



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

Exclusive Mindfulness Scripts
for Wellness Professionals

Be Charismatic

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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 than 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

