



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Anger Management

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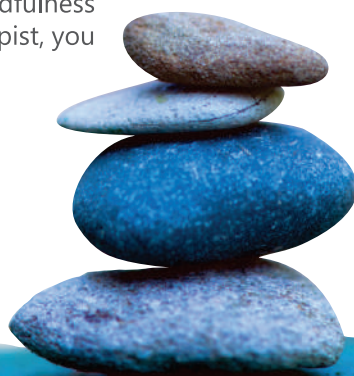
If you are a practising hypnotherapist, Mindfulness Coach, NLP Practitioner, or a psychotherapist, you may use the meditation scripts for -

One-on-one hypnotherapy sessions (in person or in online sessions) with clients


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Anger Management

We have all experienced **anger** at some point in our lives. Occasional anger is **natural and normal**.

Not being able to **control your anger** can have a detrimental effect on your life if it gets out of hand. While it may be **natural and normal** to get angry every now and then, it is not normal to feel angry all of the time.

If you have difficulty **managing your anger** you may feel constantly irritated, stressed, anxious, or regretful for your actions. Anger is a **normal human emotion** but when it gets out of control, it can be very destructive.

If you have problems with **anger management** you may notice your anger is impacting your everyday life.

Excessive anger can lead to **big problems** both personally and professionally and it can devastate those you love by destroying trust and rapport.

Anger can be a very **difficult emotion** to control, but it can be managed utilizing **Mindfulness Practice**.

Releasing your anger can be very **cathartic**.

You must seek a **balance and a truce** with your anger. You must learn to **acknowledge it** then take steps to release it.

Anger does not have to be a part of who you are any longer. **You** can do this. You can learn to **calmly express** your anger. You can **learn from your anger**. You can learn to **respond** rather than react in a hostile way.

You can **move beyond your anger. It is possible**. In the heat of the moment it's easy to get **carried away**. You can learn to state your concerns **clearly and directly**, without getting caught up in them.

You can use humor to **release tension** and practice relaxation skills to work through temper flares.

You can do this and you are **more than ready**.



So if you are ready, let's **begin that process**. Gently close your eyes and relax.

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 lying on a **nice warm beach** feeling the sun penetrating your body.

As you **breathe deeply**, feel that sun on your skin, and listen to the waves as they move in and out.

Notice how **deeply relaxed** you already feel. You can learn to **manage and release** your anger in a gentle and safe way.

As you relax, notice how the sand feels **between your toes**.

Smell the **sea air**. Feel the **breeze** on your skin. And it's a beautiful day. The sky is a soft shade of blue. In the sky is a **dazzling warm sun**.

And you might even imagine that you can direct the light of the sun **deep down** into your body. Feel this warmth on your face. **Relax** those muscles around the eyes and the nose and the mouth.

Move the light from the sun into your throat, feel the **warmth of the light** from the sun relaxing **all** those muscles, and letting go. This **warm relaxation** moves into your shoulders and across your shoulders and then down your body.

The sun is penetrating all of the areas of **your body**. You feel **so relaxed**, so comfortable and at peace with the world.

And it's a **beautiful feeling** to be here right now. The **warmth** of the light from the sun moves down into your entire body now melting and **relaxing you**.

This warm light moves down your body down your legs.....and out your feet. Notice how **good you feel** right now.

Your entire body is **totally and completely relaxed**, from the top of your head to the tips of your toes. And as your body relaxes so does **your mind**. And as your mind relaxes, you can watch the sunset on this **beautiful beach**.

Notice the sun going down... **deeper and deeper** down.

And the colors of the sun are beautiful and warm. It's a nice warm evening - as your mind **relaxes and lets go** and releases **all** the stresses of the day.

And remember to **breathe deeply**, in and out.

You're resting and relaxing as you listen to the sound of my voice. You feel **heavy and comfortable** and deeply relaxed.

And as the sun goes further and further down, over the horizon, I will count back from 10-1.....and as I count back the **sun will set**....in your mind.

As I count you can begin to **let go** of all of those heavy dark anxious feelings. You can **let the anger** go.

10.....the sun is dipping down under the horizon...and it's a beautiful site.....9...8....dipping down a little more, just like you feel....dipping down into this feeling of **peace and calm**.

7...6...5.....the sun is **sneaking down** below the horizon.....but you can still see it's slight glow.

4...3.....it's disappearing a **little bit** more.

And as I count down a little more the **sun will set...**just like you are drifting down into a wonderfully relaxing state of mind.

2....and 1.....the **sun has set** and you are deeply relaxed....**deeply relaxed** and ready for that next step.



Today you are here to make some **big changes**. You are **ready for change**. You are ready **to think differently**; to respond much more calmly. You are **tired** of constantly feeling angry.

You have begun to realize that it does no good to shut anger out or put a lid on it, because that will only **build up the energy**.

You are ready to **confront your anger** and move through your anger. You are ready to **deal with this core issue** of why managing your anger has been such a problem.

Today you will **acknowledge anger** as a valid emotion. **It's OK to express anger on an occasional basis**, but it should not be something that is constantly with you.

Now take a **nice deep breath**. Let the warmth from that sun penetrate all your muscles and bones **once again**. Feel the **sense of relaxation** this brings you.

Allow this **deep, relaxing energy** to flow through your body.

And know that it's OK to **recognize** your anger. Anger can be expressed **safely and gently**. It's time to take steps to **understand your anger**.

Expressing your anger helps you to explore it, release it and move beyond it. Know that today you will take steps to **face your anger** and even befriend it.



