



Reaset

The return of Ease

An e-book by Tom Meyers

INTRODUCTION

Help yourself and others come into Ease

And what if it was easy?



Preface

Remember what you know and help yourself and others come into ease.

Would you like to become stress free?

Stress - from a survival perspective - is good for you: it keeps you alive in times of danger. However, when the danger is past, the stress response must reset itself to ease.

Just like an alarm, you want your stress response to go off when there is danger. When that danger is over you want it to reset itself. When it doesn't, you must reset it manually. At any other time, you want it to be alert, ready to be activated at need.

Reset: The return of Ease

Is there to help yourself and others back into ease in times of stress, change and challenges.

You can apply it to regain control, to improve your focus and clarity, reduce physical tension and over time it will make you more stress resistant.

Start to Reset today and feel the effect immediately. Make it part of a daily routine and, most of all, share it with others.

Be good to yourself.... and others.

Tom

What is stress?

***Stress** is a normal body response to a real or imagined threat. However, beyond a certain point it impinges on your physical, psychological and social wellbeing.*



Stress is a normal physiological response to **internal or external** events that make you feel threatened or upset your physical, mental or emotional balance in some way. When you sense danger (automatic reflex) – whether real or imagined – the body's defenses kick into an automatic process known as the “fight-or-flight” response.

The “**fight-or-flight**” response is the body’s way of protecting you. When it works properly, it helps you stay focused and alert. In emergency situations, stress can save your life – for example, by jumping away from an oncoming car to avoid being hit.

But beyond a certain point, stress stops being helpful and has an adverse effect on your health, your mood, your productivity, your relationships, and your quality of life.

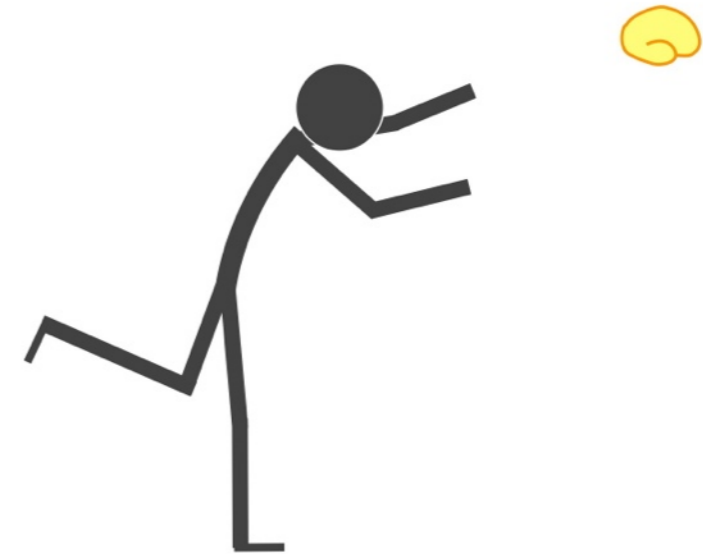
The adverse effects of chronic stress

Are you running after yourself?

Signs and symptoms of stress:

Body:

- Neck, shoulder or back pain
- Headaches, **insomnia**
- **Digestive problems**, returning **infections**, slow **healing of wounds**
- **High blood pressure**



Mind:

- Mood and temper changes, constantly worrying
- Irritability, **anxiousness**, relationship problems
- Concentration problems
- **Procrastination**
- Feeling overwhelmed, difficulties making decisions
- **Depression**

Reaset: Return to Ease

When the tide comes in, follow it until all is still and what is concealed expands into light.

Working as an **osteopath**, I have noticed that most of my patients who come with physical complaints like neck, shoulder or back pain have **reported** improvements in their subjective wellbeing: **better decision making, clarity of mind, disappearance of headaches and insomnia, better coping, more time...**

How is this possible?

How could a physical, hands-on approach achieve such results?

The answer is actually simple, and can be illustrated with the following examples.

