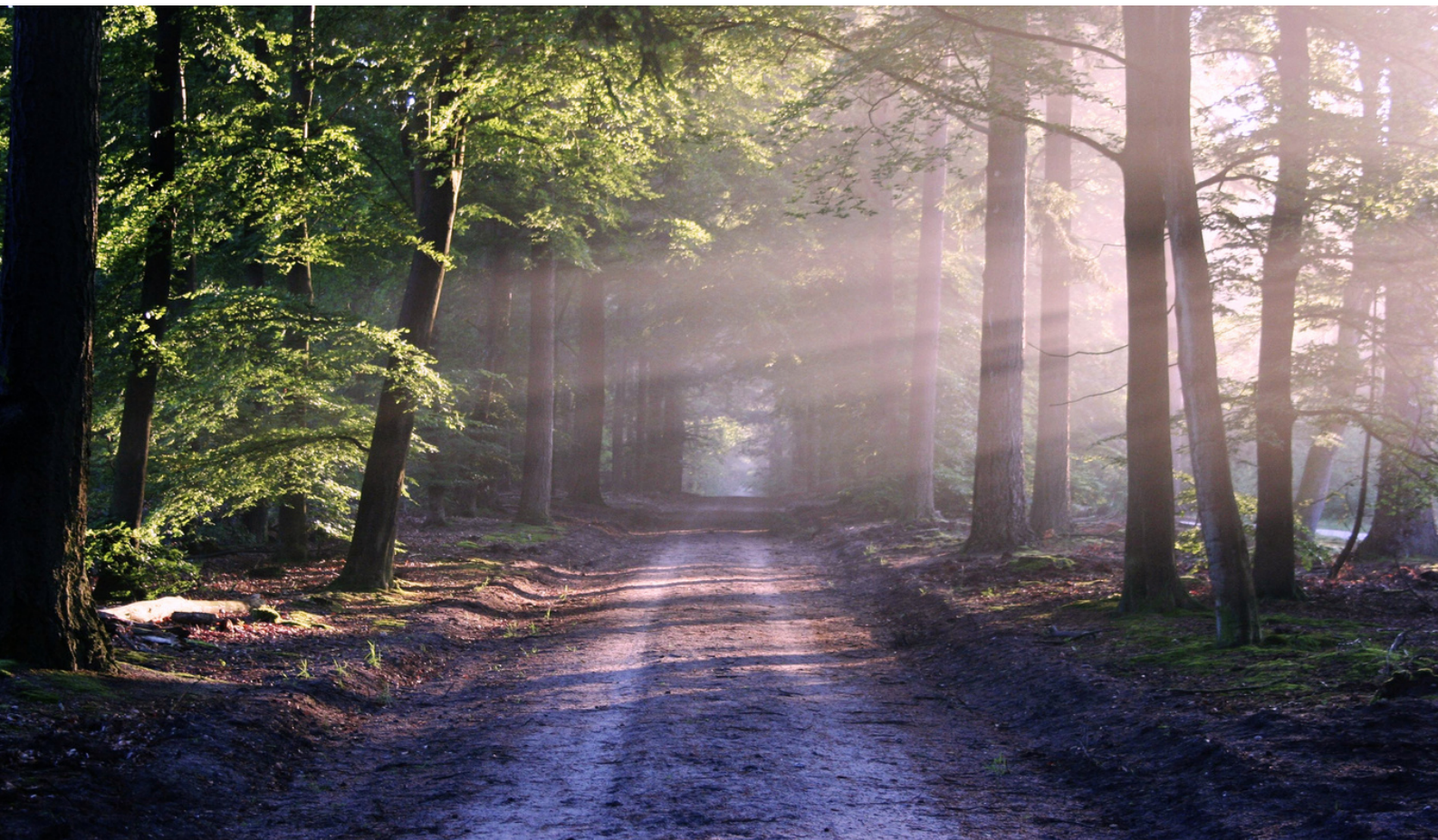




The Roadmap to
**NERVOUS
SYSTEM
HEALING**

How to work with your nervous system and
emotions to heal your mind and body

AMARI LOVE



WELCOME

If you're reading this, there's a good chance your nervous system has been under stress for a long time. Symptoms that feel confusing, overwhelming, or persistent often begin to make more sense when viewed through a mind-body and nervous system lens.

This roadmap is designed to help you begin calming and healing your nervous system, reduce symptoms and pain, and retrain the stress responses that keep the body locked in cycles of fear, exhaustion, and dysregulation.

I'm Amari Love, a writer, mind-body practitioner, and somatic coach who recovered from decades of chronic pain and symptoms, nervous system dysregulation, and cancer. These are the first things I did in my own recovery and now share with others.

Xo Amari

INTRODUCTION

Research in neuroscience and mind-body medicine now shows that chronic stressors, past patterns, conditioning, emotional suppression, and nervous system dysregulation significantly influence physical symptoms, pain pathways, fatigue, sleep, digestion, and immune function.

This approach is now widely used across modern nervous system healing, somatic work, brain retraining, and TMS and pain reprocessing recovery communities. Use these steps to begin your personal healing journey, as you discover more ease, clarity, and stability in your life.

