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WiseMindHypnosis.com

A WISE MIND RESET

SIMPLE DAILY PRACTICES INSPIRED BY LARK'S JOURNEY



Welcome.

A Wise Mind Reset is a gentle collection of simple daily practices inspired by the lessons Wisdom shares with Lark throughout Walk with Wisdom. These practices are designed to help you pause, breathe, and reconnect with your inner calm — especially during moments of stress, self-doubt, or overwhelm.

Each technique can be practiced in just a few minutes a day. There is no right or wrong way to use them.

Think of this guide as an invitation to slow down, listen inward, and gently reset your mind and energy.

Let Wisdom walk beside you, just like Lark, as you explore these practices and discover the calm that already lives within you.



A Wise Mind Reset

Simple Daily
Practices Inspired
by Lark's Journey

1. Tune Into Your Energy

*(The first lesson Lark learns
from Wisdom in the Sanctuary
of Life.)*

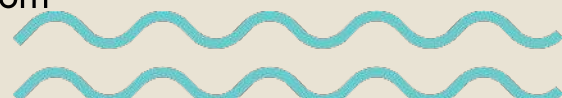
This simple practice helps you calm
your body and mind when you feel
scattered, stressed, or scared.

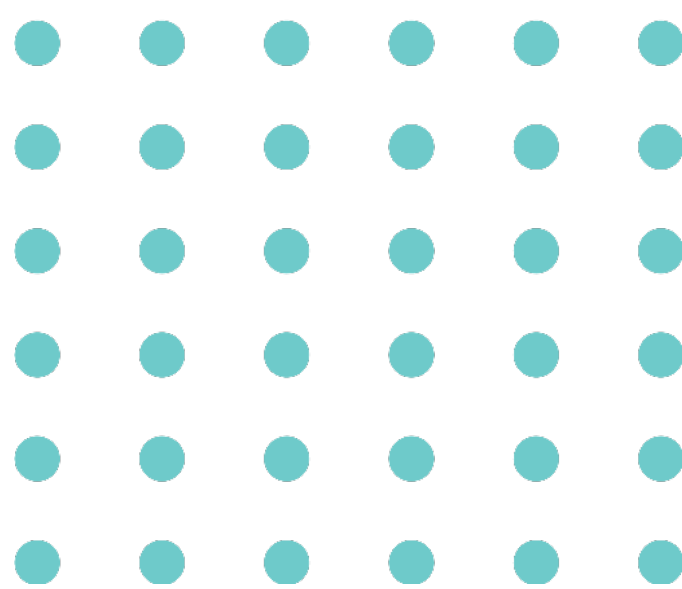
How to Use This Practice

1. On a scale from **1-10**, notice how
you feel right now.
 - o **1** = very upset, scared, or
overwhelmed
 - o **10** = calm, confident, or feeling
great
2. Sit up comfortably and notice where
you are right now. Let yourself be
present and mindful.
3. Take **3 slow belly breaths**, breathing
in through your nose and out
through your mouth.
4. Gently notice your surroundings:
 - o What do you see?
 - o What do you hear?
 - o What do you feel in your body?
5. Name how you are feeling now.
Check in again using the **1-10 scale**
and notice any positive shifts, even a
small one.

Good to use when:

You feel overwhelmed, anxious, scattered,
or emotionally flooded.





2. The Heart–Mind Connection

This practice mirrors one of Lark’s first moment of stillness in the Sanctuary of Life. She learns calm begins with awareness.

How to Use This Practice

- Sit comfortably and be present in the moment.
- Notice if your heart feels tight or open.
- Imagine dropping the thinking part of the mind down into the expansiveness of your heart.
- Picture your heart blooming like a flower.
- Imagine breathing in and out from the heart.
- Allow your heart to fill with love and calm.
- Let chatter, thoughts of the day, fade away on a fluffy cloud.
- Enjoy the inner calm.

Gentle Question:

What does my heart feel like when it’s open and calm?

Good to use when:

Your mind is racing, you feel worried, or you need emotional calm. It will help create a sense of safety.



3. Gratitude for Small Moments

Lark discovers appreciating ordinary moments gently shifts her inner world.

This practice helps your mind move out of fear or frustration and into appreciation.

How to Use This Practice

Option 1 – A Grounding Reset

1. Check in on the 1–10 scale.
2. Move your body or step outside in nature if possible.
3. Notice:
 - 5 things you can see
 - 4 things you can hear
 - 3 things you can feel
 - 2 things you can smell
 - 1 thing you can taste (or imagine tasting)
4. Check in again using the 1–10 scale and notice any positive shifts, even a small one.

Option 2 – Simple Daily Gratitude

Choose **one small moment** of the day to appreciate:

- A kind text
- A quiet walk
- A smile
- A peaceful pause

Good to use when:

You're upset with someone, feeling fearful, or emotionally stuck.



4. Asking Better Questions – The Power of Wonder

Lark learns that gentle questions bring more peace than rushing to conclusions.

