



The Matrix Mindfulness Practitioner

# Meditation Collection

*Dr. Paras*  
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts  
for Wellness Professionals**

**Fear of Failure**

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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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 Failure

Failure is often considered to be a full-stop towards the path of success. Yet, what most of us do not realize is that failure is indeed a **stepping stone towards success**. Nobody ever wants to fail. We always embark on our plans with the most joyful thoughts, thoughts that everything will go as per our plan. The truth is, we are all afraid of failure though the degree may vary. This is the word that unconsciously sabotages our thinking in more than many ways you can imagine.

So, why are we here? We are here to understand that **failure is as common as success**. Unless you fail, how can you taste success? So, why is it that some people can still taste success and others continually fail?

There's a little trick here. Those who have **tasted success** have known never to quit. You might not really know how many times a person has failed. What you see is one victory that makes you wonder, if they can do it, then why can't I? That's because we only witness **successful stories**. Very few people talk about their failures and the setbacks on their way towards success.

Many of us have experienced failure at different points in our lives. But, here's where I'd like you to ask yourself. Have you been so afraid at failing that you have decided not to try something at all? Just because you've failed? Have you held your dreams back because you've already written the outcome in your subconscious mind?

For example, you may have tried to apply for a job at the most sought-after company. But, you didn't receive an answer. Or, you might have tried to launch a startup, but it witnessed some roadblocks. You gave it all up as you felt this pattern was repeating. Did you give it up because you saw yourself fail? And, did you just assume, your next step would also be a failure?

To understand the causes of failure, you need to first understand what this word actually means. We all have different interpretations of failure. We all have different benchmarks and goals. What you witness as a failure may be a **learning lesson** to another. The problem arises when our fear of failure gets larger than our goals. If you carry the negative effects of your experiences, the results will be the same - failure.

There are certain skills you need to develop that will push your attention from this fear with the focus on goals. We all need to curb our thinking that often takes turns in the wrong lane. You'll find the most successful people have had doors being slammed on their faces. What you'll also notice is that the most successful people **do not stop with multiple failures**. Their faith in themselves is larger than this fear of failure. Failure brings with it insights into your behavior. And, interpreting these insights is what **defines your present as well as your future**.

So, as a constant endeavor to stop experiencing these fears, you need to develop a range of skills. This means you must display more courage and resistance without buckling into the pressure of failure. To enjoy a fully rewarding life, you need to pick your battles very carefully. And, these failures will teach you how to learn the lessons and to look at a scenario objectively. As you learn to think more positively, you'll find



find it easy to **analyze your outcomes**. So, here you'll soon remove this **fear of the unknown**. Why worry about something you cannot control? What you can do though is analyze the potential outcomes to prepare for any situation.

So, as a part of your strategy to overcome the fear of failure, you need to build your confidence, develop self-belief, understand your passion, find your purpose and focus on building your life instead of worrying about the outcomes. Once you learn to **release the burden of fear**, you'll soon realize that you could have tried this much earlier. You could have taken that leap of faith much sooner. But know that now, it is never too late.

It's here I welcome you to this meditation session where you will learn to embrace your fear and release it to welcome **the joy and abundance of care** this Universe has to share. Know that you are safe, you are sound, and the Universe is aligning to your goals. All you need to do is focus on your intent without worrying about the larger picture. So, please be seated in a comfortable position as I begin this session.

**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'd like to welcome you  
To this session  
And, now that you are here  
You can **slowly** close your eyes  
**Relax** your body  
**Relax** your mind  
Your muscles  
Everything  
I would like you to begin  
By **relaxing** your entire self  
So that you now know  
That you are ready to welcome  
New ideas  
New methods  
New thoughts  
That will uplift you  
Show you the way  
To a **beautiful** new world  
One you haven't seen yet  
Once you do, you'll find it easier  
To revisit this world  
Again and again

Are you **relaxed...**?  
That's good  
Now, I'd like you to  
Become **absorbed**  
In yourself  
Connect with yourself  
And start **visualizing**  
It doesn't matter



If you can't get it right immediately  
You can simply **imagine**  
Let your imagination take flight  
Your body is **light**, your body is **floating**

