



How To Meditate To Success

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Before you start, choose one affirmation from the list below or even make one up yourself.

Choose the same time each day, same chair that is suitable to you where you will be undisturbed for initially 5 minutes.

After 2-3 weeks you can begin to increase to 10-15 minutes.

And that's all you ever need to do.

EXERCISE -

Make yourself comfortable and allow yourself to relax.

Allow your eyes to comfortably CLOSE and to become aware of your breathing.

If you have to awaken at any time for any reason, you can do so by simply opening your eyes.

Breathing deeply and freely, allow yourself to let go of any unnecessary tension with each out breath.

Slowly and mentally begin to count down from 10 to 1 and with each descending number and on the out breath, become more and more relaxed, 1/10th relaxed.

Start to form an image of your favourite place of relaxation, a place where you feel safe and secure. You may already know of this place or it may be a place in your imagination that you have just created. No one or anything can harm you. This is your space.

This is your time, 'me' time, time to relax and to re-energise your body.

You may from time to time see colours, experience smells or even experience a warm feeling, whatever you experience is right for you.

I want you to mentally repeat three times to yourself, your chosen affirmation.

Take time for yourself to rest and be aware of your breathing. I want you to see yourself a confident, successful person.

See yourself already that successful person, as if you already are.

Allow yourself to feel what it feels like. What do you need to change to make that happen? Take a few moments to just relax in this Source energy.

You can do this each and every day and watch your life transform.

I want you to now be aware of your breathing.

Start to mentally count up from 1 to 10 and at the count of 8, you will open your eyes and tell yourself at the count of 10, you will be feeling re-energized, refreshed, confident, in control, more optimistic and open about the future ahead, you will have feelings of wellbeing.

It's important to always be working on yourself and up-leveiling your mind to greater opportunities and experiences.

If you will take the time each day to practise, I know your life will transform.

If you are looking for extra support and guidance then you can book in with Karen for a Conscious Clarity Call.

From feeling stuck or just not sure of what to do next, Karen will use her unique gift of laser focusing in on exactly what you need to be doing.

Book here -
<https://calendly.com/karenwhitelawsmith/>
60min

<https://www.karenwhitelawsmith.com>

Affirmations

I trust in the process of life

Wonderful things are happening to me today
and I am open to all the love in the world

I enjoy the journey as much as the
destination

I believe in myself

I'm living a spiritually rich life
and I love it

I love myself unconditionally

I am open to becoming more confident

I love and approve of myself exactly as I Am

Money flows to me easily

I am a magnet for good things in life

I am happy, joyous and content

I nurture and take care of my body

I expect miracles in life

I am in flow with the Universe

Some Affirmations to get you started

You can also make your own



MEET THE AUTHOR

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Karen Whitelaw-Smith, Founder of the Manifestation Ladies Community runs a Personal Development Coaching Company in London, UK.

Karen is an Intuitive Visionary, Mindset Manifestation Mentor, Clinical Hypnotherapist, International Author and Speaker and has worked with clients from all over the world.

*“You have the power
within to manifest
anything you want.*

*First you must know
what you want”*

HAVE QUESTIONS?

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'MEDITATION IS THE NEW MEDICATION'

KAREN WHITELAW-SMITH

