



10 Daily Practices for Rewiring the Nervous System & Living in the Present

Introduction

As we move through the second half of 2025, uncertainty continues to swirl around us. Many people are searching for relief from the stress of finances, health, relationships—and the looming sense that the next shoe could drop at any moment. Questions like “Who am I?” and “What can I trust?” are arising more often. The nervous system is acutely aware of the times we’re living in, and the primal instinct for survival “Am I safe?” is heightened. Living in this state of imbalance, without peace or harmony, can make us ill and lead us to make choices we would not otherwise consider in a grounded state of being.

Our world is made of matter—but before matter comes frequency and thought. We inhabit an “earth suit” run by biochemistry, the brain, and biology, but we also operate with a form of software that processes information through our five senses and relays it to the brain via the psyche. Germanic New Medicine refers to the psyche as the innate intelligence within—the soul. This software is hardwired into us and connects deeply with our nervous system.

Unfortunately, there are forces attempting to rewrite this inner software, and this should give us pause. While AI may have a place in our external world, we are already intelligent beings—with a living, pulsing heart capable of expressing emotion, love, compassion, and connection. These are the very qualities that define our humanity. What would happen to our unique humanness if we allowed that inner software to be altered through integration with external technologies like the “internet of things”? We must move forward not only with caution, but also with awareness of the

miraculous capabilities we already possess within our divinely designed bodies. We are far more than we have been programmed to believe.

This is not just rhetoric—science supports it. Scientists and physicists have discovered how the meridians, bio-terminals, and governing channels within our fascia deliver energy to our organs and systems—not just through hormones, but also through a vast communication network of microbes, fungi, and bacteria. This is the miracle of health. We already carry nature’s pharmacy within us. When we align our nutrition, reconnect the mind with the heart and senses, and work with the body’s rhythms, we can regenerate, detox, and rebuild. The mind can calm the nervous system, allowing digestion, detoxification, and rest to function like a finely tuned engine. We also carry emotional and spiritual bodies - each with their own functional keys—that we are just beginning to understand and awaken.

It is clear that our world is in upheaval, and many systems are collapsing under their own weight. We are also living through an intense information war, making trust harder than ever. As these external systems shift, know that your physical body will respond in primal ways—it is wired to protect and preserve your survival.

So, I invite you into a deeper awareness: **you are not a victim, you are LOVE.** You can return home to your higher Self by implementing a daily ritual that aligns your nervous system with the greater Source of Love within. This is the time to stop seeking safety outside of yourself. The answers you seek are already inside you. You are an interactive being with access to a powerful inner intelligence that holds the solutions you need. But this power must be *intended* and *practiced*. You cannot sit on the sidelines waiting for a savior.

We have been conditioned to believe we are broken, unworthy, and must constantly prove ourselves—but none of that aligns with the truth of the perfectly designed human you were always meant to BE.

The powers that try to be are deeply afraid of us stepping into our internal power—because doing so would change everything in our world.

Our world operates according to natural laws: the sun rises and sets every day; gravity only moves in one direction—down—and only women give birth. These are examples of natural laws we can count on. There are also

primal laws that the body follows, governed by the commands of the psyche and nervous system.

Now let's talk about how you can calm your nervous system and adopt a daily practice that becomes as natural and essential as putting on your clothes. (Although yes, going out without clothes might be fun—lol.) But in truth, we are living in times that demand this kind of consistent inner work. Your nervous system *must* be in balance if you want to experience true restoration of the soul, mind, and body. It's no longer optional—it's a necessity on the path to wellness.

Every morning needs to be dedicated to your biological recovery. You may need to adjust your schedule but begin by making **self-care your top priority**—and hold that boundary firmly. Make no mistake: your body is listening and watching how you care for your temple.

Start by incorporating a few of the suggested daily practices listed below. Once you establish a rhythm with one or two, you can gradually add more. Begin with what feels doable right now. Don't worry if you backslide—just commit to 21 days, and you will begin to rewire your brain. This is the principle of **neuroplasticity**.