As you look around  
You will now find yourself  
At the top of a staircase  
You stand right there  
Holding the handrail  
You peer down gently  
The staircase is fairly lit  
And you can see  
20 steps down  
You will hold the sturdy handrail  
And, begin climbing down  
As I count from 20 down to zero

I'd like you to  
Start with your left foot first  
You'll slowly descend  
With each step  
You will go down



You will find yourself  
Going down, **deep down** at the bottom of the staircase  
You'll find your body  
A whole lot **lighter**  
With every step  
That you descend now

I'll begin with 20-19-18-17-16-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1  
Zero  
And, just relax....



And, there  
You've reached the bottom of this staircase  
Your body is light  
Your mind is feeling **lighter**



Now, do as I say  
Turn away from the staircase  
You'll see a corridor right in front of you  
**Slowly walk** towards the corridor  
Till you reach the end  
You notice a door at the end

Now as you open the door  
You find yourself



In a **beautiful** garden  
The light streaming in on your face  
Causes you to blink a little  
The weather is **beautiful**  
The breeze **gentle** and flowing  
You look around to simply absorb the beauty

You've been here before  
This garden is familiar  
You enjoy the flowers blooming  
Some of the fragrance blows **gently** towards you  
You **inhale** the sweet fragrance  
As it reminds you of pleasant memories  
You look around  
To see the **tall** trees  
You also notice the birds  
Some chirping at you, others hopping from branch to branch  
You even hear a **gentle** gurgle  
It's the water gurgling by in the fountain  
This beautiful fountain created in the center of the garden

As you are enjoying this garden  
You walk towards a path  
That leads you closer to the fountain  
And you find yourself resting on a beautiful marble bench

You **gently** walk towards this fountain  
And, sit down  
A **soothing** spray of water  
Lands to cool your skin from the splash of the fountain  
You adjust yourself to find a cool spot

And, it's here I'd like you to  
To focus on your inner self  
Connect with your **subconscious mind**  
And, begin connecting with the Universe  
This Universe that is so vast, so abundant  
You develop a **connection** and request for your spirit guide  
You continue to broadcast this message  
For the next couple of minutes



That's good  
The Universe is listening  
Your spirit guide  
Is already on its way  
You may see the guide or  
You may not  
You can certainly **sense** it  
**Floating** down  
**Sitting** next to you  
The guide is here right now

Right by your side

**Silent**

**Strong**

Right next to you

You feel a level of **comfort**,

It feels protected and positive

With this spirit guide



I'd like you to become **absorbed** here

To understand what is troubling you

You can wonder

Speculate in a dreamy way

Of what has really been bothering you

Right now

I'd want you to

Look back for a while

And connect with your spirit guide

The guide is here to listen to you

So, it's here

Right by the fountain

You can look back at your past

And understand the fear you are holding on to

I'd like you to understand your feelings here

That is affected by a deep-rooted fear

You are unable to move forward

Bound by the invisible shackles

Of your fear

You can now **relax** deeper

As you speak with your guide

You've noticed what's **troubling** you

It's the fear of failure

It has enveloped your mind

Into believing you will fail

**Always...**



Because you have failed in your past

You feel the weight

This weight that is tied around your ankles

You feel you cannot move

To move ahead in life

The spirit guide turns to look at you

You cannot see it clearly

You can **sense** it

The spirit guide is asking you to

**Gently** examine your fear

From this place of serene beauty  
You can **experience** some real insights

Everyone hates to fail  
And, you know you failed  
In many situations  
You've felt this regret  
A **confusion**  
A **sadness**  
And the most lowest levels  
Of your self-esteem  
You've failed

You felt **shame**  
For being guilty of your actions  
Or failing may have made you **worry**  
This endless worry...  
You've often wondered what other people say  
The opinions they hold  
Because, failure has made you worry  
About your ability to pursue the future

People can no longer connect with you  
You are no longer smart, or capable  
You are afraid of disappointing people  
Whose opinion you value

You have decided you will be unsuccessful  
Knowing fully well  
**You are wrong**  
You **react** to failure  
And, this leaves you in a mess  
Mentally or sometimes,  
Emotionally

