



Dr. Gwen



# The Dr. Gwen International, Inc.

## A Meditation Exercise Tuning in To Your Spirit of Success



<http://thedrgwen.com>

# Meditation Exercise

## Accessing Your Spirit of Success

### Goal 1

To access your spirit of success. The Inner Guide which guides you in all areas of your life.

Be sure you are sitting in a comfortable chair, with your feet flat on the floor. You can also sit on a surface with your legs crossed and your back straight., or you cal lay flat on your back.

You choose what works best for you. Be comfortable.

I also recommend that you do this exercise with a journal, because ideas will come to you which you likely will forget later.

# Meditation Exercise

## Accessing Your Spirit of Success



### Instructions

1. Close your eyes and relax your entire body, focusing on your breathing.
2. Count and inhale to four breaths and exhale to four breaths; exhaling as you listen quietly to the exhale in your throat—not nasally. A natural gap between the in and out breaths should occur. Be sure only your lower abdomen is stretching and expanding with the inhale, and releasing and shrinking with the exhale. Your upper chest should not move.
3. Bring your awareness to inside your body. Focus on your breathing and any physical sensation that shows up. Just notice them; don't react to them or judge them.
4. Each time your mind goes astray, gently bring it back. Simply focus on bringing your thoughts back to your breathing.
5. Focus loving thoughts to the area around your solar plexus (pit of your stomach).
6. Set a mental intention for relaxing and just being. Avoid trying to make something happen. Just be.
7. Do this breathing practice daily for fifteen minutes in the morning for thirty days until it becomes habit. You can continue forever if you wish. I do!
8. You can start visualizing happy events or visualizing having a happy day. Your main intent, however is to just be and to listen to the thoughts that pop up in your mind.

Write in your journal what you notice throughout, and any ideas that come.

**Dr. Gwen**

A stylized, handwritten signature in black ink, appearing to read 'Gwen'.

## Accessing Your Spirit of Success

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.