



The Matrix Mindfulness Practitioner

# Meditation Collection

*Dr. Paras*  
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts  
for Wellness Professionals**

Fear of Criticism

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 -

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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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# Fear of Criticism

We are all aware of one thing. **Criticism is hard to accept.**

Criticism may be easy to give. It's harder to receive. Let's face this truth. No one likes being criticized. There are some who can handle it well. Others cannot handle criticism at any level.

You are here because you are willing to bring about a change. **A change in your thinking.** A change in your thought pattern. The way we are trained to handle criticism is what matters. And, this meditation is aimed to train the way you react to criticism.

Why do some people criticize? Why do they even target you? The truth is, you might be overreacting to a situation as well thinking about probabilities that may not exist. The brain is trained to **dwell on this fear.** This fear of being criticized. It's our fear that clouds our thinking. And often, we lose the essence of the message being shared.

Your critic may have passed a judgement about your work. Your critic may have passed a remark about your sense of style. The reasons can be many. The situations can vary. So, what's the main thing here that you need to do?

The most important thing I'd like to bring to your attention is, **you have control over reaction.** As you are listening to this, you might think that it's an impossible task. The truth is, we all face criticism. What you fail to remember is the admiration you may have received as well. Our brain is triggered to remember our negative criticism as compared to the positive moments. What you need to do is focus on the conclusion of the message. Without a constant focus on the criticism. Or, the critic. You need to set the level of each critic. Understand which person matters and who doesn't.

It's a simple thing I'd like to remind you. Whatever you do, it is going to **attract a reaction.** You will be judged and you need to face the **situation without fear.** Instead of reacting to the situation by thinking your flaws are being highlighted, you can use this as feedback to help you be a **better version of yourself.**

The next time you receive criticism, you can decide whether you need to feel a sting. Or, welcome it with a neutral approach. 'You have a choice and it's about your ability to choose how to process that learning without impacting your emotional space. Many times, what you perceive as a personal attack may simply be a **feedback.** You certainly cannot change the way people communicate with you. What you can do is accept the criticisms that matter and **gently** reject those that are **out of context for you.**

With a strong focus on the road ahead, you'll soon learn to overcome the minor roadblocks along the way.

You are here to drive away this fear of criticism. You are here to listen to this session and **bring a change to your thinking patterns.** You are here because you want to grow in life. You are here because deep down, you know you are more than this fear. This **deeply relaxing** session is going to allow you to correct your reactions so that



you can move ahead confidently in your life.

**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 connect with you

I'd like you to

Seat yourself **comfortably**

Now

Focus on your **breathing**

Watch each **breath**

It should be a nice rhythmic breathing

Breathe in **slowly**

Breathe out **slowly**

That's great



Now, repeat the process

Breathe in **slowly**

Breathe out **slowly**

You might find you need to relax for a while

That's ok

You are now going

**Deeper and deeper**

As you relax **deeply**

You start feeling healthy

You go **deeper and deeper**

More **relaxed**

More **peaceful**

More **happy**

Every breath

Is **relaxing**

Your facial muscles **relax**

Your muscles on the back

These **relax**

As you breathe in

**Relax**

As you **breathe** out

Allow your tensions

Allow your fears

To slowly slip away

Let your **sadness** go

Let your **despair** go

Whatever you feel

All the worries

Allow them to go

**Relax**



You are reaching  
A new phase  
The inner state  
Your body is slowly getting **refreshed**  
Your mind is feeling **relaxed**  
You are finding **peace**  
A **feeling** on a deeper level  
That feels so good



### Relax

You are **beautiful**  
You are **wonderful**  
You are letting go  
Of all these **emotions** you do not need

That's good  
As you are **deeply relaxed**  
Now in your mind allow yourself to take a walk  
A walk around this room  
And feel the body **relaxed**

As you **relax**  
You have to take a moment  
To bring to your mind  
A situation in your life  
You know this situation can disturb you  
Yet, you revive this memory  
As your body is relaxed  
You take a moment to think again

It's this situation  
Where you felt hurt  
You felt angry or  
You felt remorse or  
You felt your confidence level slipping

It can be that you were criticized at work or  
It may be someone from family or a distant relative or someone from your social  
group  
The criticism  
You know it never stops  
Somehow  
You only tend to see the criticism  
It's here that you feel  
These **feelings** that arise  
Everytime you are criticized  
You feel you are justified in this behavior  
Of reacting with anger  
Or going into a shell

Just **relax**



I want you to **relax** as you think about this  
I'd want you to think of this one situation  
Where you felt criticized for no reason  
It may be somebody you know  
Who criticized something you created with utmost **love**

