



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Fear of Confrontation

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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You cannot use the Matrix meditation files for commercial purposes such as broadcast or for sale.

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 cannot share the files online or in person for sale or for general purpose.
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- You cannot connect any occurring results with us.
- 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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Attract Success in Business

A good number of people spend their time in the fear of confrontation. You, I assume, are one of them, listening to my Mindfulness meditation session on this subject.

You might often find yourself on the edge of a situation when conflicts arise. You might doubt your abilities to speak your mind. You feel unsure tackling an uncomfortable situation - be it confronting your colleague, partner or friend. As this fear increases, it leads to a disturbance in your daily life. You find yourself unable to express yourself clearly. And, you often lead a dissatisfied life.

Does this resonate with you somewhere? Of course, we all might have had a fear of confrontation in our lives. It can happen at work, when you are unable to speak for yourself and that you can challenge a particular idea. It can happen when you are in a relationship. You may feel anxious or irritable to confront this colleague who has passed personal remarks.



The problem arises when you allow your fear of confrontation to **dictate your decisions**. This results in a list of negative consequences on your emotional as well as physical well-being.

If you have often felt this fear, this is an indicator you need to **address this problem**. It also means you lack self-confidence, do not have a complete awareness of your thoughts, assertiveness levels and a clear expression of your opinions. **That's okay**. The best news? These are all skills you can **easily cultivate by training your mind**.

It's important that people around you welcome your inputs and value your opinion. The more you repeat this, the more confident you will feel about yourself.

As we will begin our meditation right now, we will find a way to **release this fear of confrontation**. We will learn to discard old patterns and rebuild our thinking to welcome new methods to approach life. As a part of your process to accept change, do notice if you identify your emotions with any of the following

- You are **afraid** to speak. You've always been this way
- You convince yourself **silence** is the best answer
- You are unable to **control your anger within**
- You constantly **assume the worst about situations**, hence avoid confrontations

It's much **healthier** and effective to **change your thought process**. You'll notice you've indeed created a mountain of worry with **unnecessary thinking**. There are many reasons you may be holding on to this fear. Your teachers may not have encouraged you to find your voice in class. You might have felt constant humiliation every time you expressed yourself. You may have withdrawn into a shell without even understanding the situation. The reasons could be any.

With this session, **you can relax deeply**, and understand that it's about how you perceive the world and you can indeed change your perspective. **You can change your thinking. You can change your responses.** Let's begin.

Before we could move ahead, let me bring this to your awareness. Do not listen to this session if you are driving or operating machinery. Also, do not use session as a substitute for any medication.

I'm glad to have you here
Attending this session
Make yourself **comfortable**
Seat yourself in your favourite corner
Allow yourself to **relax**
Let those eyes **relax comfortably**
You'll feel your **face muscles relaxing**
That's good
Now that you're here
Relax your body as well
Those shoulders need some rest
And your arms
Relax them in the most comfortable way



That's good
Now let's imagine a little
Imagine **breathing in** deep calm
And **breathing out** any tension
As you begin to absorb my words
You'll find yourself **relaxing deeper and deeper**
As every second passes
You're relaxing
Deeper
And **deeper**



That's good
You need to gently let it work its way
You don't have to do much
Only **relax** for sometime
Take some rest for a while
As I am talking with you
Building a **connect**
You relax and bring your mind into focus



Now, can you think of a particular situation
That you've experienced this week
Perhaps you felt a lot of stress
Perhaps you could not confront a situation
It's been looming over your head for a while
Like a dark cloud in the sky
It's something that visits you often



This dark cloud
It makes you doubt yourself
You might have felt **anxious**

Worried

Afraid

For now, let this **cloud move on**

And, I'd like you to

Notice what's it's like to see a **mood of this cloud**

Notice the colour



That's it

Just notice what it is

Notice the texture

The shape

And as you are doing this

You continue to **relax deeper and deeper**



The air around you

Is **gentle** and **playful**

Blowing some clouds away

Just imagine how **lighter** you can feel

When you can nudge away fears so easily

And replace them with **faith**

Now as you **relax deeper**

You can change that dark cloud to any colour you like better

Choose a texture that feels nice to touch

Select a lovely shape

Just notice how

A **happier** and **helpful** state of mind comes into play

Using your **creative imagination**

You can feel **relaxed** and let your anxiety melt away

Notice how that feels

Right now

That's good

As you continue to relax comfortably

You get the sense of drifting into

A beautiful meadow

There's a river flowing by

You are here walking in the green meadow

Listening to the **gentle sound** of the water

Taking its own course

On a sunny morning

Where the wild yellow flowers stand bright

Against the green cover

Inviting you to explore





Good

You are at peace
Watching everything go by
The gentle flutter of the butterflies
The chirp of the red robin

Good

As you begin to **relax deeper**
I'd like you to tap more into yourself
To understand what's truly affecting you
You can sit down by the river that's flowing by
And think
Go back a little
To the time you felt anxious
Worrying about unresolved issues
Worrying about things that may have not really happen
Is this really you?