When a child is in distress, what do you instinctively (want to) do? You embrace it. You hold it in your arms and hold or stroke its head.

When we are in conversation and we forget a name, we have the tendency to touch the forehead.

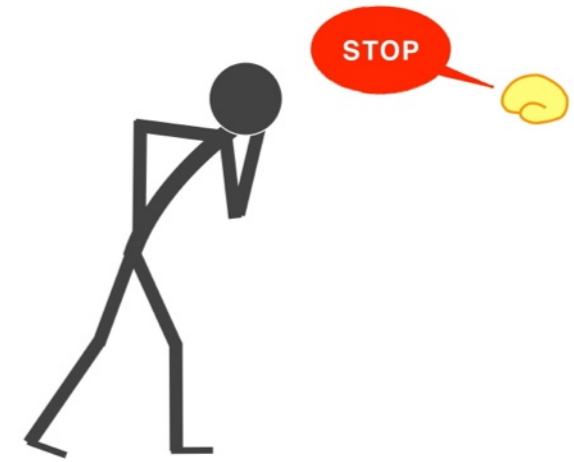
When we try to figure something out, we scratch our heads.

Touch has therapeutic properties. It (re)activates the **parasympathetic nervous system** that has been suppressed by the stress response. Applied to certain areas of the head, touch has additional stress reducing effects. The positive effects of touch can be intensified when done in a specific way (see **Reaset Touch Modality**), in combination with regular, intentional and focused slow breathing and by filling yourself with a sense of wellbeing.

Reaset in practice: part 1

Take ± 1 minute for each step of the process.

Build up step 1 tot 3 until you can synchronize them



STOP whatever you're doing and close your eyes.

Observe yourself: **How do you FEEL?**

Take 3 deep, slow BREATHS



Start BREATHING with a cycle of ± 5 seconds in and ± 5 seconds out



Fill yourself with a positive FEELING

Ex. Feel the sun warming you and let that joyful feeling engulf you.



IMAGINE that you're breathing accompanied by positive feeling go through your heart, a tense or painful part of your body

Continue with the steps in part 2 which are done one after the other (1 minute for each step).

Reset in practice: part 2



HOLD 2 fingers (index and middle finger) on your TEMPLES



Hold one hand on the FOREHEAD and the other at the BACK OF YOUR HEAD



Hold hands interlocked behind the BACK OF YOUR HEAD and with the THUMBS facing down TOUCHING THE NECK muscles

End your Reset with a couple of deep breaths and by slowly opening your eyes again. **How do you feel?**

Reset: Summary



This Reaset procedure is a complete practice in its own right, but can be used with or within other healthcare approaches.

The last steps can be applied to others. I would encourage you to offer a Reaset session to others when you see that they are struggling. However, be very aware of your conduct. Offer your service, but when the other says no, it is no! Also, never stand behind a person when applying Reaset. Stand in front or at an angle. Remember, you offer this because the other is stressed and thus in survival mode. You want them to feel secure, to feel that they are in good hands and being cared for.

Be aware: Reaset is a first-aid tool and not intended to replace advice from your doctor.

Note:

The touch used must be as light as possible.

You can even go one step further, trying to perceive the micro movements that are present by using the **Reaset Touch Modality**. Are they balanced, flow - wave like. If not, what do you feel?

The Reaset Touch Modality: Let your fingers follow (engagement) whatever movement you perceive without trying to control it. You follow until you feel no movement comes forth anymore (still point) or a softening, an expansion (disengagement) of the tissue under your fingers, hands presents itself. The still point is not always perceivable.

The principle used in the Reaset Touch is very similar to the three phases of the breath cycle:

- E Engagement phase:** Touch, sense, follow the tide (inhalation)
- ◉ **Still point** = The reset: The tide will stop - just be there (between inhale and exhale)
- D Disengagement:** The expansion phase (exhalation)

Don't let stress hold you down, **Reaset** today...

