

Welcome to Melt Stress In Minutes

The goal of *IntrAnaut*[™] Melt Stress In Minutes (MSIM) is to give you a fast, reliable way to reduce stress so you can face your day with a clear and peaceful mind. You do not need years of practice to see results. In fact, you might start feeling better in just a few minutes.

The Proof: Does It Really Work?

Over the last three years, we have closely tracked the results of MSIM at the Anxious Minds charity. The progress has been incredible.

In 2026, the data shows that our participants experience an **83% to 93% average reduction in stress**. Even more amazingly, **66% to 80% of all people who use this method leave our session (of MSIM then Meditation) with zero stress**.

We found that MSIM acts as the "heavy lifter." It quickly drops stress levels in half, making it much easier to meditate afterward. Whether it is your very first time or your 100th, the results are real.

How It Works

MSIM uses two basic parts:

1. **A specific hand posture:** You will lightly hold your hands near your eyes and the back of your head.
2. **A set of simple statements:** You will say a few specific sentences to help your mind process what you are feeling.

By holding your hands in this way, you gently focus your attention on the areas where your nervous system connects to your brain. This signals your body that it is safe to let go. Meanwhile, the spoken statements guide your powerful subconscious mind to clear out the emotional clutter.

What to Expect (and the "Apex Problem")

When you use MSIM, you will focus on your highest symptom of stress, hold the posture, say the statements, and wait for a "signal." A **signal** is a physical sign your body is letting go of the stress. You might yawn, sigh, feel a muscle twitch, or notice your mind relaxing.

Sometimes, this technique works so quickly that our minds struggle to believe it. A psychology professor called this the **Apex Problem**. It is when your mind cannot accept that a method can be this effective this quickly, so it tricks you into thinking, *"Well, I guess the problem wasn't that big to begin with."* With MSIM, you might literally forget why you were stressed in the first place!

A Note for Skeptics

If you are feeling doubtful, that is completely okay! You do not need blind faith for this to work. You just need to be open to trying it.

In fact, if you have thoughts like *"This will never work for me,"* you can use MSIM to process those thoughts first. Your subconscious mind can do all the work, as long as you do not let the rejection of possibility get in your way.

Tips for Your First Time

Before you open the one-page Level 1 guide to learn the steps, keep these golden rules in mind:

- **Do not try to relax:** Just do the steps as described and allow the release to happen.
- **Wait for the signal:** After saying a statement, wait up to 4 minutes to feel a physical or mental release. At first, there may be no signal, until your system works it out.
- **Give it 36 minutes:** Set aside enough time to complete 3 full rounds of the method before you judge how well it worked. The time will reduce with practise.
- **Do not go looking for more stress:** Wait until you have completed a full round before checking to see what stress is left.

You have nothing to lose but your stress. Turn to the Level 1 guide, and let's get started.

Level 2 **relies on you having practiced Level 1**, but makes MSIM more effective long-term.