Can you look back and say you've always been right?
As you **relax your body deeper**
What advice would you give yourself
For holding on to your fears
The fear to confront people
The inability to voice your opinion
The anxiety that arises every time you have a differing opinion
You cannot share your ideas
With conviction
That leaves you feeling anxious or angry or any emotion that you feel unsettled about



You don't want to ruffle any feathers
You want to be the agreeable person
The voice-less image
One who assumes the worst
To **confront** any situation
It could be your past trauma
Or, something unresolved
This **fear exists**

As the fear rules your choice
You feel distressed
As you play the role of a peacemaker
Unable to express an opinion
With a mind filled with assumptions

So I want you to

Relax

Take a deep breath
Look at the water flowing
It's taking its own course
It shapes itself to go with the flow



Changing along the way



It's here I'd like you to
Immerse your feet in this water
Even if you fear it



This fear you feel
It is not an object
It cannot be **touched**
It cannot be **seen**
It's within you
All these assumptions
All within



Take a deep breath
And **relax**
It's time to face this fear
And, push it away forever

Your fear to confront
Only affects you
It can only be felt by you
No one can see it
But you

As you continue to exaggerate
Every situation in your imagination
Can you see yourself thinking and increasing your fear?
You need to categorize these thoughts
To understand what is it that you truly fear

Good
Take a **deep breath and relax**
The cold water running over your toes
Is reminding you to be in the present
You can choose to view things differently
You can choose to release this fear
Address your worries



Are you worried about the situation?
About someone?
Or, are you afraid of the things that can happen?
Whatever it is
You can
You don't need this fear
It's weighing you down





That's ok
We all have some fears
You will not allow it to rule your life
So, **breathe deeply**
And bring out that piece of paper
That paper in your pocket
There is a tiny pencil rolled with it
You've been holding on to it all the while

Waiting to release this fear



Before you begin this exercise

Relax deeply

You are safe

You are sound

No one will judge you

Breathe, just **breathe**



That's good
Now, write down your fears
This fear of confrontation
It can be confrontation at work
Or, at home
You are writing it down

That's good
Now that you are done
You fold it into a simple paper boat
And release it into the water
With the same **joy**
You floated boats as a **free and happy child**
It's getting carried away
Further away from you
The child in you now watches with **glee**



The water continues to lap around your toes
As you watch the paper boat
Till you can no longer see it
You do not worry
Whether it will float
Or sink
You let it be
Just the way it is



Take a **deep breath**
It's over, it really is
The dark clouds have flown by
The sun continues to shine bright
The warmth comforts you



As you slowly withdraw your feet
From the cool water



Breath

Relax your body

Your awareness has increased
You have chosen to release these fears
And build a new life for yourself

You can be the artist of your life
Painting each chapter the way you want to
The more you hold on to undesirable things
The more you will find yourself in the same spot
So, you are now **starting a new chapter**
You are choosing your chapter
That gives you the most **happiness**

You have **moved on**
You find yourself at a bridge
And, you are crossing over
You can begin to feel a sense of **inner completion**
A **freeing** up of your energy and focus
There's lots of good things happening around
As you **re-adjust** to your new life
You have created your own purpose and meaning
You can view every situation objectively
You no longer cling to fear
So, it no longer exists

You have **risen** above this anxiety
You have learned to stand up for the right thing
You are now **assertive**
Someone who can naturally voice opinions



You've **found** your voice
In this **comfortable** zone
You can choose your time
To confront everything that makes you uncomfortable
And, this confrontation
Happens so easily



Take a **deep breath**
You've crossed the river
With a newfound hope
Repeat my thoughts in your mind
As you repeat it, it is stored in your subconscious mind
It gives you the power to be strong
In every situation
That may **challenge** you



And, now you walk towards your home

I no longer find it difficult to **express myself**

I am no longer afraid to face my problems

I am **relaxed**

I am **calm**

I will **no longer be anxious**

I will **no longer worry**



Good

You are getting good at this

Now in your mind

You are feeling so **relaxed**

Happy

Comfortable

In a few moments

You can drift back to this room

You feel **revitalized**

You are **refreshed**

Your subconscious mind has effectively

Forged new thoughts with yourself

You are now very sure

You will begin to notice your thoughts

The next time you meet

These familiar situations

And you will now enjoy the differences



Good

Right now

You can just start to come back

To your current moment

You are **feeling wide awake** and refreshed

That's it

You are feeling good and **comfortable**

You are having this natural energy

So slightly move your body

Flutter your eyelids

Relax

And open your eyes when you are ready

To **embrace** a new you

Right here in this room

Relax

Take a deep breath

Open your eyes slowly

Stretch your body

As you **welcome a new day**