and the woman. You will find yourself more accepting toward self while radiating an attractive energy for a partner that is your equal.



Find a comfortable place to relax. It could be in your bed or a nice comfortable chair. Turn off all gadgets except for this phone or anything that could distract you. Remember, you are not supposed to listen to this meditation while driving or operating any machinery as it could make you very drowsy.

It is best to use headphones to listen to this meditation to be able to hear all the subtle sounds such as nature sounds that will guide you towards relaxation.



Make yourself very comfortable now, make sure your body is in a very **relaxed** position, and adjust any pillows as you need to. You will be taken into a deep state of relaxation. . This is an important daily relaxation time that is good for you. This allows you to find time to rest during a busy day to just totally relax and let go, to keep your body and mind healthy



Begin breathing very slowly from your abdomen. Place your hands there and feel your stomach rising and falling with each breath. As you **breathe in** allow your abdomen to rise and as you **breathe out** let it fall. Focus all your attention now on your breathing. **That's right.**

Breathe in through your nose and blow **gently out** through your mouth. Breathing **slow and deep**. Breathe in relaxation and breathe out tension and stress. Feel yourself unwinding.

Notice how your slow breathing is beginning to induce a nice state of **deep relaxation**. Let the body breathe by itself using its own natural rhythm.



Breathing in, and breathing out



In



And out



Notice how **you are twice as relaxed** as you were a moment ago. Allow yourself to be as **relaxed** as you want to be. Allow all the cares of the world to take care of themselves all by themselves. As you are listening to the sound of my voice and the gentle music in the background, you can feel yourself **drifting** in to a more **relaxed state of being now**, breathing in relaxation, blowing out all tensions

Any thoughts that were bothering you are just disappearing for the time being, this relaxation time **is just for you** and you can let all those thoughts go while you focus on your breath.

Allow the subconscious mind to do all the work for you now. You feel a warm wonderful sensation of relaxation in your body as you allow all the tension to just **float away, drift away.**

I wonder if you can imagine now standing under a warm shower and the warm water is relaxing **each and every muscle** in your scalp, **each and every nerve**, and then that relaxed feeling spreads down to your forehead wiping away any lines of tension on the forehead as your eyelids become **heavy** and rest comfortably on your eyes. It feels good to close the eyes and let the subconscious mind do the work for you. Letting go with the tension in the cheeks and the jaw, allowing the jaw to relax and hang loose

This warm feeling is spreading down your neck now all the way down your spine into your lower back, like a flow of gentle energy.

It is moving through you and soon you get the feeling that you don't even have to be aware of it anymore as you let your body shift into cruise control.

You now feel this **marvelous warm feeling** in your shoulders, spreading down your arms to your fingertips. You can enjoy whatever feelings of heaviness or lightness you are feeling and let this become part of your relaxation. Allow this feeling of comfort to enter your chest now and relax all your internal organs, breathe into them and breathe out to release any tension.



Feel the **flow of comfort** spreading through your stomach down to your legs into your thighs, knees and calves and all the way down to your toes.

Every muscle in your legs now is limp and relaxed. Feel your **entire body** now from your head to your toes, feel it relax. Imagine this relaxation is like the warm rays of the sun on your body and you feel **at ease** like you would on a summer day at the beach. Imagine your arms and legs stretched out relaxed, and every cell and nerve in your body is enjoying this peaceful, tranquil relaxation. You are **completely relaxed** now, no one wants anything from you, this is time just for you.



I wonder if you can think of a time now where you really experienced a feeling of peace and comfort in your body and mind. Think of a time now, and I don't know if it was on a beautiful deserted beach somewhere or on a mountain top or in your own backyard but your subconscious mind will present a time for you to remember and enjoy. Allow yourself to re-experience all the sights and sounds and smells and feelings that are associated with that experience and if you don't remember an experience, allow your subconscious mind to make one up.



You can go as deeply into this experience as you wish allowing your subconscious to help you to enjoy this experience. As you **enjoy going deeply into this place** you may begin to feel like you are all mind without a body. A mind floating free not caring about space and time, feeling **weightless,... floating, drifting....** Like the gentle ebb and flow of a stream, that softly caresses the ground .

That's right.



I would like you to imagine a stairway now of 10 steps going down deeper into your subconscious mind now as you step down from 10 to 1.



- 10- Relaxing, letting go
- 9- There is lots of time
- 8- A deep, deep calmness inside and out
- 7- Twice as deep
- 6- **So relaxed now**
- 5- Feel yourself immersed in an ocean of relaxation and calm.
- 4- You will become more and more ready to retain those ideas that I will give you.
- 3- Allow this feeling to wash over you like a warm bath or a gentle breeze
- 2- Twice as deep now
- 1-You step down to one and you feel **so relaxed.**



You see a door in front of you. As you go through the door you see the most **beautiful deserted** beach with miles of soft white sand. You slip your shoes off and step onto the soft and warm sand. Your feet sink into it as you cross the grassy dunes down to the ocean. You gaze out over the vast ocean and perhaps see a sailboat far in the distance.

As the warm sea air ruffles your hair and caresses your face you feel a growing feeling of **peace and calm**. You walk down near the ocean and allow your feet to test the water. It feels cold at first but warms up very quickly as you let the waves roll in and out over your ankles and calves. You breathe in the salty air and listen to the seagulls as they fly overhead. As your feet sink into the wet sand you feel yourself going deeper. It feels good to let go of all stress and tension and allow the ocean to calm your spirit.



