**INSTALLING MUSCLE MEMORY HABIT:**

We will be using the same muscle-brain-memory techniques which is used in learning how to play any team sport, such as baseball. Your brain loves sports because it engages the Insula and the Fascia network, which are the same parts of the body-brain structure we use in Progressive Relaxation and Deep Breathing integration.

If you want more science information, please read the attached documents:

Insula.pdf

Fascia Network.pdf

Emotions in Motion Myofascial.pdf

Today, I will guide you through the entire installation of this muscle memory habit. However, it is your responsibility to “practice” this technique at the conclusion of each full integration exercises of “Progressive Relaxation and Deep Breathing” for the “habit” to be built into brain neuron structure.

This current installation involves the same type of concentrated effort as any sports activity. If you played baseball, recall the effort it took for you to develop the coordinated ability to “hit a ball” directly where you wanted it to go.

Perform the memory installation lying on your back. Remember, always begin at head and end at toes. Tense all your facial muscles, including jaw, cheeks, forehead— as you breathe in for count of 4. Then immediately release all the tension as you begin the exhale. DO NOT gradually release tension as you exhale. Relax all facial muscles on the first exhale count of 1. Then complete the 8 count exhale. DO ONE TIME.

Next tense the shoulders, upper back, and upper chest area. Pull your shoulders up as high as possible, towards your ears, tensing all these muscles, and inhale for count of 4. Immediately relax all muscles on the first exhale count, allowing the shoulders to drop low. Then complete the 8 count exhale. DO ONE TIME.

Now, COMBINE these two areas. Tense facial and shoulder muscles together as you breathe in for count of 4. Then immediately release all the tension as you begin the 8-count exhale. DO ONE TIME.

Next tense the upper arms, forearms, and hands. Bend your elbows and tense biceps of the upper arms; clench fists and tighten the forearms. As you are doing this, inhale for a count of 4. Immediately relax the arm muscles and let the arms drop to your sides like a “rag doll” with no muscles. Complete the 8 count exhale. DO ONE TIME.

Now, COMBINE these three areas. Tense facial, shoulder, and arm muscles together as you breathe in for count of 4. Then immediately release all the tension as you begin the 8-count exhale. DO ONE TIME.

Next tense the pelvic area, which includes buttocks as well as internal muscles of sphincter (anus muscle) and kegel (pelvic floor) muscles. Tighten your buttocks and kegel muscles and inhale for a count of 4. Relax all pelvic muscles immediately, and exhale for a count of 8. DO ONE TIME.

Now, COMBINE these four areas. Tense facial, shoulder, arm and pelvic muscles together as you breathe in for count of 4. Then immediately release all the tension as you begin the 8-count exhale. DO ONE TIME.

Next, tighten both thigh muscles of your legs as you inhale for count of 4. Relax the thighs and exhale for count of 8. DO ONE TIME.

Now, COMBINE these five areas. Tense facial, shoulder, arm, pelvic, and thigh muscles together as you breathe in for count of 4. Then immediately release all the tension as you begin the 8-count exhale. DO ONE TIME.

Next, tense the feet and toes. "Point the toes” like you are standing on “tippy-toe” or bend the feet toward your body as though you are trying to touch your head with your toes. Do this tensing as you inhale for count of 4. Relax all muscles and exhale for count of 8. DO ONE TIME.

Now, COMBINE these six areas. Tense facial, shoulder, arm, pelvic, thigh, and feet muscles together as you breathe in for count of 4. Then immediately release all the tension as you begin the 8-count exhale. DO ONE TIME.

Return your focused attention to the head for the scanning Quick Reset. Remember, always begin at head and end at toes. Keep your body muscles in a relaxed state. Begin with the Internal scanning of all your facial muscles, including jaw, cheeks, forehead— as you breathe in for count of 4 and exhale for the 8 count. DO ONE TIME.

Next, do Internal scan of the shoulders, upper back, and upper chest area. Breathe in for count of 4 and exhale for count of 8. DO ONE TIME.

Now, COMBINE these two areas. Do Internal scan of facial and shoulder areas as you breathe in for count of 4 and exhale for count of 8. DO ONE TIME.

