



# **FREE GUIDE**

# **RESET YOUR NERVOUS SYSTEM AND DROP THE WEIGHT YOU'VE BEEN CARRYING**

**How to release  
emotional weight**

**How to calm  
your mind**

**Using the Letting  
Go Method**

**LettingGoLabs.com**

# THE LETTING GO LABS STARTER GUIDE

Reset your nervous system and drop the weight you have been carrying

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## Welcome

You are here because something inside you knows there is more to your life than the stress you carry.

More than the anxiety you feel.

More than the voice in your mind that never switches off.

This guide will show you how to let go of the emotional weight that has been exhausting you for years.

Not by force.

Not by positive thinking.

## What keeps you stuck

**People do not stay stuck because they are weak.**

**They stay stuck because:**

You carry emotional weight you never learned to release.

You run on survival mode without knowing it.

Your nervous system reacts before your mind understands what is happening.

Your past experiences shape your present identity.

Your mind tries to protect you but ends up controlling you.

No one taught you how to let go.

This guide is your first real explanation.

## The truth about the human mind

**Your mind is not broken.**  
**Your mind is not failing.**  
**Your mind is not against you.**

Your mind is trying to keep you safe  
using old information  
stored from old experiences  
and old patterns  
you never consciously chose.

When you understand that stress  
anxiety  
fear  
and overthinking  
are safety responses  
not personal flaws  
everything changes.

You take your power back.

## Why letting go matters

Letting go is not a spiritual escape.  
It is not about pretending nothing is wrong.  
It is not about ignoring your feelings.

Letting go is the practical process of releasing the emotional charge that has been controlling  
your reactions  
your thoughts  
your body  
and your identity.

Letting go means the nervous system finally shifts from survival into safety.  
And when the body feels safe  
the mind becomes clear  
the emotions calm  
and you can finally breathe again.

## What the Letting Go Method does

The Letting Go Method helps you:

- Calm your nervous system
- Stop overthinking loops
- Break emotional patterns
- Create a new identity
- Release old stress
- Stop reacting to everything
- Feel in control again

You change when the emotional weight leaves your system.  
Not when you push  
not when you fight  
not when you try harder  
but when you let go.

This is how change becomes natural.

## The nervous system lie

Most people believe stress becomes their identity.  
They say things like:

This is just who I am  
I am an anxious person  
I always overthink  
I cannot relax  
I fall apart under pressure  
I am wired this way

None of this is true.

These are not identities.  
These are nervous system states.

And states can change.

## Survival mode explained

Your nervous system has two major settings:

Survival  
Safety

When you are in survival, you feel:

Tension  
Racing thoughts  
Emotional spikes  
Irritability  
Noise in the mind  
Restlessness  
Shallow breathing  
A sense of pressure inside your body

You cannot heal from survival.  
You cannot relax in survival.  
You cannot think clearly in survival.

You can only heal once the body returns to safety.

This guide shows you how to do that.



## Why letting go works

Letting go works because it targets the real problem.  
Not the thought.  
Not the behaviour.  
Not the surface symptoms.

Letting go works because:

You release emotional energy from the body  
Your nervous system shifts out of survival  
Your subconscious updates old patterns  
Your identity loosens its grip  
Your reactions soften  
Your mind becomes quiet  
Your clarity returns

This is change that lasts.

You do not rise to the level of motivation.  
You rise to the level of identity.

If you identify as:

An anxious person  
An overthinker  
A worrier  
Someone who cannot relax  
Someone who always struggles

Your mind and body will protect that identity  
even when it hurts you  
even when you want to grow  
even when you want to change.

Letting go removes the weight  
so a new identity finally has space to appear.

## The identity shift process

Identity changes when:

You stop fighting yourself  
You feel safe inside  
You release emotional weight  
You interrupt old patterns  
You remove survival energy  
You loosen the grip of your reactions

Once the emotional weight drops  
the new identity emerges naturally.

## Why you cannot relax

You cannot relax because your body does not feel safe.  
Not because you are weak.  
Not because you failed meditation.  
Not because you cannot calm down.

Your body thinks you are in danger.  
Even when your mind knows you are not.

Letting go tells your body  
the danger is gone  
you are safe  
you can soften  
you can release  
you can breathe again.

## The Letting Go Breath

This is the simplest tool in the guide.  
Use it any time your body feels tight  
your mind feels busy  
or your emotions feel heavy.

Breathe in gently  
with no force  
no counting  
no pressure.

As you exhale  
imagine the weight dropping out of your body  
like sand falling from your chest  
like tension melting out through your shoulders  
like the grip loosening inside you.

This breath is not for calm.  
It is for release.

## The One Minute Nervous System Reset

Sit still  
Relax your shoulders  
Do nothing for ten seconds

Then ask yourself:

What am I holding in my body right now

Is it tension  
Is it fear  
Is it pressure  
Is it expectation

Then release the idea  
not the emotion.

Let go of the *meaning*  
the *story*  
the *grip*.

Your body will follow.

This interrupts survival instantly.

## The Ego Pause

Your ego reacts fast.  
Faster than your awareness.  
Faster than your calm.  
Faster than your clarity.

But you can take control.

Before you respond  
Before you worry  
Before you panic  
Before you assume the worst

Pause  
for two seconds  
and do nothing.

Let the charge fade.

Your power lives in the pause.

