



**The GYS Guide  
Meditating Your Way To  
Romantic Bliss**

# GET YOUR Soulmate

BY PERSIA LAWSON

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Over the last 3 years, I've come to believe that meditation is one of the most effective things you can do to up-level your love life.

I used to be a huuuge sceptic about the impact + effectiveness of meditation, but whilst researching mine and my friend Joey's book *The Inner Fix* I learned that meditation has been scientifically proven to help reduce stress + anxiety, and help you to experience an improved sense of health + happiness.

By slowing down, quietening your mind and turning your focus inwards, you're then able to become centred + present enough to hear your own personal truth + intuition, which holds many of the answers that you're seeking.

So, when it comes to your romantic life, if what you want is to connect with someone on a deep + soulful level, you must first learn to connect in that way with yourself.

As my father once told me:

**“If you focus on the insides, the outsides will take care of themselves.”**

And meditation is the fastest way I know of getting your 'insides' in order so that you can go on to attract the healthy, happy relationship you really deserve.

I'm not joking when I say that regularly practicing the meditations from the GYS program is one of the main reasons I attracted the most wonderful man + relationship into my life – and I know it can do the same for you, too.

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If you want to see big shifts fast around your love life, I encourage you to commit to doing the relevant weekly meditations from this program on a daily basis (ideally in the morning, but whenever works best for you is fine) and just see how much more calm, connected + confident you start to feel.

*Please note: The guided part of each of the meditations ends after around 6-8 minutes, but for most of them the music continues on for a further 8 minutes or so, should you wish to extend + deepen your practice.*

## Meditation Tips:

I'm sure that some of you reading this are experienced meditating veterans, and others may have never done it before, so here are a few tips we share in The Inner Fix to get you started:

- 1) Firstly, take the time to create a special 'meditation' space for yourself – whether it's in your bedroom or in a quiet corner of your living room or office. Make this space as comfortable and cosy as you can – use candles, cushions, pictures and anything else that helps you feel calm and relaxed.
- 2) Then, decide at what time of your day you'd like to meditate – I suggest the morning as it's a great way of starting your day off on a calm and connected footing, but whenever works for you is fine – just make sure you get it done at some point.
- 3) Press play on the meditation audio, then close your eyes and sit upright – either on a chair with your feet on the ground – or on the floor with your legs crossed. Place your palms on your lap facing upwards and breathe slowly in and out – as you breathe in, allow your stomach to expand and as you breathe out, allow it to contract.

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4) Continue to focus on your breathing as my voice in the recording gently guides you through the meditation. Each time you find your mind wandering, gently return your attention to your breath. Do not berate yourself for your mind drifting off – that's inevitable! Your goal is to be as gentle and compassionate with yourself as possible for the practice, not to be perfect.

5) When the recording is finished open your eyes to return to the space and ideally, spend a few minutes writing in your journal about your experience. What thoughts came up throughout the meditation? How did you feel before and after the practice? You can often glean as much value from this reflection as you do from the meditation itself – plus, you'll then have a log of your progress and experience over time.

**So, what are you waiting for? Take the plunge and launch yourself in to these weekly meditations like your life depends on it.**

In my experience, fortune favours those who make time for what really counts.

Look, I believe that you get one life (as far as we know), and you deserve to spend the majority of it with someone you adore, who adores you back.

You deserve to have a profoundly intimate relationship which grows, evolves + deepens over time.

And it's my promise to you that wherever you find yourself in this moment – whether you're heartbroken, have had really bad luck and experiences in your love life or are just finding the relationship you're in a challenge and a struggle, practicing these meditations regularly will make the world of difference.

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I really do hope you give this life-changing gift to yourself <3

All my love,

Persia xx