

**Month 7, Week #3**

**Stop, drop + meditate**

Hi!

**Holy moly! Welcome to Month 7 of our Gutsy Goddess Society training program - Igniting Insight, Wisdom + Intuition.**

This month we're diving into **chakra #6**, the mental level of your happiness, which is located at the third eye, between your eyebrows at the bridge of the nose. We covered this in depth during our monthly training call.

**If you missed the call, I invite you to cruise on over to our forum to check it out here.** [http://jennyfenig.com/ggs-success-library-woo-hoo/](http://www.on2url.com/lnk?m6o24e1BB0I%3D)

Here's an overview of chakra #6 ...

Color: Indigo blue  Signs you are OUT of balance here: Undisciplined mind. Escapism. Illusion. Ungrounded vision. Excessive daydreaming. Worry. Fear.

Signs you are IN balance here: **"The mind is a wonderful servant but a terrible master."** This saying describes your talent for gaining the best of the mental level without becoming a slave to it. You are able to rise ABOVE the noise of the everyday world to a place of inner refuge and calm where your beautiful imagination leads you to unlimited sources of inspiration. You have learned to hang out in your Observer state (we covered this on our training call) and often experience the bliss of pure observing. Your sensitivities to subtle vibrations allow you to connect with light, sound and all of nature as sources of energy.

**The goal: see what you see WITHOUT judgment. Not easy, but so worth it.**

Okay, onto the weekly assignment ...

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**INSPIRATION IN ACTION ASSIGNMENT**

**To be truly masterful in the mental dimension,** you've gotta practice meditation. Following your beautiful breath and letting go of arising thoughts ... seriously, nothing works better. Try it, you'll see. Pulling your attention back to breath and nothing more gives you the discipline you need to pull your imagination out of unhealthy zones. It's the surest way back to center. And you'll start to realize when things seem real, but really aren't.

**Let's try a mindfulness meditation, shall we?**

1. Sit in a comfy position and **notice your breath**. That's it. That's all you have to watch.

2. Listen to the sound of your breath, notice the sensations, and **follow the rise and fall** of your energy and breath.

3. Follow your breath and **let no other thoughts come in**. Impossible yes? Yes, but try it anyway. Each time you find yourself drifting to a random thought, notice what's happening and gently pull back to focusing on your breath.

4. Your mind WILL wander. You can't stop it from happening. That's exactly why this is called a mindfulness meditation. You are becoming **more and more aware of the nature of your mind**. Fascinating!

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By learning to skillfully navigate and play in the MENTAL realm, you have enriched your possibilities for happiness many times over. How cool is that?!