1. Daily Intention: Breathe and Speak Upon Waking

As soon as you wake, notice your mind.

What was your first thought?

Then notice how it starts to run amok. It is important to **take your thoughts captive** early. Be aware of them. The ego will try to hijack your day, but you have the power to pause. Take three deep, diaphragmatic breaths (watch for more on this in my upcoming blog). Take more if time allows. Then pick a **word**—like *JOY*. Focus on that word. You can even place a sign where you will see it upon waking.

These two tools—**breath and word**—can shift your nervous system. From there, speak your gratitude—silently or aloud—and allow the first moment of your day to be one of awareness, intention, and connection to SOURCE.

Try using “I AM” statements:

I AM Abundance. I AM Loved. I AM Value. I AM Worthy. I AM Peace. I AM Joy. I AM Free. I AM Grateful. I AM Healthy.

[2. RPM: Rise, Pee, Meditate](#)

You’ve already begun taking your thoughts captive. Now allow them to flow out—just like your bladder (aka “the pearl”)—and release what no longer serves. Flush away stale thoughts as you express gratitude.

Then return to bed for a **15–25 minute meditation**. Later, look in the mirror, into your own eyes, and say:

“I love you.”

It may feel awkward at first—just notice that. Commit to it daily. Over time, it transforms you.

Note: Step 10 will guide you in creating your WHY/PURPOSE statement, your North Star. Build it over time and let it anchor your will to live and thrive.

[3. Water First Thing](#)

Hydrate with **clean spring water**—not bottled, if possible. If you start with bottled, that’s okay—just aim to improve over time by investing in a good filtration system. Keep a glass by your bedside and **drink it first thing**.

Why spring water? You need **minerals**, not just “more water.” Reduce diuretics and increase mineral-rich foods.

Water = communication. Your cells need hydration to transmit signals.

[4. Meditation with Breath](#)

Dedicate **15–25 minutes daily** to meditation—even just 5 minutes is better than none. Be sure to check my website soon for a blog on “Breath.”

Pull a weed. Step onto the grass. Ground yourself *before* the day rushes in. If you start ungrounded, chaos often follows.

Put on the armor of the Divine:

Breath, Meditation, Grounding, and Morning Sunlight.

Looking into the sun early resets your **HP axis** (hypothalamic-pituitary axis).

5. Grounding / Earthing

Walking barefoot connects the sole—specifically the **Kidney 1 (K1)** acupuncture point—to Earth energy. K1 is a gateway to the **UB (urinary bladder) meridian**, which influences key organs: liver, diaphragm, heart, lungs, brain.

Being in nature **brings us closer to the Creator.**

Meditate outdoors, lie on the ground, or sit barefoot. Soak in the **sun's Vitamin D** and practice **diaphragmatic breathing.**

Notice how your conversations shift when outdoors—on a hike, camping, at the beach. You both become grounded and open.

Let nature hold your deep conversations.

Book to read: *Earthing* by Clinton Ober, Stephen Sinatra, MD, and Martin Zucker.

6. Exercise

Move your body daily, walk briskly, swim, do yoga or weights. Try the **4-minute nitric oxide workout** by Dr. Zach Bush. Stretch upon waking—even in bed—as a form of **gratitude and connection.**

Begin noticing your body:

How do your feet touch the floor? Are your toes curling? Are you walking on the outer edges of your feet?

As you grow aware, the body begins to **communicate its needs.** You will align more with natural laws and lose the pull of unhealthy cravings.

Your body listens to your thoughts. It is all connected.

7. Sleep Rhythm

Aim to be in bed between **9–11 PM**. This aligns you with the body's **circadian organ clock**. Ignoring this disrupts grounding and hormonal rhythms.

Avoid blue light.

Read instead.

Treat your temple with respect.

