



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Overcoming Fear of Authority

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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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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Overcoming Fear of Authority

Hello, and welcome to this session!

How do you feel around people with authority?

Do you retreat inside yourself, get tongue tied, rooted to the spot—or even feel strangely disembodied? Maybe you disown your values and try to please the person in question to gain approval? Do you feel hurried or want to get out of the situation as quickly as possible? Maybe you feel anger and become aggressive?

Reacting in any of these ways is due to fear of a perceived threat.

Fear affects your sympathetic nervous system - which kick-starts the survival mode of the fight, flight or freeze response - triggering any of the above reactions.

Why does this happen?

Many of us were raised to fit into social and cultural structures and to show respect to our parents, teachers and superiors without question. In this kind of structure we are taught that others know better than we do—and to ignore or mistrust our own inner voice.

Some of these people may have caused trauma in your childhood—making you feel embarrassed, judged, angry or powerless. **Every one of us needs to feel safe.** Most of us just want to do things right, be accepted, valued and loved.

Fear of authority goes hand in hand with fear of rejection, being devalued and unloved. As a child, you could have been afraid of saying or doing something wrong—which would have risked this rejection.

Emotions connected to experiences get 'trapped in time'—it's how your subconscious mind learns to keep you safe. Some of these learnings are important for survival, and some inhibit your growth or even prevent you from living the life you'd like to.

However you reacted back then as a child—**freezing, fleeing or fighting—the subconscious self remembers**—and as an adult, the pattern continues, unless you choose to **change your perspective both consciously and subconsciously.**

How you perceive the person in authority and react to your feelings gives them the power over you—making you feel smaller than you actually are.

Let's now understand how you can change your perspective consciously.



Taking a few moments to pay attention to your breath—counting to 10 as you inhale and exhale—will relax your nervous system and slow down worrisome thoughts.



You can even do this while walking down the street or commuting from one place to another. Meditation practice is even better—just 10 minutes a day will do wonders, relaxing and grounding you more deeply.

When talking to people in authority, be aware of your body language. Make eye contact and stand tall with an open posture without backing away.

Whenever you have a quiet moment, think back to a time when you felt uncomfortable talking to a person with authority. Then ask yourself, **"Why did I feel like that?"** Your first answer may be about what others have said and done. By going a little deeper and asking yourself; **"What situation have I been in that reminds me**

of this one?" you'll get to the bottom of the issue.

It's easy to see a person with authority only in the role they do. Try to take them away from the pedestal you've put them on in your mind—and see the person behind their role or job. It's good to remind yourself that a person is a person—that everyone has a family, home-life and worries of their own. Noticing what you share in common with the person will also help you to see the positive aspects that connect you.

People can sound curt if under pressure. The person may have a boss of their own scrutinising their work and be nervous about that themselves. When a person with authority pulls you up about something, try not to take it personally or get defensive. By welcoming directness as truthfulness, an honest opinion that isn't sugar coated—you'll be more able to focus on the task at hand.



In today's global workplace we may also have superiors from other cultures who communicate differently. It's useful to listen beneath the actual words being said—and to focus on the message they're trying to get across. There's also always a bigger picture, how someone relates to others will say more about them than it does you.

You can also try replacing any negative self-talk like "I can't (do whatever)" or "I'm not good enough at something) . . ." with positive affirmations about your own talents and inner worth.

Lastly, you'll make huge advancements if you start to notice your inner voice—your natural **YES** or **NO**. If someone says or asks something that makes you feel uncomfortable—it's a good indicator that it's a personal NO—probably because a personal boundary has been crossed. If you feel comfortable—it's a personal YES.

By acting on your personal YES or NO, and communicating it clearly and calmly, you'll learn to trust your own feelings and decisions. **This suggestion will give you self respect—and through this, others will respect you too.** When you respect yourself, you'll be less afraid of authority because you'll have a calm inner confidence that external influences won't affect.

Remember, you can change your perspective subconsciously with the help of meditation.

During mindfulness meditation, you access the subconscious mind and replace the learned pattern of fear of authority with calm confidence and self-worth.

Your subconscious mind goes through the same process and reaction when imagining as it does when something is happening in reality, and that's how mindfulness works—providing you with positive new learnings and patterns of behaviour.



Beginning now—by settling into a comfortable position

Letting your eyelids close

You've decided to take control of your thoughts

Your interpretation of situations in your life

You have the authority—**to change your perception**



Listening to the voice

I need your help, I need you to help me with your process

Can you bring your attention to your natural breath



Just following your breath
Feeling it flow in and out of your nose



Feeling the **breath flowing** into your chest
Chest expanding on the inhale—and falling on the exhale



Breath flowing into your belly—belly expanding
—And relaxing on the outward breath



Bringing your attention to your forehead
Here—now—imagine
A scene unfolding as if you're watching a film on a screen



You're in a beautiful garden on a summer day—the temperature is perfect
Feel the warm breeze on your skin
The sun's rays streaming down from the sky
Caressing your face and arms—sharing its **gentle warmth**



Your mind and body feel peaceful—content—relaxed



Inhale the spaciousness around you
Hear birds singing
Smell the earthy scents in the garden
You have full authority—**to go on your own journey**



Immersed in the calmness of the day
The air seems to shimmer with possibility
Absorb this energy into your body



Lying down now under the branches of a large tree
Relaxing into the grass beneath you—soft and warm—cushioning your body

Following the rhythm of your breath
Body relaxing—feeling heavier
Your whole body
Heavier and heavier—**more comfortable**
Supported—grounded—protected
With each breath



Gently looking up now at the sky

The clouds drifting by

A cloud is approaching—a large white cloud
Getting bigger until it's directly above you
And you somehow know instinctively
That any nervousness, worries or fears can drift up to the cloud

