

IntrAnaut™ *Melt Stress in Minutes* Method

Notice the symptoms of stress you are experiencing... Don't forget to include any body sensations (e.g., pain, churning, etc., or numbness, or no feeling!), &/or emotions (e.g., sadness), &/or mental stuff (e.g., irritability, worry).

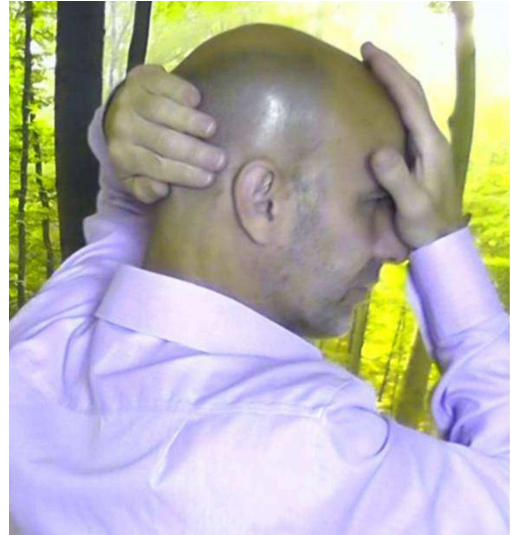
Make a note of the feeling/thoughts and how intense it feels (0-10), zero = none, while ten = extremely high.

Pick the highest scoring symptom and focus on it for this method (i.e., exclude, as much as you can, all other symptoms) – but do not get involved with or think about the symptom you are aware of.

Hold your hands in the position shown to the right ⇒

Hold your hands there very lightly, with almost no pressure being exerted on the head or face.

Say these statements below (internally) while holding the hands in position (*the words 'processing' & 'healing' are interchangeable – choose one*):



Thank you for processing/healing **this stress**

Thank you for processing/healing all the ways **this** is **stored**

Thank you for processing/healing all the ways I may **identify** with **this**

Thank you for processing/healing all the **origins** of all of **this**

Thank you for **completing and integrating** this processing/healing

While keeping your hands in position, wait for a signal (e.g., yawn/sigh, twitch, relaxation of body/mind), up to 4 minutes maximum if you feel no effects/signals.

You can relax your arms once you've felt a signal, or the 4 minutes is up. Then go back into position – noticing the symptom* – and say the next statement. Do this for the first four.

* If you cannot feel the symptom you started with, it is good practice to complete all 5 statements but you may reduce the time on each (1-2 minutes, or receive a signal).

After statements 1-4, rest for a few seconds then check your score (0-10). If higher than 0, do another round (or **3 rounds minimum**). Choose the highest scoring symptom (it could be the same one – or another symptom of stress you feel is significant) and repeat the method. Once complete, use statement 5.

Go to **intrAnaut.space** to get the MISM instructions for Level 2.