



The Matrix Mindfulness Practitioner

Meditation Collection

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INSPIRE-EMPOWER-TRANSFORM

Exclusive Mindfulness Scripts
for Wellness Professionals

Overcome Shame

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Shame is a very painful emotion and can easily filter into every aspect of life if we allow it. We are fragile creatures and once our minds are unsettled, we often continue down the very road that is the most damaging to us simply because we think the wrong way.

Shame can root itself deep within the mind. This is where Mindfulness meditation can help. Mindfulness allows us to raise awareness into the subconscious part of our mind, altering behavioural patterns and changing the way we think as a result.

When shame walks in hand in hand with guilt, Mindfulness teaches us to be aware of these emotions. Else, shame can be a devastating emotion that can ruin lives by lowering self-esteem and destroying confidence.

We must acknowledge that we do things in life that we may become ashamed of. We are human, and we make mistakes. Very few people can look back and say otherwise.

Another consideration is that we can never go back and change an event. The past has gone, and the future is yet to be created. We can only live in the now. It makes sense to let go of negative emotions.

Feeling a sense of guilt because a decision has led to negative consequences is a normal emotion. It must not **be allowed to interfere with future decisions or lead to deep feelings of shame**. This is a damaging emotion. Shame can make us feel inadequate and, in some cases, make us feel lonely and isolated. Once it sets its roots, it can eradicate feelings of worth, leading to increased isolation and even withdrawal from society, friends, and family.

Yet once we understand our actions and thought processes, these thought patterns can be changed in the here and now. Once we acknowledge those feelings, we can understand that positive action can be born from a negative one. Shame is an emotion that loses a lot of its power once it is brought out into the open and talked about.

Once shame has been identified, it can be released and the feeling of lightness and relief that comes as a result is considerable.



I want you to begin this wonderful session by **relaxing**.
Very soon your whole body and mind will fall into a **deep sense of relaxation**.
This is all **perfectly normal**, and you are always in control.

I want you to imagine yourself in a daydream as this is what it feels like.
You are awake but not concentrating on anything else....
My voice is all you need to **concentrate** on.
Nothing else matters right now.

So, now you are **comfortable** we can begin.
Do not worry if you still feel a little restless, this is **normal** and will soon disappear.
Remember you must not listen to this meditation while driving or operating any