Questions guide your mind toward solutions rather than worry.



How to Use This Practice

Ask yourself **one kind, curious question** each day, such as:

- *How do I want to show up today?*
- *What do I need most right now?*
- *What would feel supportive in this moment?*

There's no need to force an answer. Let your *Wise Mind* respond in its own time.

Good to use when:

You want to improve your mood or shift out of negative thinking.

5. Design Your Day – Be the Director of Your Life

This practice mirrors one of Lark’s private lessons with Wisdom. Lark discovers she can influence her experiences by how she imagines them in her mind.

This playful practice helps you imagine positive outcomes and feel more confident.

How to Use This Practice

1. Pretend you are the **director** of your life.
2. Friends and family members are hired actors to play roles in your game of life.
3. Choose an upcoming situation you’d like to feel better about.
4. Picture it going well:
 - What do you see?
 - What do you hear?
 - How do you feel?
5. Add positive details, playfulness and friendly interactions.
6. See the positive interactions taking place.
7. Say quietly or out loud:
“I want this — or something even better.”
8. Notice how your body and mood feel afterward.

After the real event, reflect and give thanks for what went well.

Good to use when:

You feel nervous about school, tests, performances, conversations, or social situations.



6. Be the Boss of Your Brain – The Power of Self-Validation

Lark learns a life-changing realization - thoughts create reality. Lark enjoys being the boss of her brain and director of her life.

Self-validation means learning to encourage yourself instead of waiting for others. They are whispers of truths from your Wise Mind that feel calm, honest and empowering.

How to Use This Practice

- Notice when you're being negative, hard or critical of yourself.
- Replace that voice with a kind, supportive one.
- Try saying:
 - *I'm doing my best.*
 - *It's okay to learn as I go.*
 - *This brain is having a thought.*
 - *I can handle this.*
- Practice and patience are your friends and keys to being the boss of your brain.
- Remember mindset matters.
- If you think you can or you think you cannot, you are correct!

Good to use when:

You want to build confidence and self-esteem.



7. Inner Wisdom Check-In, Listening to Your Wise Mind

This reflects Lark's growing trust in her inner guidance.

How to Use This Practice

1. Place a hand over your heart.
2. Take **3 slow breaths**.
3. Imagine your *Wise Mind* stepping forward — steady, calm and supportive.
4. Let one word, image, or feeling guide you.

You may repeat quietly:

“I am okay. I am safe. I am loved.”

Or use your own mantra.

Repeat until you feel a sense of peace or relief.

Good to use when:

You feel rushed, anxious, or overwhelmed.

8. Evening Wisdom Reflection, To End the Day Gently

This mirrors Lark's evening reflection rituals, to unwind from the day.

How to Use This Practice

Before sleep, ask yourself:

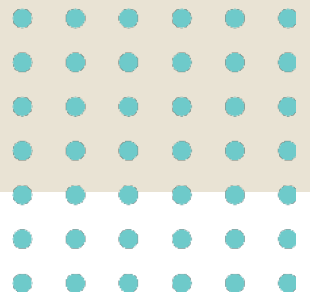
“Where did I choose calm, courage, or kindness today?”

Even the smallest moment counts.

Good to use:

Nightly — to release stress and support restful sleep.





Continue Your Own Journey, with the Wisdom That Lives Inside of You!

If these practices resonated with you, *Walk with Wisdom* invites you to go deeper.

In the story, you'll follow Lark as she navigates worry, self-doubt, and everyday challenges — guided by Wisdom, an intuitive guide who helps her reconnect with calm, confidence, and trust in herself.

Walk with Wisdom is a gentle, uplifting reminder that inner peace is something we can return to again and again.

You can read about Lark's journey and explore the full story by purchasing Walk with Wisdom **on Amazon**.

Thank you for taking this moment to pause, reset, and walk with your own inner wisdom.



About Donna Bloom

Donna Bloom is a hypnotist, author, and seeker of wisdom who believes we're all here for one beautiful purpose: to love each other more deeply. Inspired by her grandmother's parting gift—those precious words shared just before she turned 100—Donna built Wise Mind Hypnosis on Long Island as a sanctuary where clients reconnect with their truest selves. She's walked her own path through hypnosis, breaking through barriers and discovering the profound peace that comes from self-compassion. Now, she guides others home to themselves, helping them release old stories and step into lives filled with joy, confidence, and love. Because transformation isn't just possible—it's your birthright.

About the Book

This is a channeled, spiritual fiction work. The story flowed through intuitive connection and inner wisdom. It is meant to inspire, awaken, and open the heart.

Ideal for anyone longing to feel calmer, more confident, and more connected to their inner wisdom.

Lark, a thoughtful young teenager, journeys through the Sanctuary of Life, where she meets Wisdom, an intuitive guide who helps her recognize what has always lived within—her true self.

Through gentle adventures and meaningful conversations, Lark learns how to connect with her intuition and find calm, confidence, and inner peace in a world that often feels ruled by anxiety.

Coming Soon To Amazon...