You were criticized  
You felt **intense** anger  
You almost reacted  
Yet, you hesitated  
You felt **intensely** hurt  
You felt **disconnected** at work  
Your unhappiness levels **increased**  
This situation may have disturbed you  
And you know it has unfolded many times  
In different ways  
With different people  
All doing the same thing  
**All that criticism...**

Take a **deep breath**  
**Relax**

I'd really like you to  
Get a sense of this moment now  
Bring back this situation  
Where you were criticized  
Where you were upset  
Your reaction here  
At some level  
Might be justified  
You think it is justified  
Because you knew you were right  
I don't know what it is  
You've always felt you were right



I'd like you to think  
Of the same situation  
A little differently  
I'd need you to **relax**

### **Great**

Now, imagine a mirror in that room  
You see a large old-fashioned mirror  
There is little light that falls over it  
From a window that overlooks  
A dull sky

This mirror will replay  
The same situation again  
You will get a sense of feeling  
Of what really happened

How did you get criticized  
Did someone shout at you  
Was it your **fear**  
Did someone criticize you gently?  
You might get a feeling now  
That you can view it from a different perspective  
You've been uneasy so far



This mirror here  
The one with a few cobwebs on the corners  
I'd like you to dust off the cobwebs  
Pick up that piece of cloth  
And, **gently** wipe away the surface

That's good  
I hope you can see  
What I can see  
I can see someone offering you constructive feedback  
I can see someone offering you advice  
I can see someone wanting you to do better than what you have just done  
I can see this criticism taking you places ahead

Notice all the **feelings** in your mind  
Allow your anger to melt away  
You must calmly observe your own experience  
Knowing that when you view it  
You know that you may have felt

**Anger**

**Sadness**

**Lack of confidence**

It was **all in your mind**  
It's simply having a fixed perspective  
Which you will begin to change now  
I want that you should  
**Observe** this criticism  
Without hatred towards the person  
Without any bias towards yourself

**Observe**

Walk around the room  
The floorboards are creaking beneath your weight  
You still walk around  
You **observe**

Watch yourself in this situation  
This situation where you were criticized

Where you did not act the way you should have  
You must **calmly observe** your own situation  
Watch your **expressions**

Your own body language  
You watch this situation  
To understand yourself better

You learn the beliefs and attitudes you hold  
You know your life's experiences  
As you look over here  
At these situations  
You can really begin to see  
You use more clarity  
What was going on  
What was being said to you  
**How** was it said  
**Why** was it said  
Why you had a need  
To react the way you did  
Maybe you felt the need to fight  
Maybe you felt the need to turn away  
Maybe you lost control over your thinking

It's here you **realize**  
**Maybe** I could have tried to improve my work  
**Maybe** I need to control my temper  
**Maybe** I need to listen before reacting  
**Maybe** I need to perceive my criticism differently

That's why  
I'd like you to now  
Walk towards the corner in the room  
You'll find a paper placed there  
With some colors  
The colors you **love**  
The colors that bring you **happiness**



Right now, just breathe in and relax  
Pick up those brushes or crayons  
Whichever medium you like  
And begin **painting**  
Allow your creativity to **flow**  
**Release** your negativity  
Continue to paint until you cover the full paper  
That's good  
Relax a bit  
And paint  
You're painting **all** your emotions  
Those you have bottled up  
It's being released now  
Allow this flow to be absorbed by your mind  
As you are feeling lighter and lighter  
With every line on the paper  
Once you finish it,





## Relax



Right now  
I need you to step back  
Hold this paper towards the light  
Can you see what you've painted?  
Can you notice what you've been holding on to?  
Do you see some chaos?  
In your patterns?

This creation  
This is all held by your subconscious mind  
But, you do not have to worry  
You've **released it**  
On this paper  
Your **fears**  
Your **worries**  
You don't feel the need to  
Hold on to your criticisms  
You've taken the lessons  
And, you've allowed the negativity to flow away  
Now, I'd like you to  
Rip up this paper into pieces  
And, burn them away  
Watch the flames burning bright  
As they flicker in the dark  
Shedding light on to your mind  
That you can now relax  
You are **comfortable**  
You are **protected**  
You can be yourself  
Thank this moment  
For allowing you to be your own self  
To **rediscover** your soul  
Ask yourself  
What held you back all these years?  
Was it the people?  
Or, was it your own mind?  
Thank yourself for  
Doing this exercise

**Absorb** this experience  
On every level  
Learn to **love yourself**  
In this room  
For this moment  
This day onwards  
You **love yourself**  
Like you always wanted to



