



Annie Rosenberg
Nervous System Reset
Seven Day Workshop

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Welcome to the Nervous System Reset Workshop

This workshop is designed to be worked through throughout the course of a week to slowly integrate deeper states of meditation into your daily life. Although it is created in this format, please follow along however that may show up for you. Taking more time between each meditation presented, or working through it in a different order than is shown.

Suggestions for the week:

1. Make sure you allow yourself time for adequate rest. Keeping the body in a parasympathetic or rest and digest state throughout the day even when you aren't in meditation. Remembering that this may come and go. There is no getting it right.
2. Try to get outside each day. This can offer a sense of grounding and connection to the world outside of the daily mundane. Allow yourself to connect with the natural flow of things.
3. Give yourself a break from any social media, news, or political conversations. Even if only for an hour throughout the day.
4. Focus on eating clean and nourishing your body. Practicing mindful eating at mealtimes and taking three deep breaths before you begin each meal. To go further with this sense of nourishment, you can access my free nourishment guide, [here](#).
5. This time is for you. Make the time you set aside each day for these meditations sacred. Remembering for some of us this sacred space may show up in a quiet space in nature, and for others in the break room at work while on our lunch break. There is no perfection in this work. Honor this time and space however it shows up for you.

The workshop layout below will show you the name and length of each meditation and an optional journal prompt.

Day One | 15 minutes | Meditation for Connecting the Mind and Body to the Breath

Journal: What changes did you notice within your body when you focused on your breath?

When we focus on our breath alone, we allow the body to enter a state of relaxation; within this relaxation, the thoughts begin to slow. This slowing down of the mind generally takes about fifteen minutes. This is the beginning stage of entering a deeper relaxation state. This is where we will begin with the workshop. Allowing your thoughts to lessen and your focus to flow to the breath.

Day Two | 20 minutes | Meditation to Become Aware of Stillness within the Body

Journal: When did you notice the subtle shift of your body beginning to enter relaxation?

Using the awareness of the breath, we continue to offer acceptance toward the calm state. Honoring how that may show up for us at this moment. Knowing this will present itself differently each day and allowing this shift to flow as it is meant to. When we become aware of the body we can listen to what it is offering.

Day Three | 25 minutes | Meditation to Introduce a Parasympathetic State

Journal: How did this parasympathetic state look and feel for you? How can you enter this state within different emotional states? How can you help yourself to understand this shift will be different throughout each day?

The autonomic nervous system is responsible for many vital functions such as regulating our heart rate, our breath, and our digestion. This system is also involved in the acute stress response, which works alongside the endocrine

system to prepare our bodies for fight or flight. From there it is divided into the sympathetic and parasympathetic nervous systems.

The sympathetic nervous system is activated during times of stress or trauma. The complexity arises when we can become adapted to this sympathetic state. It is here where we feel stress, even at times of relaxation or when there is no threat to us in our daily environment.

The goal of meditation and this workshop is to allow yourself moments within the parasympathetic state. This is our rest and digest and our moments of calm. If we can make this our more dominant state, we can experience ease. This is where the body and mind can heal and repair more optimally.

Day Four | 30 minutes | Bringing Focus to the Bodies Energy Centers

Journal: Where in your body did you feel more open or stagnant? How did this exercise offer you balance within these areas?

This meditation will guide you through the seven main chakras while in a parasympathetic state. Within this awareness and focus we can become aware of how we store energies and emotions within the physical and emotional body. Within this awareness, we can become more attuned to trusting our gut instinct and become more aware of how we are truly feeling during times of stress or calm. This exercise is best done daily so make sure to bookmark this meditation technique until you can become familiar with it enough to form it into your own practice.

Day Five | 15 minutes | Present Moment Meditation | Non-Visualization Meditation

Journal: What was the difference between going inward with the eyes closed, and staying present with the eyes open within a meditative state?

This meditation will begin by going inward with the eyes closed to enter a state of relaxation without a visualization process. From this inward state, we will move forward to opening our eyes and becoming aware of the areas that surround us. Training the mind to adapt to a state of relaxation from an inward to an outward state.

Day Six | 60 minutes | One Hour Nervous System Reset Meditation

Journal: What can you take away from this week, or this meditation that you can carry with you into the future?

This hour-long meditation will combine all of the techniques used throughout the week in one long meditation. It flows through breathwork into the energy centers and takes you from a deep inward state back into the present moment.

The goal is to help you reach this state of deep calm and carry it with you into the present moment. When we can remain in this rest and digest or parasympathetic state and keep this our baseline, we can return back here after times of stress or trauma from the sympathetic state. Remembering calm is the dominant state we want, but times of stress are important too. It is all about how we digest these emotions into our system.

The Takeaway from this week is: **there is no rush.** You have all the space and time you need.

Day Seven | One Hour Nervous System Calming Frequency by Kenseth Thibideau

A one-hour healing frequency by Musician Kenseth Thibideau.

Thank you for taking this time for yourself and your body.

Please reach out to me through the links below with any questions, feedback, or to work together through any of my offerings.

You can subscribe below to my Substack where I reach out every Monday for my free subscribers and every Friday to my paid for a weekly channeling and intuitive reading.

Work with me

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*“Rushing into action, you fail.
Trying to grasp things, you lose them.
Forcing a project to completion,
you ruin what was almost ripe.”
- Lao Tzu, Tao Te Ching*