



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Fear of Rejection

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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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 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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Fear of Rejection

Rejection. It can hurt.

The worst thing here is that rejection makes you doubt your self-worth. It can happen once. It can happen multiple times. Rejection leads you to more anxiety leading you to live a life with constant worries.

That is why you are here. Attending my session. I'm glad you are here. You know this rejection, it hurts. And, you are here to **overcome it**.

What is rejection? There are many areas where you may be rejected by someone. It can happen at work, home, anywhere. Every rejection brings with it emotional wounds that are often hard to heal. You may find this fear repeating again and again because it happened once. When you feel rejected, you start assuming how people view you. You often believe you cannot achieve your dreams. You are left thinking you are of no good and not intelligent for others. You doubt every decision. You might even experience physical symptoms of anxiety leading to stomach pains or headaches.

I hope you've noticed a common thread. It's here. **All in your mind**. This fear of rejection. Your imagination might take flight. To imagine the worst possible situation. It's here you need to change the thought process to remind yourself- you matter. Imagine a life and how it would be if you never had the fear of worrying about the opinion of people around you? By **fearing rejection**, you are limiting your life by worrying about things and reactions that haven't honestly happened.

With this session, I'd like you to use your imagination constructively and overcome the fear of rejection by being more self-accepting and open. You no longer allow this fear to hold power over you. You learn how to accept this fear. You know if someone rejects you, it does not mean you are unlovable or unworthy. It is simply their opinion about you. To get over this fear of rejection, I'd like you to continue listening further as I unfold my session to resolve this fear.

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.

Welcome

To my session

As you are listening to me

You are already **relaxed**

In your favourite corner

Taking a **deep breath**

And **slowing exhaling**

Inhale **slowly**

Exhale

Relax

Feel your **body relax**

As you **slowly** draw your breath



Do you feel any tension?
Do you feel any strain?
If so, just **relax**
Relax and surrender
Surrender your worries for now



That's good
You are **relaxed**
Feeling **comfortable**
You have released
The tension
In your facial muscles
In your shoulders
Your arms
Legs
Your feet
Your spine is straight
The **energies** are **flowing**

This moment
Right now
I want you to **relax**
As I take you along
On a journey
To self discovery
A journey to **relax**
And find new benefits
That **improve** your health

So, are you ready?
As I count from 5-1
I'd like you to
Relax and start **visualizing**
5
Eyes closed
4
Take a **deep breath**
3
Feel the **calmness**
2
You are in a **trance**
1
Your journey begins

You are **drifting**
From this space
Away and away
Into a new realm of things

Your inner mind
It knows your **fears**



As you drift
You find yourself
Slipping away
This **moment**
Is now slipping **away**
You want to **release** these fears
You yearn to feel **free**

You feel your eyelids are **drooping**
Your mind is in a **relaxed** state
As you hear my voice...
In this present moment,
You are **happy**
You are **content**
Take a **deep breath** now
Feel the wave of comfort and ease flow through your body
Allow to let go **completely**
And, you'll notice how **relaxed** you are right now
As compared to a few moments ago



You feel immense tension **melt away** completely
You are **relaxing easily**
As you **breathe in...**
And, **breathe out**
Your **discomfort** is going away
And you feel yourself **drift further** and **further away**
As this **relaxation** travels all over your body.

Your thoughts are **transporting** you
To a different world
A world familiar to you
Somewhere close
Near yet **far**
You are **drifting away**
Slowly....
Relax and allow yourself
To travel this time
To a **comfortable** space...
Where you'll soon **rediscover** yourself



You are now
In an old room
One where the dust is settled
A couple of objects are scattered across the floor
The beam of the moonlight **gently flows** in through the window
The roof is sloping so you might need to bend
You find a small trunk
A trunk that is covered in dust
No one has been here for a while
You examine it with interest



You hear that familiar church bell
The church bell tolls
As you reach out to unlock this trunk
You feel something familiar
A sense of **fear**
A sense of **dread**

Yet, you open it
This old trunk
It is filled with toys
A small car
You find a doll
Some board games
A few puzzles
Covered in dust
Filled with **memories**

You hear the church bell toll
In the background
The sound is growing distant
The sound is dimmer
As it continues on its last chime
You suddenly find yourself
Experiencing a mixed bag of feelings

