



Benna McCartney

The Reset

A daily practice in becoming

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Every thought, feeling or sensation you do not prefer is stored energy. These three steps move it through you, free it and replace it with the frequency of who you are becoming.

Feel it • Free it • Become it

WHAT THIS IS

A simple three-step practice to use throughout your day whenever a thought, feeling, sensation or emotion arises that you do not prefer. Rather than pushing it down or reacting from it, The Reset helps you move through it, release it and return to the truth of who you really are.

WHEN TO USE IT

- A thought that pulls you out of the present
- A feeling or sensation in your body
- A reaction that feels bigger than the situation
- An emotion that lingers and will not shift

BEFORE YOU BEGIN

A gentle reminder

Nothing that arises in you is wrong. Everything is information. You are not here to avoid what comes up. You are here to move through it.

THE PRACTICE — USE THIS EVERY TIME SOMETHING COMES UP

1

Feel it — Release it: Notice the thought, feeling or sensation without trying to change it. Can you just allow this feeling to be here, without needing it to change? Then gently ask: can I let this go? Not force it away, but simply allow it to leave. Then go one layer deeper. What is the resistance to letting it go? The fear, the belief, the story underneath? Allow that to go too. As you release, notice what opens. That spaciousness, that quiet. That is your innate wisdom coming through. That is your birthright.

2

Free it — Love the body: Our emotions and experiences live in the body, not just the mind. This step brings you into direct contact with that, which is where real release happens. It also works beautifully with any physical tension, discomfort or pain, and helps to ground you fully in your body so that whatever has come up can be felt and released completely. Starting at the top of your head, slowly move your awareness downward, breathing love into every part of you as you go. If you notice any tension or sensation, rest there a little longer. Simply breathe love into it and move on.

3

Become it — Your future self now: Close your eyes and bring to mind your future self, the version of you who is already living the life you are moving toward. See where they are. Notice how they carry themselves. Feel the groundedness, the ease, the courage, the aliveness. Now step into that. Do not just picture it from the outside, live it from the inside. The feeling is the signal. Then ask yourself: what is one thing I can do right now from this version of me? Do that thing, however small. Open your eyes and bring that feeling back with you into your day.

IF EMOTIONS ARISE

Welcome them. Tears, anger, grief, relief. These are not signs that something is wrong. They are signs that something is moving. Stay with whatever comes up until it completes itself. That is transmutation, not bypass. Every time you do this, something shifts. Trust that.