

Daily Mind Matters Change

Use the following Daily Routine if you are experiencing change or you know of a situation that will change in the future. It is recommended that you follow this routine for at least 7-days. The longer you do it, the more lasting will be its effect.

Routine

- AM - Morning Meditation for a maximum of 15 minutes.
- Midday - Midday Affirmation for approximately 1 minute.
- Evening - Evening Review for a maximum of 5 minutes.

On Waking

Make your cup of tea or follow your immediate routine.

Daily Meditation - Change (Maximum duration 15 minutes)

Meditation - Change

Find a place where you will be undisturbed for 5-15 minutes.

Stage 1

Focus on gentle breathing:

- Inhale through the nose.
- Exhale through the mouth.

Use the breath to help you relax.

Stage 2

Maintaining a gentle breath, silently say:

- *"I breathe in and embrace change knowing that I am supported."*
- *"I breathe out and release all doubts and fears."*

Repeat for a *minimum count* of 5 inhalations & 5 exhalations.

Stage 3

Normal breathing for a few moments and then silently repeat this meditation phrase:

- *"The only constant in life is change and I embrace and adapt to change in my life."*

Repeat the saying for as long as you feel comfortable.

Stage 4

Visualise yourself above where you are sitting or lying down.

See the situation that is causing you doubt and fear about this change as a tiny speck on the horizon:

- Silently say: *"This situation is not real, it no longer affects me."*

Repeat the saying for as long as you feel comfortable.

Stage 5

In preparation for ending the meditation:

- Deepen your breathing as you become aware of your surroundings.
- Feel guidance and support flooding through your body.
- Smile as you open your eyes and end the meditation.

Midday Affirmation

Find a place where you will be undisturbed for 1 minute.

Silently repeat this meditation phrase:

- *“Every breath I inhale trust and acceptance.”*
- *“Every breath I exhale releases all my doubts and fears.”*

Repeat 3 times.

Evening Review

Find a place where you will be undisturbed for 5 minutes.

Reflect back on your day and identify any moments of doubt or fear about this change.

Do not try and push the thoughts away, just accept what has happened.

Quickly review the day highlighting any moments of doubt or fear about this change.

And then silently affirm:

- *“I no longer accept these doubts or fearful thoughts as being real.*
- *They are not a part of me.*
- *I let them go.*
- *I am guided and supported and I trust and embrace this change.*
- *I ‘will’ myself to have trust and embrace changes in everything I do.”*