Next do Internal scan of the upper arms, forearms, and hands. Inhale for a count of 4 and exhale for 8 count. DO ONE TIME.

Now, COMBINE these three areas. Do Internal scan of facial, shoulder, and arm muscles together as you breathe in for count of 4 and exhale of count of 8. DO ONE TIME.

Next do Internal scan of the pelvic area. Inhale for a count of 4 and exhale for 8 count. DO ONE TIME.

Now, COMBINE these four areas. Do Internal scan of facial, shoulder, arm and pelvic muscles together as you breathe in for count of 4 and exhale for 8 count. DO ONE TIME.

Next, do Internal Scan of both thigh muscles of your legs as you inhale for count of 4 and exhale for 8 count. DO ONE TIME.

Now, COMBINE these five areas. Do Internal scan of facial, shoulder, arm, pelvic, and thigh muscles together as you breathe in for count of 4 and exhale for 8 count. DO ONE TIME.

Next, do Internal scan of the feet and toes. Inhale for count of 4 and exhale for 8 count. DO ONE TIME.

Now, COMBINE these six areas. Do Internal scan of facial, shoulder, arm, pelvic, thigh, and feet muscles together as you breathe in for count of 4 and exhale for 8 count. DO ONE TIME.

We now will do External Senses Scanning. Engage each sense separately as you perform the 4-8 breath pattern. Begin with the eyes. Keep focus on the 4-8 breath and do not allow the OCD mind to take over and stop your breath. You are transferring your muscle sense of body safety to your external scanning senses.

Gradually open your eyes. Slowly look around your environment. Notice colors, shapes, lighting differences—increase your vision to include elements you have stopped noticing (became habituated to) in your environment. Notice “something” you “never saw” before. Increase your “curiosity” about that awareness.

Next, focus on the sounds in your environment: those inside your room, outside your building structure, in the street, from animals and other live beings as well as from artificial objects (cars, fans, lawn mowers, etc.) Increase your “curiosity” about the “distance” you are perceiving.

Next, focus on the smells in your environment. On the inhale, experience the impact of the odor on your ability to fully inhale. Notice how this odor affects your internal sensations. Notice smells inside your room or immediate space, as well as those which come from another direction or space. Increase your “curiosity” about how smells travel through the air and linger in spaces, and appreciate your pet’s excitement with odors. Notice any tastes in your mouth (perhaps left over from your last meal) and how these intermingle with smell sensations. Notice the interaction between smell, taste, saliva as you swallow.

Next, focus on your skin surface. Notice the air temperature, wind movement, and texture of clothing against your skin. Notice how the unclothed facial skin is experiencing your environmental reality differently than how your clothed torso.

When you perform the entire Quick Reset, you will reset the body muscles in ONE 4-8 breath, reset the Internal Scanning in ONE 4-8 breath, and reset External Sensory Scanning in ONE 4-8 breath. Continue to practice the Quick Reset as a part of each full 15-minute exercise integration of Progressive Relaxation and Deep Breathing until you can do this Quick Reset in the 3 breath cycle timeframe.

With a successful lying down Quick Reset, you are now ready to add this to Mindful Movement. Continue the 4-8 breath pattern as you move into a sitting position. Now to the entire Quick Reset in the 3 breath timeframe in this sitting position. Repeat this transition from lying to sitting position until you can maintain the 4-8 breath pattern during the entire process.

With a successful Sitting Quick Reset, then move to Standing Position and perform the Quick Reset. Perform the entire Quick Reset in the 3 breath timeframe.

Now you are ready to practice the Quick Reset in any environmental situation, with public, with friends, etc., whenever you become aware of “discomfort” inside yourself due to an activation of sympathetic nervous system. DO NOT allow the OCD mind to “analyze” whether or not you “should do” the Quick Reset. Perform the Quick Reset without thought, creating an unconscious automatic response to discomfort. This will allow your unconscious to switch to parasympathetic in face of “trigger” behavioral responses from the past traumas, rather than repeating and making those sympathetic responses stronger. DO NOT WORRY that your practice will ever interfere with REAL DANGER responses. The activation of your external sensory awareness will KNOW when danger is REAL and IN THE NOW!