## Why you overthink

You overthink because your mind is trying to prepare for danger.  
It is trying to protect you from:

Embarrassment  
Failure  
Rejection  
Loss  
Uncertainty  
Discomfort  
Mistakes

Your mind believes that thinking more equals being safer.  
It believes the threat is real.  
Even when it is not.

Letting go dissolves the threat.  
And once the threat dissolves  
the overthinking stops.

Not because you force it  
but because there is nothing left to protect yourself from.

## Why stress becomes a cycle

Stress becomes a cycle because you never release the previous stress.

It layers

It stacks

It builds

It compounds

Day after day

Year after year

The body carries it

The mind reacts to it

The identity forms around it

This is why stress feels permanent.

Not because it is permanent

but because it is never released.

Letting go breaks the cycle.

## Emotional weight

Emotional weight is not the memory.  
It is the charge inside your body connected to the memory.

It is:

The tightness in your chest  
The pressure in your stomach  
The heaviness in your shoulders  
The shallow breathing  
The restless nights  
The emotional spikes  
The sensitivity  
The tension  
The inner noise

This weight stays until you release it.

You do not move on by forgetting.  
You move on by letting go.



## What letting go feels like

Letting go feels like:

- A sudden drop in pressure
- A deeper breath
- A softer chest
- A relaxed jaw
- A quieter mind
- A feeling of space inside your body
- A sense of clarity
- A weight melting off
- A return to yourself

Many people describe it as  
feeling lighter  
feeling clearer  
feeling more themselves  
for the first time in years.

## Creating safety inside

Safety is not about perfection.  
It is not about controlling everything.  
It is not about being calm all the time.

Safety is about releasing the internal fight.

You feel safe when you:

Stop gripping your thoughts  
Stop judging your emotions  
Stop fighting your reactions  
Stop forcing yourself  
Stop holding everything inside  
Stop expecting yourself to handle everything alone

Safety is permission.  
Not pressure.

## The identity upgrade question

Identity shifts happen when you give your mind a new direction.

Ask yourself:

Who do I want to be today

Not who you used to be  
Not who you are afraid you might be  
Not who your past says you are

But who you choose to be  
now  
today  
in this moment.

Identity is a choice  
not a memory.

## The three layers of letting go

Letting go happens in three layers:

Layer one  
Release physical tension

Layer two  
Release emotional charge

Layer three  
Release identity patterns

Most people try to change layer three first  
by forcing behaviour  
or forcing motivation  
but they skip the body  
and the emotions.

Real change begins by releasing the weight  
not by forcing a new identity.

## When old feelings return

Old feelings returning does not mean you have failed.  
It means the body is releasing another layer.

When this happens:

Do not panic  
Do not fight it  
Do not judge it  
Do not think you are back at the start

You are not going backwards.  
You are clearing the next layer.

Every wave makes you lighter.

## Healing your relationship with your mind

Your mind is not your enemy.  
Your mind is your protector.  
It is trying to help you  
using outdated information  
from old patterns  
old memories  
old fears  
old survival strategies.

When you stop fighting your mind  
your mind relaxes.  
The inner noise softens.  
The clarity returns.

Your mind simply needs new information.  
Letting go gives it that.

## Healing your relationship with your body

Your body is not tense because your mind is anxious.  
Your mind is anxious because your body is tense.

The body carries the history  
and the mind reacts to it  
trying to make sense of the signals.

Release the body  
and the mind follows.  
This is why letting go works so deeply.

## Why nights feel heavy

Night time removes distractions.

No background noise

No tasks

No people

No stimulation

No escape

Everything you pushed down during the day rises at night.

This is why:

Your mind becomes loud

Your body feels wired

Your emotions feel stronger

Your chest feels heavy

Your thoughts spiral

Your tension increases

Letting go before bed resets the system.

## Why letting go improves sleep

Sleep does not come from trying.  
Sleep happens when your body feels safe.

Calm nervous system  
Softened body  
Released emotional weight  
Quiet mind  
Stable breathing  
No internal fight

This is the state where sleep arrives naturally  
without force  
without pressure  
without effort.

Letting go creates the conditions for sleep.

## The identity shift

Identity changes when emotional weight drops.

When survival energy leaves.

When safety returns.

When the mind feels supported  
not attacked.

When the body feels understood  
not ignored.

When the emotional weight falls  
everything changes:

Your thoughts

Your habits

Your reactions

Your choices

Your confidence

Your energy

Your direction

Your entire sense of self

This is transformation.

## Your new identity statement

Say this slowly:

I release the weight I have been carrying

I return to myself

I choose safety

I choose power

I choose clarity

I choose peace

I choose who I am becoming

This is the beginning of your new identity.



## Your next steps

Use the practices daily:

The Letting Go breath  
The one minute reset  
The ego pause  
The identity upgrade question

These will begin shifting your nervous system  
your emotions  
your mind  
your identity.

Change does not come from force.  
Change comes from release.

You are not stuck.  
You are carrying weight.  
And you are learning how to let it go.

## The Letting Go Labs toolkit

If you want deeper support  
you will find self hypnosis and guided meditation recordings at [LettingGoLabs.com](http://LettingGoLabs.com)

Each recording guides you through the Letting Go Method  
helping you release emotional weight  
reset your nervous system  
and step into your true identity.

If you are ready to start letting go  
you will find everything you need at:

**[LettingGoLabs.com](http://LettingGoLabs.com)**