By following this roadmap, you'll gain a deeper understanding of nervous system & mind-body healing, and establish a rhythm for regulation.

Start with one step, repeat it daily, and allow consistency to begin changing the nervous system.

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A photograph of a sunset over the ocean. The sun is low on the horizon, creating a bright orange and yellow glow that reflects on the water. The sky is filled with soft, white clouds.

STEP 01

ENERGY CYCLING

When I first discovered this recovery path out of chronic pain and illness, I learned that small pauses interwoven with activity create a recovery rhythm

ANCHOR YOURSELF THROUGH THE DAY

You don't need to stop everything. In fact it helps to give your nervous system specific activity "anchors" at certain times each day.

This is what I now call Energy Cycling. It is a way of building structure by alternating structured rests and activity anchors, so that your energy flows.

HERE'S HOW I STARTED:

- Morning: Take 30 seconds to stop, notice your breathing, and feel your body and mind supported.
- Afternoon: Listen to a 1–5 minute meditation or soothing music, just enough to slow down and shift your nervous system.

Tip: Do one pause at a time, building a rhythm that feels natural.

Your nervous system responds best to consistency, not force.

Optional:

Use this playlist of soothing music during your pauses

 [Soothing Music Playlist →](#)

At the end of this guide, you'll also receive access to a private meditation library with guided nervous system practices.

STEP 02



THE PRINCIPLES OF TMS

One of the most hopeful things I ever learned was this; your nervous system and your brain are not working against you. They are trying to protect you, and when you understand how, everything begins to make more sense.

TMS stands for The Mindbody Syndrome, and is a concept developed by Dr. John Sarno and shared in his books that were published in the 1980s.

**THE BEGINNING OF UNDERSTANDING WHAT YOUR
BODY IS TRYING TO TELL YOU**

The foundational insight, first brought to wide attention in the use of healing back pain, is that the brain can generate physical symptoms as a way of protecting you from hidden emotions and buried stressors.

Modern approaches, like Brain Rewiring, Somatic and Emotional Healing, and other mind-body medicine modalities have built on and expanded this understanding.

Beginning to learn about and understand these ideas is a foundational step along the healing pathway.

Tip: Just 5–10 minutes of reading or listening a day allows your mind and body to gradually open to these new ideas.

Optional:

Continue Reading about TMS

 [Summary of Dr. Sarno's The Mindbody Prescription →](#)



STEP 03

CREATE A HEALING SPACE

Your environment influences your nervous system more than most people realise.

One of the most powerful things you can do is signal to yourself that you are safe, and that you are ready to go deeper.

Creating a consistent healing space helps train the brain and body to associate certain moments of the day with regulation, restoration, and recovery.

Repetition matters.

The nervous system learns through patterns.

HERE'S HOW TO BEGIN:

- Create a small, dedicated corner in your home that feels calm and nurturing; a cushion, a candle, a plant, or a special chair - whatever feels like *yours*
- Choose a small object; a stone, a teddy bear, a meaningful trinket, something that represents your commitment to your own healing journey
- Set an intention to acknowledge your feelings with self-compassion and kindness, rather than pushing them away

YOU ARE WORTHY OF THIS CARE



STEP 04

EXCLUSIVE REWIRING MEDITATIONS

You've arrived at something really special.
As a gift for taking these steps, I've created
a private library of three guided
meditations, each one developed and
tested within real recovery journeys,
including my own.

These are specifically designed to help
your autonomic nervous system begin to
regulate, rewire, and rebuild its capacity for
safety and ease.

HERE'S WHAT'S WAITING FOR YOU:

- 20-Minute Restorative Meditation: A structured rest practice for real, deep rest. Use this when your system feels scattered, overstimulated, or mentally overloaded.
- 10-Minute Reset Meditation: A focused practice for safety, settling, and integration. Perfect when you need a gentle reset to feel grounded in the middle of the day.
- 1-Hour Somatic Sleep Meditation: Softly spoken guidance paired with 432Hz sound healing music to help your body and mind ease naturally into sleep.

 [Visit your Meditation Library here →](https://amarilove.com/nervous-system-roadmap-meditation-library)

amarilove.com/nervous-system-roadmap-meditation-library



YOUR NEXT STEPS

Take a moment to acknowledge yourself.
You showed up. You took these steps. This is building the foundation for a life where your nervous system is regulated.

WHAT COMES NEXT

Save This Guide

Download this ebook so you can return to it daily.
Nervous system healing happens through repetition and consistency, not intensity.

Repeat One Step Each Day

Choose one practice and return to it regularly until it begins to feel familiar and automatic.
You do not need to master everything immediately.

Continue Learning

The more you understand the mind-body connection, the less fear the brain attaches to symptoms.

Access Your Meditation Library

Use the guided practices regularly to support regulation, sleep, emotional processing, and recovery.

Continue exploring free resources:

On my website you'll find meditations, articles, and practices to support your ongoing nervous system and emotional healing.

 [Explore free resources at amarilove.com →](https://amarilove.com)

Work more closely with me:

If you feel called to more personalised support, I offer 1:1 Mind-Body sessions. You're welcome to explore what that looks like:

 [Explore Working with Amari →](#)

Thank You
FOR BEING HERE



Xo
Amari

AMARI LOVE