Craig Meriwether

Subconscious Transformation Specialist

Release • Rewire • Transform

321 RESET

This process is a great meditation exercise that brings in mindfulness, bilateral stimulation for left/right brain coherence, and a self-hug which creates dopamine, oxytocin, serotonin and endorphins in the brain, which then steeps the muscles, tissues and cells of your body in this positive biochemistry. Even thought it's call the "5 Minute Reboot" technique you can, of course, do this exercise for as long as you'd like.

3 Breathe slowly and deeply 3 times.
This signals your nervous system that you are safe and you can move into the relaxation response.

2 Cross both arms in a self-hug (you can squeeze or rub arms to increase feelings of nurturing).

1 One minute of mindful, inner stillness. Then using your imagination go to your happy place.

Before Falling Asleep

Each night, create positive thoughts and emotions. Once in bed and the light is off use the 5 Minute Reboot technique (or Heart Coherence) to create a resourceful and resilient state of mind and body.

You can then move into a future visualization of yourself with your goal achieved.

This way, as you're falling asleep, you're steeping your body and mind in the chemistry of success and happiness for 8 hours instead of that chatter box of your critical inner voice.

You have the power, the ability and the right to create the life you want.

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