Now imagine you are standing in front of that **beautiful ocean**. The waves form a **beautiful symphony**. Walk up to the shoreline and step into the ocean. Feel the **cool calm** water as it laps your toes.

Notice how the **air smells**. Feel the **sea spray** against your skin. Walk for a while and **enjoy the day**. Notice how the sand feels **warm on your feet**.

It feels good to finally **confront** your anger. You are ready

Today we're going to look at what happens, when you tune into that **strong emotion** of anger.

Emotions are meant to come and go. Over time we learn to repress or ignore strong emotions, which isn't healthy.

When you **repress** anger, that pain roots deeper and grows stronger as a result. **Feeling** these strong emotions isn't easy. But the **holding back** and running from those emotions can prevent you from recognizing how much anger you are truly holding onto.

So in this session, you are going to be **tuning into your emotions**.

And take another nice deep breath. **Connect** with the very beginning of each breath. Let the **breath flow** through you.

Enjoy the feeling of each breath as it **comes and goes**.

And allow your attention to shift to any emotion that may be lying just beneath the surface of your awareness. **Tune into** any feelings that are especially strong.

Notice any **stress, anxiety or strong emotions** like anger. Let this feeling bubble up to the surface of your awareness.

Don't try to **force anything** to rise. Simply **honor** these strong emotions. Allow yourself to **sense them** and observe how they feel in your body.

Let anything **come freely** to the surface. Some emotions like anger may be strong and difficult to stay with, but **you** can do this.

Do your best to let everything you notice just be. Don't try to **analyze it** or fix it.

Observe whatever arises with a gentle curiosity.



If your anger feels overwhelming, instead of turning away from it - see if you can locate where this emotion is held in the body. And **stay with it**. Try and feel it.

It may feel **difficult** but do your best to stay with whatever surfaces.



Again, don't try to **over-analyze** this process. Instead of analyzing what arises, look for the **physical sensations**, and notice whatever comes to the surface.



You may feel these **strong emotions** like tightness in the chest, or in the abdomen, or in any other area.

Lean into that **sensation**; get really close to it. Feel it and breathe into it.

This may feel **intense**. Your emotions may **grow stronger**. When you turn towards your experience, you will be able to **process this anger**.

Go ahead and try this again. **Lean** into the strong feeling of anger and notice how you feel.



And stay with **whatever feeling** surfaces. You may be surprised by what comes up.



Observe what you're holding onto and try and figure out why you are holding onto it without getting **swept away** in it. **Acknowledge** the emotion and experience of anger.

As you turn towards this feeling of anger, you begin to realize it's just a **strong emotion**, nothing more. It just needs to be felt.

Try and gain a **deeper understanding** of this feeling and why you're holding onto it.



Now let go of **whatever you are feeling** and focus again on the breath. Let the **anger** flow out from you. Watch it **float away**. This may even feel like a **raw dark energy** leaving your body. Keep breathing into this feeling of anger, and **gently releasing** it with each exhale.



Feel your whole body relaxing as you **breathe gently** in and out

Let the feeling of **self-compassion** flow through you. Your anger simply wanted to be **acknowledged and felt**. It wanted to be recognized.

Notice how **exploring** this strong emotion is not as difficult as you thought it might be.

Anger usually has a physical component or expression in your body. Recognizing that your body holds onto negative emotions like anger can help you take steps to **release it**. Anger may even feel warm or hot as it gathers energy or moves around **your** body.

Notice how good it feels to **not hide** from your anger any longer. Your anger **deserved to be heard**.

And now take another moment to **gently request** that your anger come forth once again. Focus on the **underlying feeling of anger**, not on what has caused it. Breathe into your anger and acknowledge its presence and embrace it as a **valid emotion** and then let it go.



Embrace your anger and welcome it with love. Sit for a moment within this anger as you begin to process it and move through it.



Emotions like anger have a purpose and a reason. Once you take steps to acknowledge and face your anger, you can then begin to **move beyond it**, which is a beautiful feeling.



Ask to **assimilate** anger's message. **Do not force** and do not demand, but gently request. Begin to see inside your anger and ask what **message** it has for you.



You are beginning to realize that your anger simply wanted to be **acknowledged**. Make a pact with yourself to work through your **feelings of anger**, the next time you feel them coming on.



And now gently anchor in this feeling of confidence and strength by lightly touching your index finger and thumb **together. As you do this, gently repeat these affirmations in your mind.**

I am in **control**.

I strive to remain **calm**.

It's OK to acknowledge my anger.

I easily diffuse my anger.

I **control** strong emotions.

Anger is simply a **feeling**.

I speak my mind **calmly**.

I no longer hold strong feelings in.

I express myself **honestly**.

I confidently take control of any situation.

Being calm and relaxed is part of my nature.

And now you can embrace your ability to **face your anger** head on. Know that you may return to this place whenever you like and whenever you need.

You realize from this moment forward, that **YOU are in control** of your life and YOU can **accomplish anything** you set your mind to. Now is your time to shine and you feel inspired because of it.

Acknowledging your anger has been transformative and **life changing**.

Congratulations!

Take one more moment to honor this strong emotion and let it go.



And now as I count from 1 to 10, you will wake up feeling calm and refreshed.

1. Coming back **slowly**.
2. Feeling fine.
3. Feeling calm and **relaxed**.

4, 5 Coming up a little more.

6, 7 Starting to **stretch** your arms and legs.

8, 9 Beginning to open those eyes ever so slowly.

And 10, Opening those eyes and coming back into the present moment.

As you return to conscious awareness, know that you have **faced your anger** and embraced it and can now take steps to move beyond it.



Have a wonderful day.