



SYSTEM #5: TRANSMISSION

STEP 1: PLAY THE FIELD

Try out a bunch of different ways of shifting into neutral. Possibilities include:

- Yoga nidra
- Yin yoga
- Restorative yoga
- Tai chi
- Qi gong
- Forest bathing
- Boxing
- Seated meditation
- Walking meditation
- Body scan
- Visualization
- Guided meditation
- Breathwork
- Drum circles
- Binaural beats
- Chanting
- Cold therapy

STEP 2: PICK 1 OR 2 FAVORITES

Schedule time to practice shifting into neutral at least once a day.

STEP 3: NOTICE HOW YOU FEEL

1. How do you feel (physically, mentally) after shifting into neutral?
2. How does this practice affect your ability to respond to daily demands?
3. How does this practice affect your ability to cope with extraordinary challenges?