

# The Daily Practice

## Reregulate Your Brain & Improve Your Mind for Clarity & Calm

Please download these pages to assist you with this course.

**Video 1:** Why I Created this Course

**Video 2:** Writing Down Your Fears and Stressed Thoughts

*See Handout, Page 2*

**Video 3:** Meditation for Resting Your Mind

*See Handout, Page 3*

*Frequently Asked Questions – Page 4*

*“This method works quickly and is best used first thing in the morning and just before bed.”*



## FAQs

### **What if I don't have time to do this twice a day?**

I used to have this concern, too. Our negative thoughts and emotions take up a lot of our time, slow us down, and cause more negative emotion. They make it hard to focus and get things done. When we do The Daily Practice, we seem to have more time. Because your gaining the ability to focus and do things with a calmer mind, you add time to your day to be able to this and other things.

### **How long do I have to do this?**

Most people find that regular practice helps them the best. Occasional practice is less helpful and sometimes not helpful at all. I've worked with this for over a decade, but let your experience be your guide.

See more on page 4.

Everyone's brains dysregulate sometimes, and they eventually return to a managed state. The root of many bad habits, fear, anxiety, anger and other negative emotions is the brain not being regulated. We spend a great deal of our lives in this state. Because of this, it is near impossible to keep our focus, make connections with others, and make progressive positive changes in our lives.

There are many ways to re-regulate the brain, however, expelling our stressed out thoughts and over-reactions are the first steps I recommend to my students. The best way to do this is to write them down.

This method works quickly and is best used first thing in the morning and just before bed. Give it a valuable shot to see how this can help you unpack the over-driven thoughts and emotions that often cause so much dysregulation.

### **Here's How To Do It**

- Begin by writing what you fear. You can include anger, resentment and other negative thought that carry emotion. These fears are current moment fears. This is not something you used to fear.
  - For example: *I fear that this process won't work.*
- If you're angry, write down what you're angry about.
  - For example: *I am angry that it is raining outside,*  
Pause before writing the because. Instead of the personal why, instead write:  
*,because I have fear.*
- Sometimes fears just come rolling out onto the paper. Resentments often come with multiple fears. Really participate fully in this exercise, you will be thankful that you did after the using the mantra meditation. These thoughts you are getting out of your head can then allow your mind to rest.

### **Helpful Tips**

- Write twice per day, preferably at the beginning of your morning and toward the end of your evening. You can write more often but make twice per day your minimum commitment to yourself.
- Write as much as you need. Video 1 offers 5 minutes, but if you need more time, take more time.
- Think of the writing expelling the fearful and tiresome thoughts. Don't give yourself time to dwell on them or overanalyze them. This isn't the time to look for insight. Remember, this is not a journal.
- Releasing fears and troublesome thoughts will help your mind fill with clarity. You'll become more effective in your life.
- When you're finished writing, either throw it away or destroy it in some way. No one needs to read this, including you.
- Imagine at the end of your writing, that your mind is a blank slate. Ready to receive and use more empowering thoughts and emotions.

## **Rest Your Mind After Writing**

Do the mantra meditation twice per day, immediately after writing. I chose this type of meditation because it is often easier for people to be accustomed to. It also helps create focus on a calming word or short phrase. This meditation will reset your mind to be calmer now that you have expelled the negative thoughts and emotions.

- A mantra meditation is provided in Video 2. I use the mantra “Love.” At least the first time you do this, I recommend meditating along with me in order to understand how to do this type of meditation.
- Choose your mantra. You can continue to do this along with me using the word love, or by choosing your own, you make it more personal to what you want. Be sure to use a word that doesn’t bring a lot of thought or emotion to your mind. This meditation is meant to neutral and calm the mind.
- It is preferable to sit in a chair or on a sofa. Sit comfortable in a position in which your head is NOT resting on anything. This will keep you alert, yet comfortable.
- Do the meditation for 20 minutes with your eyes closed. Use a timer or the downloadable audio that has been provided in Lesson 2. (If you need to work up to 20 minutes, that is ok.)
- Allow other sounds to be around you as they are inevitable for most of us. Animals may join you and that’s ok, too.
- If your mind wanders, gently bring your attention back to your mantra.
- If you find it challenging to stay with your mantra because of too much thought, then consider writing more next time.
- If fearful thoughts arise during the meditation, it’s ok to stop. Either shake it off and continue, or keep it shorter and work on your meditation at the next allotted time.
- If you are seasoned at calming the mind with another type of meditation, it is fine to use that instead.
- Even though this process works best using it twice per day, if you miss one of your sessions, it’s ok. Just be more mindful of your next session.
- It can be nice and even valuable to meditate with others. You can do this at home or you can do it online using online meeting apps.

## **FREQUENTLY ASKED QUESTIONS**

### **What if I don't have time to do this twice a day?**

I used to have this concern, too. Our negative thoughts and emotions take up a lot of our time, slow us down, and cause more negative emotion. They make it hard to focus and get things done. When we do The Daily Practice, we seem to have more time. Because you're gaining the ability to focus and do things with a calmer mind, you add time to your day to be able to do this and other things.

### **I've tried meditation before. Can I skip this part?**

Of course! I have hypnosis audios online that can help you relax and calm your mind. The reason I teach it this way is because this is how I was taught, plus so many of my students have had profound results with this process. I'm convinced that this really works. People who don't meditate tend to abandon the practice after a few sessions. By committing to this practice, it becomes more sustainable over time.

### **I'm concerned that this is against my faith.**

That's perfectly ok. You can use a divine or holy name as your mantra, if you would like. You can use a phrase from a scripture or maybe from Psalms. If you have trouble deciding which spiritual word or phrase you would like to use, you can use a neutral word, like "this."

### **What if I get worse when I write down my fears and negative thoughts?**

This can often come from going into your past or analyzing what you have written. Also, if you're writing more than 5 minutes, you could be attempting to "get it all out" in one sitting. Your writing needs to be a completely present moment writing. What are you fearful of at this moment. What are you fearful of about today.

Some people need to have a lot of control, which makes fear and negativity worse. This means, some people might think they need to know how to release these negative emotions. I'm here to let you know you don't have to know how. If it helps, you can ask your higher self, or a higher source to help remove them. You don't have to feel like you're doing this by yourself.

### **How long do I have to do this?**

Most people find that regular practice helps them the best. Occasional practice is less helpful and sometimes not helpful at all. I've worked with this for over a decade, but let your experience be your guide.

### **I don't really get angry.**

Everyone gets angry. Do you get angry at other drivers or other people at the grocery store? Or maybe you get angry at yourself. This is often in the form of shame and guilt. Different forms of anger, like resentment, can seem trivial, but it's good to put it on paper.

### **Won't I be letting people get away with being rude or abusing me if I do this?**

To some, this is a real fear. Since I've been working with this practice, I'm far braver about not letting people run all over me. It's easier to stand up for myself and my self-respect has grown hundred-fold.

**Write to me with your questions: [amy.changinglanes@gmail.com](mailto:amy.changinglanes@gmail.com)**

**View my other offerings at: <https://www.changing-lanes.com>**