## The Soft Reset Technique 2.0

Ву

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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.

- If being used for meditation/decompression, it typically takes 5-10 minutes before entering a meditative state and should be done for an additional 10 minutes to achieve the resilience benefits- this equates to roughly 23 minutes total.
  - Most participants report that it takes anywhere from 10 to 23 minutes to achieve the desired effect.
- Therapeutic music
  - The participant needs to listen to soft music with no lyrics, no drums, no beats, and preferably without random sounds. The research behind these techniques used music designed and created by Liquid Mind (Chuck Wild) in collaboration with Richard A. Woodruff.
    - The first 10 minutes is designed to free the person's mind from what they were focusing on. The second part of the song is designed to connect the person with sounds of nature. This is a necessary component of the resiliency wave.
- If the person chooses not to use the suggested music tracks or follow the above instructions, similar results may be hard to obtain.
- Personally, I spend roughly 23 minutes to achieve the desired effect, as I use the track titled: *Liquid Mind Soft Reset Rain*.
- The desired effect is generally achieved once the participant begins to feel weightless or heavy, then stays there for roughly 10 to 15-minutes.
  - Participants describe the reset feeling as: "I felt like I was flying", "I felt like I floated out of my body", "I felt like I sank into my chair", and "My body felt like it melted into the chair".
  - There have been some recent developments in research around meditation and the reduction of cortisol (the commonly known stress hormone). The meditation methods used by Puhlmann et al. (2021) were able to show that consistent use of meditation practices for between three and six months had an effect that reduced cortisol levels within participants, and furthermore it helped to protect these participants from future challenging situations. The Soft Reset Technique should produce similar results if used consistently and similar to that of the Puhlmann et al. research. Puhlmann et al. had participants using guided meditation for 30-minutes a day for six days a week, which lasted three to six months. I believe that similar results can be achieved with the Soft Reset Technique if done for roughly 23-minutes per day for five days a week, and last for three to six months.
- Make sure you are comfortable.
  - Sit in a comfy chair or lie down if possible.
- Try not to move during this time.
  - When you move, you activate your sensory touch sensations.
- Focus on breathing and being immersed in the music.
- Please talk with your family for <u>do not disturb time</u> so that you will not be bothered during this time!

The experiences and discoveries observed were based on participants following exactly as suggested above, as there is science behind why this works. Similar results may not be achieved if deviating from the above-mentioned suggestions and music tracks. Please enjoy and be well! Please share any feedback to <u>drrichardwoodruff@gmail.com</u>.