The spirit guide, it is **listening**  
It nods its head  
And, now turns towards you  
This is where you need to **listen**  
**Listen** very **carefully**



You must **own** the fear now  
You must **accept** that failure  
The failure that makes you feel all these things  
It's not permanent, you know that  
**You can indeed lose**  
This fear  
You know it by now  
**You can let go**

**Just rethink your situation**



Everytime you feel this fear

And, It's here in this situation  
I'd like you to think  
How you can bring a **change**  
To use failure to your **advantage**  
And, **move** ahead from these feelings

The spirit guide, it looks towards you  
And, whispers something very important in your ears  
As it bends down  
To **release** the invisible force that is binding your ankles

I'm **leaving** now  
I'm leaving you **stronger**  
For you being here  
I'm taking away your **fear**  
This fear of failure will no longer exist  
As I am leaving you with  
Something to absorb  
Right here in this garden



You will now always remember  
To imbibe the **learning** from your failure  
You will now always remember  
To **grow** from this experience  
You will now always remember  
To **notice** the positive things in every situation

From this moment  
**This is your exercise**  
To **feel** this fear  
And **surrender** it  
Yes, you might not like feeling this fear  
It may return  
Everytime it shows up  
You must remember to  
**Repeat this exercise**  
**Feel it, surrender it**  
You will notice with joy  
That your feelings have shifted  
Just the way they are **shifting** right now  
Because you are no longer looking  
At fear as the end of the world  
What you see right now  
Is an **incredible** learning experience  
You learn the lesson  
The **valuable** lesson of failure



Not many can learn this

You, you are fortunate  
To **enjoy** this learning  
For you can only grow now  
**Grow** bigger and bigger  
Even if you stumble and fall  
You will plough on  
Nothing can stop you now  
To enjoy a life **free** from this fear



It is here that I'd like to leave you  
In **control** of your mind  
Of your body  
**Feeling happy**  
I'm leaving you with **energy**  
To pursue your dreams  
To find your life  
You'll always be **connected**  
Everytime you visit the garden

As the spirit guide glides away  
You feel a warmth **emanating** from your body  
This warmth is **glowing**  
Like a light spreading to your body  
You can now feel the **warmth**  
**Moving** from your toes  
To your legs, **gently** moving up to your thighs, your buttocks, your lower back, your  
upper back  
You may now feel the light **moving** to your stomach, solar plexus, your heart  
The light is **healing** your heart and moving to your shoulders and arms and fingers  
You'll find it moving up to your face and healing your facial muscles and jaw muscles  
You may now feel it **moving** to the crown area.  
You now feel the light from your head to your toes giving a feeling of warmth and  
healing  
This glowing light  
Is **relaxing** and **empowering**



And, it is here  
This moment  
As you are in this beautiful garden  
I'd like you to  
Take a few **deep breaths**  
To feel the **peace**  
The **relaxation**  
The **serenity**  
Your bagful of fears have **melted away**  
And you are now gaining control of yourself  
You find yourself filled with **peace** and **joy**  
Now, it's the time to come back from this beautiful garden,  
The garden of joy and serenity,  
You're feeling so **great** about yourself and ready to experience many expressions of

life, being aware today you can learn and grow and,  
Sometimes you **learn** and you grow  
Sometimes you **fail**, and yet you grow  
However; what remains common is '**growth**'.  
All failures are contributing to make us what we are and it's ok to see them as a new  
**learning** for life.  
And, now is the time  
For you to awaken  
As you gently stretch  
To feel the newfound **freedom**



You are ready now  
To **awaken**  
So, let me begin by counting from 1-5  
With each number  
You will be more and more awake  
And alert  
In full control  
Of your body and mind  
You feel **wonderful**  
You feel **relaxed**  
You are filled with a **beautiful energy**

So **1**  
You feel yourself gradually **awakening**  
**2**  
You are feeling **lighter**  
**3**  
You are feeling **awake**  
**4**  
You are feeling **great**  
**5**  
You slowly open your eyes, you are **awake** now and ready to enjoy your life.