



The Matrix Mindfulness Practitioner

# Meditation Collection

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INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts  
for Wellness Professionals**

Overcoming Fear of Authority

# 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**