

The Soft Reset Technique 2.0

By

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I developed two techniques, which are similar, one is called the *Hard Reset Technique* that I originally developed for law enforcement and ICU/Step Down Unit nurses, and the *Soft Reset Technique* I originally developed for educators. I have also been working with the composer of Liquid Mind, Chuck Wild, to create specialized music tracks for each of the techniques- one track for the Hard Reset and two tracks for the Soft Reset. Chuck and his record label have been kind enough to support this work, so that these specialized tracks are being made available for free for those that I am working with. These techniques are still being tested and refined, but preliminary tests have shown that they are largely beneficial with no negative side effects reported at the time of creating this document. Based on additional testing, The Hard Reset Technique is being shifted into a certification and training framework. The Soft Reset Technique will remain available in a similar way in which it was before, but the following instructions have been updated as of February 2022.

Must Do's:

- Eye covering to block out visual stimulation and any changes to light around you- it is important that you are not distracted by changes in light or visualizations around you.
 - If you wave your hand in front of your eyes when wearing the eye covering and you see changes in light, the eye covering is not adequate.
- Specific headphones- they must be able to isolate the sound you hear through them; i.e. you must not be able to hear outside sound distractions easily. These can be over-ear headphones or earbuds. If you sound muffled when you speak while they are on/in, they are probably sufficient- the most important point is to isolate the sound you are hearing and minimizing any outside sound distractions.
 - I recommend any in-ear headphone that will not wiggle or fall out if you move your head or most over-ear headphones with cushioning or padding; i.e. Samsung Galaxy Buds for in ear and pretty much anything from Audio Technica for over-ear headphones.
 - You can typically find headphones to achieve the desired effect for around \$30 or more depending on comfort and convenience.
- **Time of activity/Achieving Homeostasis**
- **Very important- The Soft Reset Technique must be done in a safe place, and the person using this technique must "feel" as though they will not be disturbed- there is science behind this. Your perceptual senses will be focused on therapeutic music, and caution is advised, as the person may be in a heightened vulnerable state and open to suggestion- the participant needs to be safe and feel safe during this time for this to work as intended!**
- **The volume must be as loud as possible! That said, do not listen to it at a volume that is painful, but rather it is loud enough to keep you from falling asleep. Recent discoveries have been showing that if the volume is too low, the person may fall asleep completely. Part of how/why this works, is that the person becomes so relaxed that they fall into a type of wave of consciousness which bounces between sleep and awake. Using the technique at a louder volume assists the person with staying in this type of wave of sleep and awake.**
 - **The Soft Reset Technique**
 - This technique should use one of the following tracks titled: *Liquid Mind Soft Reset Rain* or *Liquid Mind Soft Reset Ocean*.