See them now—drift away from you towards the large white cloud

And anything that's stopping you from feeling how you'd like to
Maybe your own thoughts, maybe the thoughts of other people
Just let them go—all the thoughts that don't support you

Notice now—any worries—any nervousness

**Drifting upwards
Towards the cloud**

See the cloud getting darker as it absorbs these worries



And just as the last thought disappears
The cloud starts to move across the sky

Away—away—into the distance

Taking all your worries with it
The past is past

Feel the sun now—**lighting up the sky**
Warming and healing your body and mind

Nothing now but relaxation
Flowing—with your breath—into total relaxation and ease



All your worries have **floated away**
Nothing to do, nowhere to go
Just now—Just being
Present and authentically You—full of possibility

Perfectly whole and complete
Exactly as you are
You have total permission to be who you are
You have the authority to greet yourself with an open heart
With forgiveness—with support—with self-acceptance—with self-love and healing



Now—make a suggestion to your subconscious self
Repeat the words **"I am communicating with ease in all situations"**



Say this to yourself three times—with intention



Feeling the truth of the statement with your whole body.



Now—See yourself—present—in a situation you feel yourself in

A normal situation

With someone you trust

At **ease—relaxed—confidently** being you

Take a breath in - and trust in - Yourself

This is your creation



And now—putting yourself more fully into the picture

Looking through your own eyes in this scene—at everything around you

As if you are really there and it's really happening

At this very moment—all is fine

Imaging with your whole self

Instead of just thinking

Feeling the image with your mind

Your senses

Your emotions

Your body

Your whole self

The more you imagine and feel

The more it becomes real in your mind

A part of your reality

A part of your daily life



Looking through your own eyes

Looking down at your hands

Here—taking in your surroundings

Noticing the colours—the light—objects—room or landscape



Noticing the other person—how they look—their gestures and expression

Noticing **all** the details



Hearing **all** the sounds around you

All the background sounds

All the nearby sounds

The tone and harmony of your conversation



Feeling the temperature—present

In the air—on your skin

Feeling the clothes against your body as you breathe and move



Reaching out to touch something sharing this place with you
An object in your hands
Feeling the shape, weight and texture against your skin



Inhaling any scents around you



Tasting food or a drink

Taking your time
Being present—in this scene—holistically
Making it vivid—being here—experiencing



Relaxed, confident and natural

If you imagine this version of you is the finished product
Just like a good meal
What are the parts of you that shine through right now?
What are the ingredients?
Which qualities does this version of yourself have?
Noticing this version of you—in detail



How relaxed and grounded your body feels

Your posture—your gestures—your facial expression



Your mood
The present—positive emotion you're feeling
Allowing yourself—to enjoy feeling it

The atmosphere you're creating
Just by **being—you**



Now coming back to the space at your forehead

And allowing another scene to unfold
A scene of your choosing
A situation you'd like to feel this version of you in
At ease, confident—with the qualities you noticed just now
Talking to a person with authority



You have the authority to change your perception and behaviour

Again make a suggestion to your subconscious self

Repeating the words **"I am communicating with ease in all situations"**

Say this to yourself three times—feeling the truth of the words with each cell of your body



Remember the feeling you just experienced—**naturally you**

Feel it again—now

Bringing the qualities you have into the scene

Just like putting on clothes—add anything you want to



Instead of watching yourself from a distance

Imagine you are in that scene—now—looking through your own eyes

Good

You're safe and relaxed

Totally at ease in this situation

Feeling the qualities you have

And how allowing them to shine affects your mind

Your whole body



Noticing your senses

Each sense—one at a time

There's no hurry



Your sense of sight

What are the details of the scene?

What are you wearing?

How do these clothes make you feel?

If they don't make you feel comfortable—change them

How are you holding yourself?

What kind of posture do you have?

What gestures are you using?

Noticing your facial expression

Is there a sparkle in your eye?

Take some time to visualize how this genuine version of you looks



Who else is there?

How are they looking at this version of you?

See the expression on their face

Their body language as they talk and listen to you



Your sense of hearing

Which sounds can you hear?
Noticing **all** the sounds around you
In the background—in the foreground

What are you saying?

What is the other person saying to you?

What tone does the conversation have?

Bring the perfect sounds into the scene
Hear what you want to hear



Your sense of touch

Notice any sensations on the surface of your skin
The temperature around you
Any breeze or warmth from the sun
Create the scene how you like



Your sense of smell and taste

Inhaling any scents
The room or street—nature—perfume—food

Are you eating a meal or drinking?
If so, take time to savour it as you engage in conversation—**being—you**

Calm—Confident—Comfortable



Tuning in now—to the emotion you're feeling as you express yourself—naturally

Can you name the emotion you're experiencing?
Being naturally you—now



You have **all** the qualities and resources you need
Already
You just have to be—you
Take these resources with you when you awake
Take these suggestions with you

And leave anything behind you don't want



Remind yourself of **all** the qualities you already have

Pull in these resources—now
From your authentic self—always—inside
Natural—confident—calm—relaxed

And at any time you need these resources, they'll be here for you



In a moment, I'm going to count backwards from 10 to 1
And I want you to awaken one tenth of the way
With each number—until you are fully awake

10—9—8—7—6—5

4. Start to become aware of the place you're in
And how it feels to be **awake**

3—Noticing your body
Your whole body

Taking a **deep breath** in
And slowly—exhaling

2—When I say the next number—you'll be your natural authentic self
Whether talking to a friend
Or talking to a person with authority
With ease and calm confidence
Always

1—



Listen to this Mindfulness meditation session as many times as you like. Repetition will anchor the images and feelings more fully into your subconscious mind—just like planting seeds—which will help you grow more and more at ease, confident and naturally you around people with authority.