



The Mind Training Essentials Guide: PDF Package for Mind Training

"Learn How to Train Your Mind, Master Your Thoughts, and Unlock True Freedom"

With Britney Shawley | Spiritual Therapist

Welcome & Introduction

Welcome to Mind Training Essentials! This guide will walk you through practical, step-by-step exercises to help you train your mind, release fear-based thinking, and experience peace, clarity, and purpose. This isn't just information — it's a *transformation*. If you've ever felt like your thoughts were running your life, this is for you.

How to Use This Guide:

Follow these simple steps and return to them daily. Mind training is not a one-time shift — it's a daily practice that will unlock miracles in your life.

Why Mind Training Is Essential

- **What Is Mind Training?**
 - It's not meditation. It's about *undoing* fearful thoughts and *choosing* loving thoughts.
 - It's the key to lasting peace, freedom, and purpose.
- **Why Mind Training Matters:**
 - **The Cost of an Untrained Mind:** Anxiety, doubt, guilt, inner conflict, and outer struggle.
 - **The Reward of a Trained Mind:** Peace, clarity, focus, and the ability to experience miracles.

The 4 Core Practices of Mind Training

1. **Observe Your Thoughts**
 - Daily Practice: Pause frequently throughout the day and ask, "*What am I thinking right now?*"
 - Write down any thoughts of fear, doubt, or unworthiness that arise.
2. **Question Your Thoughts**
 - Ask yourself:
 - "Is this thought based on fear or love?"
 - "Do I want to keep this thought, or can I let it go?"
 - "Is this thought even true, or is it just an old belief I've picked up?"
3. **Challenge & Replace Fear-Based Thoughts**
 - Write down fear-based thoughts. Then, next to each one, write down a loving, truthful alternative.
 - Example: "I am unworthy" → "I am worthy of love, joy, and peace because it is my divine right."
4. **Return to Peace (Daily Practice)**
 - When you feel fear rising, pause, breathe deeply, and choose again.
 - **Visualization Exercise:** Imagine releasing a ball labeled "Fear" from your hand and watching it float away.
 - Practice this as many times as needed throughout the day.

Key Tools & Resources for Mind Training

- **A Course in Miracles Workbook Practice (Daily or Weekly)**
 - Journaling Prompts:
 - “What beliefs am I holding that are no longer serving me?”
 - “What fear-based thoughts did I have today? How can I see them differently?”
 - “What loving thoughts can I choose instead?”
- **Pause & Question Technique**
 - Carry a small card or sticky note that says:
 - “What am I thinking right now?”
 - “Is this thought based on fear or love?”
 - “Do I want to keep this thought?”
- **Supportive Books & Lessons**
 - **A Course in Miracles (Workbook Lessons)** — Use these lessons as daily mind training exercises.
 - Order a Sparkly ACIM: www.theborderlandfoundation.com
 - Download Sparkly PDF: <https://theborderlandfoundation.com/download-pdfs/>
 - **The Power of Now by Eckhart Tolle** — Learn how to stay present and observe your thoughts without attachment.
- **Apps & Tools**
 - Use a meditation or journaling app to track your mind training practice.(such as calm.app)
 - Rewatch my video on mind training: <https://youtu.be/09JBLngggqQ>
 - Watch “What is Ego”: <https://youtu.be/iq4ZYUF8-V0>
 - Watch: “What is Inner Guidance” <https://youtu.be/LqowivW1pMc>
 - Watch: “What is Holy Spirit” <https://youtu.be/ikWfaJuqriQ>

The Story of Kendra (Case Study for Inspiration)

- **Kendra’s Journey (From Chaos to Clarity):**
 - Kendra's story serves as an inspiring example of how mind training works in real life.
 - Before: Racing thoughts, self-doubt, and daily overwhelm.
 - After: Inner peace, better relationships, and clarity about her life's path.
 - **What Changed?** She learned how to observe, challenge, and release fear-based thoughts.

Your 5-Day Mind Training Challenge

- **How It Works:**
 - **Day 1:** Observe Your Thoughts — Journal at the end of the day.
 - **Day 2:** Identify Fear vs. Love — Pause every 2-3 hours to check in with your thoughts.
 - **Day 3:** Release One Limiting Belief — Write down an old belief and choose a new one.
 - **Day 4:** Practice Letting Go — Practice the "Hand Ball Let Go" visualization each time fear arises.
 - **Day 5:** Embrace Stillness — Spend 10 minutes in stillness, letting thoughts come and go.

Get Support On Your Journey

- **Join Our Community!**

- Join my newsletter for weekly mind training guidance and “Question & Answer” Fridays!.
<https://miraclesofmind.ca/newsletter-form/>
- **Want More Guidance?**
 - My upcoming courses and products for deeper mind training support will be available soon!
 - Be sure to sign up to my newsletter above so you are notified when we launch the extensive ACIM Workbook, ACIM Textbook and Listening to Inner Guidance (instead of ego) support and training packages, courses and workshops!
- **Stay Connected:**
 - **Website:** www.miraclesofmind.ca
 - **Instagram:** <https://www.instagram.com/britneyshawley/>
 - **YouTube:** <https://www.youtube.com/@MiraclesOfMind>

Final Words of Encouragement

“The world you see is a reflection of your thoughts. When you train your mind, you no longer react to fear. You live with clarity, peace, and love guiding your every step.”

Call-to-Action:

- Take the next step and start the **5-Day Mind Training Challenge**.
- Stick with it. Your peace depends on it.
- Share your progress with us using #MoreMindful and #MiraclesofMind

You are blessed and a blessing!

May your mind training practice bring you the peace and joy that God promises you.

I love you.

Britney Shawley | Spiritual Therapist
@MiraclesofMind