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itsmattrosa  Edited · 9w

I must have been around 14 years old the first time I realized the negative ways I spoke to myself. Maybe it stemmed from my environment, maybe it was subconscious trauma. That voice in my head only got louder with time. Feeling inadequate became so familiar, and painting false realities became one of my favorite past times even at such a young age. I wouldn't talk to my enemy the way I spoke to myself...

I saw my life really align with my thoughts as the years passed, the more negative I became the more my world felt like it was against me and that's when it hit me; what if I could change the way I thought and begin to change what I saw?



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I was 21 years old when I began to paint my future in my mind before it became my reality. Everything I've experienced since I swear I saw in my mind and felt in my heart first. I knew I'd be traveling teaching others, I knew I'd play music around the world, I knew I'd marry my wife all before it happened; It's kinda my super power. Craziest thing? I'm not special, yah got that same power inside you as well so tap in ❤️

FIX YOUR MIND, FIX YOUR LIFE.

Here's a couple of my favorite moments in Japan this past weekend; now off to Colorado and then Mexico but first a quick pit stop home in Miami to pick up my girls Sky and Shorty 🌹



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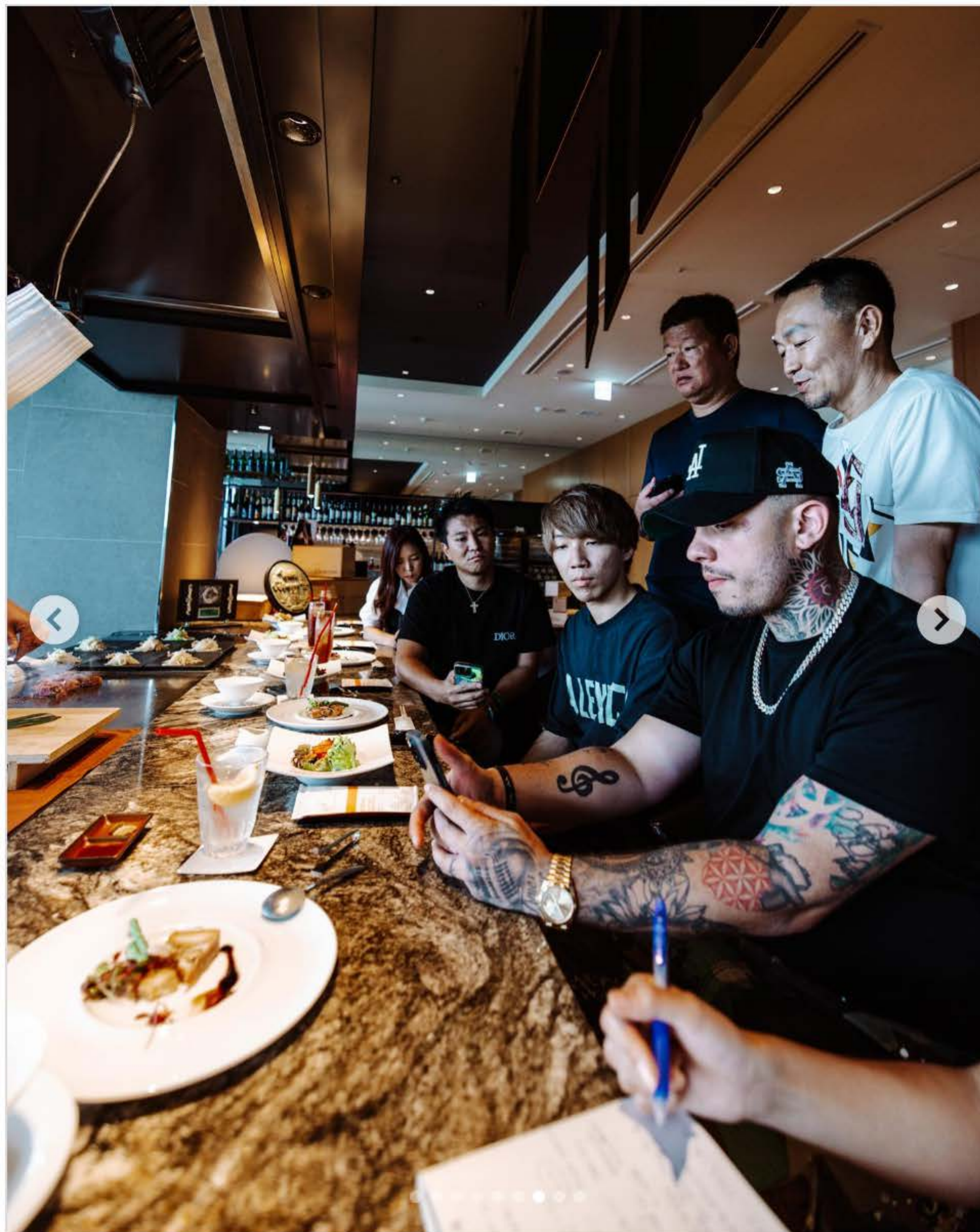
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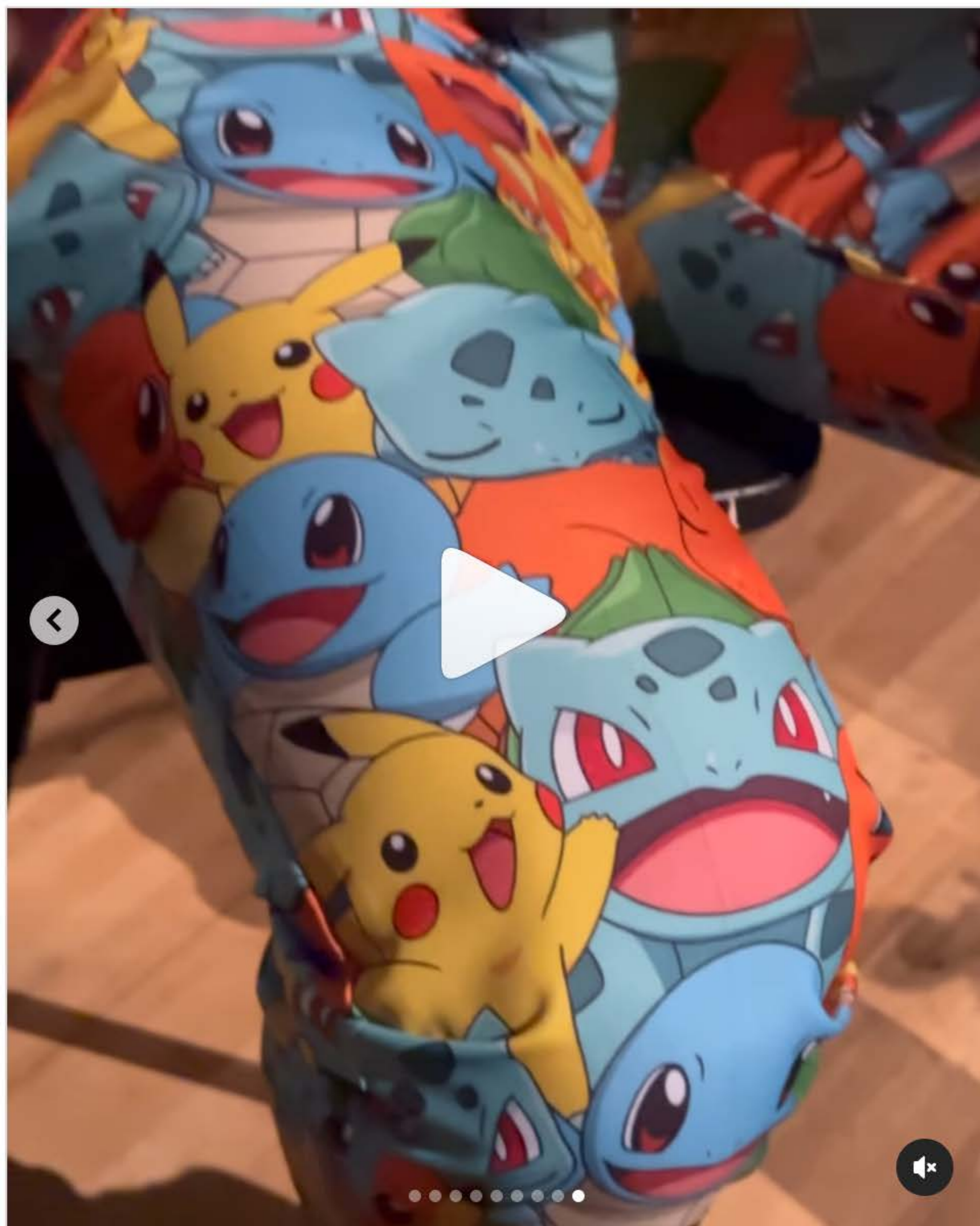
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