You then decide to go back to the sand and lie down on a blanket that you placed on the soft sand. The sun feels good and you stretch your arms and legs out, not a care in the world. You let out a sigh and feel the warm sun on your body just **melting away** any worries or any problems that might have been bothering you. This is time

time just for you and you only. Nothing to do, nothing to think about, just the **sound of the waves** moving in and moving out towards the shore and back
The gentle ebb and flow of the tide,
In and out...



In and out.

You gaze up at the clear blue sky and allow your mind and imagination to wander and drift. Nothing for you to do right now but relax. You can allow yourself to feel **relaxed and comfortable**. Rest with your eyes closed, drifting off to no place in particular

I do know that you can allow yourself this luxury of relaxing in an ocean of calmness

That's right! An ocean of calmness.

Perhaps you can even imagine yourself floating, and I don't know how you might imagine floating whether it is on the water or in a cloud but you can allow the subconscious mind to help you to feel as if you are just floating **gently, easily, comfortably**. You feel safe and secure. Feel your entire body and mind bathed in soothing, comfort.

It feels so good.



While you are in this relaxed state I am going to make suggestions that will sink deep into your subconscious mind. These suggestions will help your subconscious mind to display confidence while interacting with women.

I ask you to remember that confidence is one of the important traits to be with a woman.

This quality is attainable. You can have this magical quality which attracts the woman of your choice like a magnet

Confidence with women, just like confidence with anything in life comes from experience and your belief in your abilities to handle a particular situation.

A professional athlete is incredibly confident in their abilities to play their chosen sport. Now, let's compare this to a sport you tried or any activity just as drawing or craft. You may have felt very self-conscious the first time you attempted the activity. The more you practiced and improved your skill, the more confident you felt and the less observant you felt about others observing you. Being around women and feeling comfortable with them is no different. The more you speak and interact, the higher your confidence levels soars allowing you to connect deeply.

But, first you must be comfortable with yourself if you are to be truly confident with women.

Relax now and clear your mind



Take some time to make a mental checklist of all of your positive qualities.



Take some time to let all of these positive qualities that you possess come to the forefront of your subconscious mind so that you are always aware of them and always remember them



Keep this mental checklist with you at all times and remember that you have some incredible qualities that women love.

You are an amazing person and you have great qualities that many women will be attracted to. Relax and enjoy this feeling of confidence that you are starting to feel now.

Focus on your strengths and build confidence from these great qualities you display



The next time you see an attractive woman Remember that **no one is perfect** So, just treat the next attractive woman you like as any average personality who has her own imperfections and qualities. Do not focus only on her looks, focus your mind on knowing her on a deeper level. You will find that you are much **more comfortable** and **less intimidated** if you choose to know a person on a deeper level. You will now focus on having friendly interactions and treating her as if she was one of your friends. Talk about her and ask her questions about herself. People like people that they think are interested in them.

Be yourself, let your guard down and she will likely do the same.

Focus on her and what she has to say. Take the focus **off yourself.**

Stop worrying about how you look and be yourself. If you do this you will notice that confidence comes naturally.



Allow yourself to feel more comfortable with yourself and feel good about who you are. You can use this powerful tool of visualization as often as possible.

Every time you see a woman of any kind, just say hello!

Start up a conversation.

Talk about anything, even if you have to gently push yourself to do this.
Do it

Explore common platforms of interest, join a club, register on a dating app, and seek a partner who resonates your values and vision.

When you feel nervous or feel fear building up inside, you must use it as a motivator to act upon your fear. Every time you say I don't feel comfortable doing this **you must push the boundaries you have drawn.**

The more you do, your fear will dissolve until you no longer notice it. The next thing you know is that you'll have **high levels of confidence** in any situation.

You are now aware you will display the right energy to attract a woman of your choice.

Take some time now to think about all that I have suggested to you and let this feeling of confidence fill your entire body. **Breathe in relaxation and confidence,** and breathe out all self doubt and fear

Breathe in, and out



Your mind is **calm and relaxed** and receptive to these suggestions. You are enjoying this freedom from self-doubt and this **new feeling of confidence.**



Take a deep breath in now inhaling relaxation

.....



And then exhale all tension



Repeat these affirmations with me

Say to yourself:

I am a great person with **amazing qualities**

Women are attracted to these qualities and they enjoy my company.....

I will go **out of my way** to break old habits

I will comfortably put myself into situations with women that normally would make me feel uncomfortable

If I find myself feeling nervous or fearful around a woman I will use that as a sign that

I need to **remember my true qualities**

I am at complete **ease and confidence** with women...

Remember:

If I love myself, women will love me too.

I will be myself...

I am attracting a fun and loving woman into my life

You will be awakened very shortly. Before you come back, think about how good you feel right now.



Allow all these suggestions take an effect in your mind, as you sink deeper into relaxation and they seal themselves into your subconscious mind.

Over time you will start to notice that you are becoming highly confident around women.



In a few moments I will count you back from 5 to 1, if you are listening to this meditation in bed and wish to drift off into sleep you can just take off the headset and in the morning you will wake refreshed, awake and ready for your new day.

5- Stretching and bringing your awareness back into your body

4- Remembering to return **refreshed, relaxed, feeling confident, awake and aware** as if you have just taken a short nap

3- Take a deep breath in, release it with a sigh

2- Wiggle your fingers and toes

1- Open your eyes whenever you are ready

Have a wonderful day!

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