It's here I want you to relax
Breathe in deeply
Breathe out
Notice how you feel
As you reach out to touch the objects
You are experiencing the highs
You are experiencing the lows
Your childhood days
A couple of memories
Here, locked away in this trunk
Now, are scattered before

It is here a memory comes to your mind
It is here you see yourself
You've felt this **rejection** here
You don't know who it was
Why it happened,
You may not remember the memory,
There can be just some **feelings** surfacing
This memory or **feeling**
That affected your younger self
You felt the **pain**
As your awareness levels has increased
You know it has affected you all these years





You **sense** this fear
It is within you
You cannot see it
No one can see it
You cannot display it
No one can touch it
It exists
Yes, it exists
In your **mind**

You see a child
Crouched in the corner
You know this child
This child is actually you

Here's what I want you to do
Look at your younger self
With an open mind
View yourself
From a completely new perspective
You now have the insight of
The adult you
This adult is viewing this child

Relax

Now, go to this child

Embrace the child

Love the child

Hold the hand in yours

Tell this child

With **immense love**

Warmth

Affection

Give the child the **attention**

Give this child the **understanding**

Be a best friend to this child

A friend the child never had

A child who was rejected



This rejection

May have happened from anyone

Friends, Family

Anyone

Or it could have been an interpretation of that experience

With your limited thinking process

This limited perception

Of looking life through a single lens

Adds to your confusion

You know now

What you really felt



Was **real**, was **honest**

Yes, I know

It hurts

This feeling of rejection

Is **all** about your **internal feelings**

You now need to

Talk to this child

I want you to

Tell the child

You are **safe**

You are **loved**

You can **accept yourself**

You are your own **best friend**

And, you are ok the way you are

You can now firmly **embrace** this child

Run your fingers over the hair

Wipe the streaks of tears that run down the cheek

Bend lower and **whisper** in the ears

Tell this child

Right here right now

What I am telling you

You are **loved**

You have the **clarity**

You have the **wisdom** now

You know that people may reject you

Sometimes

For things you say

For the things you do

It's not you they are rejecting

It's the idea that you represent

So, right here, right now

You learn to accept

Your own self

Your **mind**

Your **body**

Your **character**

Just as you are

You are **kinder**

You are **happier**

You are **safer**

You have accepted yourself

You tell this child

Right here right now

To **allow** your fear of rejection

To **melt away**

These are only memories

Memories that you've held in your heart

Weighing you down

You no longer need them



These **memories**



Because now you can love yourself
You've accepted yourself
You no longer feel the need
You no longer seek approval
You are whole and complete
Safe in this embrace



It's here you hear a sound from the street
It catches your attention
The moonlight
It has **dissolved**
The **darkness**
It's **moved away**

A gentle ray of the sun now floods the room
Bringing in some **warmth**
Bringing in **hope**
And a new **sense of happiness**
It's here you realize
You tell the child
You must not worry
What people think
What people say
About the things you do

Just like the way you have an opinion
So do the people around you
They may try to hurt your feelings
They may try to reject you
You know it doesn't matter
For you are **safe**
You are **entirely safe**
In this **embrace**

You look around the room
The room is bathed in light
You ask the child to play around now
With the treasures in the trunk

You find a book
Filled with blank pages
It's right there
Right on the table
You flip open the cover
To write a new chapter
A new chapter with a new you

Right here right now

You are here
You write
The way your life should be
A life without **fears**
A life with **happiness**
A life where you've **learned**
The art of self-acceptance
You see a chart
The self esteem chart growing bigger and bigger with every page



You are aware
Your past memories
Any of them
Rejection at school
Rejection at work
Rejection of love
None of these
Hold power over you

It's right here
You hold the pen
To write a chapter
About letting go of the past rejections
You gift yourself
A new life
Free of fears
Full of **happiness**
Full of **love**
Full of **acceptance**



As you focus on these happy thoughts
You complete the book
And hold it close to your heart
You are ready to **drift**
Away from this room
To welcome a new chapter in your life
A chapter written by you
A chapter for you

I'd like you to now
Relax and **breathe** deeply
You are now **drifting back**
Right here to your room
You are seated here
In **comfort**
Relaxed

As I begin to count
From 1-5
I'd like you to be wide awake



1

Inhale slowly

2

Exhale slowly

3

Gently open your eyes

4

Stretch a bit

5

Welcome a brand new day