

# MICRO-MOVEMENT RESET™ MINI GUIDE

*A gentle 30-second somatic release to help your body shift out of tension and back into flow.*

## What This Reset Does

This micro-movement practice quickly discharges built-up stress, melts nervous-system bracing, and reconnects you with your natural rhythm...without needing quiet, privacy, or long practice time.

*It is designed for real-life overwhelm, especially the moments when your system feels tight, frozen, or overloaded.*

## When to Use It

**Use this reset when you feel:**

- Overstimulated
- Tight or clenched in your chest, belly, or jaw
- Like everything is “too much”
- Stuck in your head
- Emotionally saturated
- Before transitions or important conversations
- When you’ve been holding your breath without realizing

*This reset brings you back into your body, quickly and softly.*

## What You Need

Just your body, 30–60 seconds, and permission to move gently.

## The Reset (Step-by-Step)

### 1. Notice the Tension

Pause for one slow breath.

Sense where your body feels tight, held, or braced.

No fixing. Just noticing.

### 2. Shake or Bounce

Begin lightly bouncing your knees or shaking your hands.  
Let it be loose, unstructured, and natural.  
This signals to your system: *I'm allowed to release.*

### **3. Loosen the Spine**

Let your spine sway or ripple gently.  
Imagine your whole body whispering,  
“I can let go now.”

### **4. Exhale Through the Mouth**

Take a long, audible exhale.  
This releases pressure and resets your nervous system.

### **5. Let the Movement Slow**

Gradually allow the shaking or swaying to slow down  
until you come into stillness.

### **6. Feel the Afterglow**

Pause for a few seconds.  
Notice the warmth, tingling, spaciousness, or slight drop inside your body.  
*This is your system returning to flow.*

## **What You Might Feel**

- A drop in tension
- A small but noticeable softening
- Warmth or tingling in hands or chest
- A sense of “coming back into yourself”
- An emotional exhale
- More breath, more presence, more space

*Your body will respond differently each time and all of it is perfect.*

## **A Gentle Reminder**

You cannot do this wrong.  
Your body already knows how to release.  
This reset simply gives you permission.

*Return to it anytime you feel your system tightening.*

# Pairing With a Portal

For deeper impact, pair this reset with a Fire or Water Portal Transmission™, anything that carries the frequencies of:

- Movement
- Release
- Flow
- Awakening
- Emotional softening

*Gaze at your portal for 10–20 seconds before beginning. It amplifies the unwinding.*

**Created By Lisa, Founder of Conscious Moms Rising**

