



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

Exclusive Mindfulness Scripts
for Wellness Professionals

Think Positive

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We all know that **thinking positively** is a good thing. We also know that being negative can be **counter-productive**. **Thinking positively** is a skill that can be developed.

Since thinking is a skill, it is something we need to practice on a **regular basis**. While we may not be able to let go of all of those negative thoughts immediately, we can program our minds to think **more positively** on a regular basis.

Using **Mindfulness Meditation**, you can **train your brain to think in a more positive way**. You can learn how to respond **calmly** instead of over-reacting. You can acknowledge your strengths and build upon them.

The more you engage in this process, the more **good things** will come your way.

Every time you listen to this session, you will naturally feel **more positive** about your life, so let's get started.

Learning how to **think positively** is a life skill that can be developed and learned. It's an **attitude** you possess.

When you think in a **positive manner** you begin to anticipate happiness, joy and success. You begin to **truly believe** you can overcome any obstacle.

It really is a **way of life**. Like energy attracts **like energy**. That is a **scientific fact**. When you **think positively**, you attract others who also think in the same way.

This **positive momentum** builds upon itself, creating even more positive energy.

It can be as simple as a **shift in thinking**. It's about **expecting the best** and expecting more out of life. It is **possible** to **feel better**. You can **easily acquire** these skills.

Your thoughts are **so powerful**. Your thoughts create and **shape your life** whether you realize it or not. Today is a day of **change**. Today you are thinking **differently**.

And you are **more than ready**.



So, before we begin, please make yourself **comfortable**.

Close your eyes and rest your hands **gently** in your lap.

You may rest assured that during this Mindfulness Meditation session, you will only accept **truly helpful suggestions**. Any suggestions that you accept will be **received comfortably** and be put into action in the ideal time frame.

Today you are taking on a new **positive mindset**....and it feels great. **Thinking more**