Right now  
I'd like you to  
Turn towards the same mirror  
And, start **allowing** these images from the mirror  
To **fade away**  
Take a **slow**  
**Deep** breath and **relax**  
It's over  
Your mind is open to **absorbing love**  
Your mind is open to new ideas  
Your mind is full of new confidence in your own self



Right now  
You have to turn back  
Walk towards your corner  
Sit down  
**Relax**  
**Relax** even more **comfortably**  
You need to give yourself time  
**Relax**  
Just relax



As you sit down  
You get a sense of the **wonderful** view outside  
It's the kind of view you love  
You long to look out of the window  
To notice the colour of the sky  
It continues to snow  
The wind howling slightly through the gaps of this cottage door  
You notice the quality of the light  
You sense the landscape around you  
You are **breathing in** fresh cool air  
You are enjoying the beauty of the mountain air  
This place where you are right here  
You are **safe**  
You are **happy**  
You smile broadly  
A smile that you feel within  
You find **comfort**  
You find joy



It's here you start to change your thinking  
You understand you've been judged  
You've been judged in different situations  
**Someone** has judged you  
**Someone** you know  
**Someone** you may not know  
These are people with different opinions  
They have passed a judgement



Right now you are happy  
You are no longer uncomfortable  
You are no longer fearful  
You are now looking at this criticism  
With a different view  
You can view it from many angles  
You are **enjoying** it now  
This judgement  
It makes you **happy**  
You are taking it exactly how you need to take it  
Without any personal feelings

You are here **relaxing**  
You view this **criticism**  
As ways to improve  
You find this criticism helpful  
You are using these words  
To create something new  
To help build  
A **new** idea  
A **new** emotion  
To design a better you  
You are welcoming with open arms  
This criticism which will no longer affect you  
These are words  
Only words  
Which can help you  
Build you  
You understand what you can learn  
What you need to discard  
You pick the helpful tips  
To make yourself better  
**Better**  
Really **better**  
You can choose to accept your criticism  
To learn something new  
Or, you can choose to deny it  
If you don't learn something new

It's you  
It's your mind  
You have the **power** to decide  
To understand what you can learn from this criticism  
Without letting this  
Overpower your life...

That's **good**  
It's growing silent now  
You can still hear the wind  
You notice certain sounds  
It's the sound of the door rattling



A beautiful song that is playing somewhere  
You allow this **soothing** beautiful sound  
To enter your mind  
Your room is filled  
With this sound



This sound is like a beautiful feeling  
That flows through your body  
It enters through the top of your head  
It **gently** moves below  
It **embraces** your face and neck  
It goes slowly down  
It **flows** through your arms  
It **flows** to your palms  
It **flows** throughout your body  
It **flows** to the abdomen

You feel this sound  
Travel to your legs  
It travels further  
To your legs and toes

You feel yourself **relax**  
With happiness  
You are now feeling more and more **relaxed**  
You begin to notice  
It was you all the while  
It was your reactions  
That may have triggered the situations  
To a different level  
You can now perform  
Every task with great confidence  
More **happiness**  
As the way you always do  
With an open mind  
This open mind  
Accepts feedback  
Rejects the stress  
This mind  
Watches your reaction  
With **love**  
With **joy**  
With **openness**



You are learning to understand yourself  
In this world  
In a more mature way  
With different perspectives  
**Relax**  
It's here



It's right here  
Your unconscious mind  
Is helping you  
Make all the adjustments  
You are now clear  
Your feelings are clear  
You are **confident**  
You are **strong**

You are now moving on  
From these limiting beliefs  
You release what you no longer need  
It is here that you can  
**Genuinely**  
**Happily**  
Select what is right for you

It's here  
I'd like you to picture yourself  
You watch a new you  
The person you know  
A similar situation  
Of your past  
You watch this new you  
Behave in a different manner  
You are now **calm**  
You are **confident**

You are here  
You watch your own facial expressions  
You are seeing the change  
A change for the better

You are now **enjoying**  
You experience the new **happiness**  
The new benefits with the changed behaviour  
You welcome the wonderful new change  
This change that you see  
Of perceiving your criticism  
In a different way  
Without any anger  
Without any disturbed feelings

It's here  
You are **deeply** integrating the changes  
As you slowly start drifting back  
Right here to the present moment  
You are now **calm**  
You are now **confident**  
You know you are ready  
To return to your room



You **observe** your body  
Seated on the floor  
That's it  
You **relax**  
You feel the **sensation**  
Of the object you are resting on  
That's it  
You bring your attention to the now  
You are feeling **refreshed** and alert  
That's it  
You are coming back  
Right now  
That's it  
You are feeling good  
You can enjoy a nice stretch  
That's it  
If you are feeling ready  
You can now **open** your eyes