Return to the divine rhythm embedded in your design.

8. Conscious Replay of Your Day

Before bed, reflect on the day.

Were there reactions or patterns you would like to shift?

Play them out again in your mind—this time with new awareness. Many of these patterns come from childhood and can be rewired.

Sleep is your garden time - the soil is fertile.

End your day with **conscious planting** of peace, joy, and growth.

This aligns your vibration with the Divine.

9. Your WHY / PURPOSE Statement

Especially in dark or difficult times, you need a reason to rise. Think back to your childhood joy.

Book a session with me to explore your **birth chart, life purpose number**, and more. These tools help you craft a WHY that lights you up inside.

When you say it, you'll feel it. You'll jump out of bed with purpose (well—maybe not jump, but you'll feel that pull).

Start with one word. Build from there.

It is not about “doing” — it's about **being** in resonance with who you are.

10. Full Nourishment

Your body needs:

- **Breath / oxygen** (*stay tuned for my blog on the science of breath*)
- **Water / hydration**
- **Nutrition / real food**

Let food be thy medicine. Nourishing yourself enables you to love and relate more deeply to others.

Realign Your Center and Restore the Soul to Peace, Abundance, and Joy

Closing Reflection

We are pure consciousness—spirit first. The body is only a small percentage of who we truly are, and that means we have far more influence—**free will and choice**—to be healthy and whole than we have been led to believe. **We are no longer victims. That is the good news.**

Our level of awareness is shaped by our belief systems. So, ask yourself:
Which beliefs no longer serve me?
What needs to be lovingly released?

Remember, change is a process—and **noticing** is the first sacred step. Give yourself full permission to walk this path of awakening without judgment or harsh self-talk. Offer yourself love and grace first—because only then can you show up fully present for others.

I love humanity. I believe we've unknowingly kept ourselves from our power. But we now stand at a **magnificent turning point**, with a profound opportunity to reconnect with our inner truth and divine design. A fulfilled life offers so much more than we've been taught to expect.

This is our moment to come home to the heart—**to return to the Natural Laws of our Creator.**

It is my sincere hope that this document—my gift to you—will help expand your awareness, awaken the **higher Self**, and activate the I AM presence within you. It is an inward journey, a beautiful unfolding of mastery and growth.

And should you desire support on this path—if you are ready to live more consciously, more deliberately—I am here for you.

We have an incredible body and a powerful spirit. And when the two align, we don't just survive—we thrive. The human YOU are is a rare and beautiful gift.

This is possible—even in the midst of chaos. Now is a powerful time to begin your practice, as the world continues to shift. The intention is to create transformation **from within**, because that's the one thing you can control. And this transformation will yield lasting returns. Your investment in the Self is the one investment that always pays off; in wholeness, vitality, and peace.

As your inner world transforms, so will your outer world—and that creates a ripple effect, improving our communities and contributing to the greater good of humanity. Ultimately, this is what we leave the planet with. It is the only thing we truly take with us: what we have mastered here on Earth.

Change begins with intention. It starts with the choice to live fully in your body. And according to modern science, that body is only 10% physical and 90% energy. With this daily practice, you will begin to use your built-in navigation system: **the nervous system**. It functions like a periscope, constantly scanning the environment to determine whether it is time to relax or contract.

Resources to Continue your journey

- Want to learn more about meditation? **Dr. Joe Dispenza** offers a wealth of meditation resources that may be especially helpful if you are new to this practice: [www. drjoedispenza.com](http://www.drjoedispenza.com)
- Explore the science of water:
The Secret Intelligence of Water with Ved Austin:
www.vedaaustin.com
Dr. Emoto's *Hidden Messages in Water*
[Watch here](#)
Dr. Gerald Pollack's *Fourth Phase of Water*
[Watch here](#) – it's beautiful!

Meet Diane



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***Founder, Roots to
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**Let's walk this path together, and you'll
find that the answers you seek are
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