Fight or Flight is Body over Mind

Chronic stress will fix you in a more primitive mode of functioning

The human brain is made up of three layers, each of which has developed in response to evolutionary need. The oldest layer, which lies closest to the brainstem, is called the **reptilian brain** (red zone). Its main aim is our physical survival and regulation of heart rate, blood pressure, breathing rate, arousal, etc. The **limbic system** (orange zone), which includes the hippocampus, evolved next and is related to memory and emotions. The most recent addition is the cortex (yellow zone), with the **prefrontal cortex**, which is the seat of cognition, creativity, language, logical operations, planning, seeing ahead...



The layers are connected by a complex communication network. However, when demands exceed the capacity of the body's self regulatory system, communication between the layers can be perturbed. The reptilian brain will then become the dominant (re)actor, and in some cases will displace the other brain layers - and thus displace the mind.

In this **survival mode**, the body's fight and flight response is continuously triggered. On a physiological level, this means the permanent release of adrenaline and cortisol and triggering of the **sympathetic nervous system** (SNS) and inhibition **parasympathetic nervous system** (PNS). In everyday terms, this means that:

- non threatening events become threatening
- we over-eat to satisfy our brain's heightened demand for glucose and the lowered glucose storage (**cortisol**)
- heart rate, blood pressure and breathing rate are permanently increased (**adrenaline**)
- the immune system is inhibited (cortisol)
- we are permanently tense (adrenaline)

From stress to ease

Balancing the communication between the triune brain and between body and mind.

STRESS	RESET	EASE
Dominant reptilian brain	<ol style="list-style-type: none"> 1. Lowering breath rate to a more optimal cycle 2. Regulating automatic nervous system 3. Reset fight & flight mode to ease: Reducing adrenaline and cortisol release 4. Improve vascular and energy flow in all layers of the brain 5. Relieve muscular tension 6. Reactivate prefrontal cortex 7. Stimulate creativity and imagination 	<p style="text-align: center;"> Reaset to Ease = PROCESS = Return to a DYNAMIC BALANCE of Body-Mind functioning </p>
Increased muscle tension: Neck , shoulder, back pain...		
Increased heart rate and blood pressure: cardiovascular problems		
Increased breath rate: Change in blood pH (more acidic)...		
Lowered immune system: infections, colds, slower healing...		
Inhibition digestive system: Impaired digestion, stomach ulcers...		
Impedes the limbic an neocortex layer of the brain: Impairs memory, cognition, productivity, creativity...		

Workshops



Photograph by: [Natalie Hill](#) ©

Reset: The return of Ease is part of a series of workshops taught around the world by Tom Meyers. For more information visit his website reaset.com

If you would like to invite Tom as a guest speaker at your event or for a presentation in your business, or you would like to organize a workshop in your neighborhood, then please do not hesitate to contact him by [email](#).

This mini e-book is there for you to remember what you already know. That the healer is within you and health is the expression of your interaction with that healer. This doesn't mean you will never need help from others - far from it. Just as our bodies are a society of cells working together for the greater good, so we are a society of people. If you found this information helpful, share this e-book with others or tell or show people what you have learned and how it has helped you.

Thank you!

Helping yourself is helping others.

Helping others is helping yourself.

Contact information

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Website: reaset.com

Contact: For private consultations, workshops and information

Email: elementaryhealthcare@gmail.com

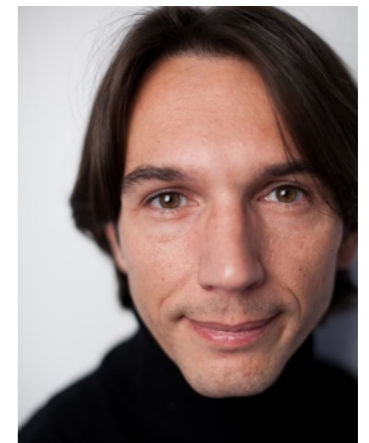
Phone: +32 (0)472 399 779

Address:

Tom Meyers

Ave. H. Pauwels 7

B-1200 Brussels (Belgium)



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