



The Matrix Mindfulness Practitioner

# Meditation Collection

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INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts  
for Wellness Professionals**

Think Big

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In order to truly **thrive in life** you must learn to think big and expand your mind. You must learn to think in terms of **possibilities** rather than limitations.

It's a **simple concept** but a challenging one to put into practice. Many of us spend our lives surrounded by things that **disempower us**.

We focus on the lack and on the pain instead of the **possibilities**.

**Thinking big** is the opposite of all of that. It's much more than just **living comfortably**. It's about living the life **you** were meant to live, in **every** way.

It's about **expanding your mind** and thinking differently. It's about **letting go** of those self-imposed limitations and letting life flow in.

You have the capacity to **think BIG!** You were designed for **greatness** in every way. You were not put on this earth to **constantly struggle**.

Thinking BIG is all about **unleashing your passion** for excellence.

It's about **pushing past** the status quo. It requires a **paradigm shift** in order to move into.

The truth is your life is **far bigger** than you could ever imagine.

You really can **have it all** - you just have to stop focusing on what is lacking and focus on **what is possible**.

Our **lifestyle** is one of the most important and one of the most neglected areas of self-improvement.

The fact of the matter is that **we can live life** in any style we want. We can be **anything we want**, need or desire...we simply have to learn to think BIG.

**Thinking BIG** is all about living the life you want to live NOW. It is about doing what you want to do now, instead of waiting ten or twenty years to live that **perfect lifestyle**.

It is about living a good life, right here and **right now**.

It's about **imagining the unimaginable**. Are **you** ready?



So relax and **let go**. Allow yourself to be **gently guided** into rest.

Rest your hands **gently** on your lap.

If you so choose, you may also ask that your subconscious keep you **safe and**