

TRANSFORMATION THE ADVANCED THINKING EXPERIENCE

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SEMINAR TWO

**REDUCING AND
ELIMINATING
STRESS, ANXIETY
& FEAR**

SEMINAR TWO: REDUCING AND ELIMINATING STRESS, ANXIETY & FEAR

The First Step: Turn the “Thing” back into a Process

The core idea

Stress, Anxiety and Fear only feel overwhelming because your mind treats them as **things** — fixed, solid, powerful.

But they are not things.

They are **processes**.

They are **something you do**, not something you have.

This is the breakthrough we began in Seminar 1 with your **Mind Editing** work. You learned that the mind constructs reality using internal pictures, internal words, and internal sensations — and that these can be edited, adjusted and tuned.

Today we go further.

Why this matters

When you treat Stress, Anxiety or Fear as a thing, your brain locks it into place. It becomes rigid. It feels permanent. It feels like part of you.

But the moment you shift it into a **verb** — a process — everything changes.

- “Stress” becomes **stressing**
- “Anxiety” becomes **anxiating**
- “Fear” becomes **fearing**

This small shift gives you immediate power, because **processes can be altered**. Things cannot.

What actually happens

When you change the noun into a verb, you're informing your mind:

“This is something I’m doing with my thoughts and internal pictures and my body. And anything I’m doing, I can change.”

This instantly reduces intensity.

It puts space around the experience.

It gives you choice.

You move out of being inside the emotion and into a position where you can **edit the process**, just like you edited mental images in Seminar 1.

How this reduces Stress, Anxiety and Fear

1. The experience becomes movable

Once it's a process, it can be slowed, softened, redirected or stopped.

2. The emotional charge drops

The brain stops treating it as a threat and begins treating it as an action.

3. You naturally regain agency

You remember that the mind is creating this — and whatever the mind creates, it can change.

4. Your nervous system calms

The shift from “I have stress” to “I am doing stressing” reduces the fight-or-flight response.

THE FOUR MOST POWERFUL WAYS TO REDUCE STRESS, ANXIETY AND FEAR

1 Physiology

You are a system. Your brain and body work as one to create the 'you' that is 'you.'

How you think affects you physically and how you move can also impact your thinking.

Your state of mind is not just a mental experience. It's very much a physical experience. Someone who is 'up' and motivated and excited has a different physiology to someone who is fed up.

In other words, your brain has learnt to link certain physiologies to certain states of mind.

Here's why this is important:

The fastest way to change your state of mind (how you feel) is to intervene and make a RADICAL change to your physiology — what you're doing with your body.

Every state has a certain Physiology — so if you want to change your state — change your physiology.

You can't be depressed when you're running.

Physical Actions to Reduce Stress & Anxiety

1. Change Your Posture Instantly

Shift from collapsed posture to an upright, open stance:

- Roll shoulders back
- Open the chest
- Lift the head slightly
- Relax the jaw

This posture shuts down "threat mode" and tells the brain you're safe.

2. Shake Out Tension (10-20 seconds)

Shake out your hands, arms, shoulders and upper body. Keep it loose and relaxed.

This releases micro-tension and interrupts the stress loop.

3. Move Your Body for 30 Seconds

Any quick movement works:

- March on the spot
- Stretch
- Rotate the torso
- Walk quickly across the room

Movement dissipates adrenaline and lowers emotional intensity fast.

4. Exercise

A brief, controlled burst of exercise resets your physiology instantly. Examples:

- **Go to the Gym**
- **Gym stepper at home / cross-trainer**
- **Brisk walk outside or on a treadmill**
- **A proper walk**

NEXT - The leverage point of physiology, which is **BREATHING**

2 BREATHING

Your nervous system controls your emotional state.

When your **exhale** becomes longer than your inhale, your body automatically switches into its calming system — the parasympathetic response.

This slows the stress response, reduces emotional intensity, and clears your mind. It works whether you're tense, overwhelmed, overthinking or stuck in an unhelpful loop.

THE 4-2-6 RESET BREATH

A one-minute state-shift you can use any time you're feeling stressed or anxious

How to do it

1. Inhale through your nose for 4 seconds.

Slow and smooth. No force.

2. Hold for 2 seconds.

A gentle pause — nothing strained.

3. Exhale for 6 seconds.

Controlled, steady, slightly longer than feels natural.

4. Repeat for 5 rounds.

About one minute.

What you'll notice

- Your mind becomes clearer.
- Tension in the body reduces.
- Thoughts slow down and become more ordered.
- Emotional intensity drops.
- You immediately feel more grounded and present.

3. SWITCHING OFF FEAR WITH THE PERIPHERAL VISION SHIFT

Switching off fear and anxiety in seconds

How to do it

1. Look straight ahead at a single point.

Keep your eyes fixed on that point — no moving them.

2. Hold your right hand to the side where you can't see it

3. Slowly move your right hand in

Either slowly move your hand up and down or gently wiggle your fingers as your hand moves.

4. Notice the moment your hand enters your peripheral vision.

You're not looking at your hand — you're simply aware of movement at the edge of your visual field.

5. Keep your gaze forward and stay aware of that movement for 20-30 seconds

That shift — from narrow focus to peripheral awareness — is what switches off fear and resets your state.

What you'll feel

- The mind slows down
- Anxiety reduces
- The body relaxes
- Thoughts lose intensity
- You feel more grounded and present

This can happen in **3-10 seconds**.

When to use it

Any time you feel anxious, overwhelmed, tense or “in your head”.

During stress or anxiety

Any moment you need to change your state quickly.

It is one of the fastest, most reliable ways to calm the nervous system.

A Few Words about Panic Attacks

A panic attack is not the body “going wrong” — it’s the body reacting to a specific breathing pattern that signals danger. In most panic episodes, the person is **not exhaling fully**. They take in air quickly, shallowly, or repeatedly, but they don’t release enough of it. This creates a build-up of carbon dioxide imbalance in the blood. Even though the person feels like they can’t get enough air, the real issue is that they’re actually breathing **out of sync** with what the nervous system expects, not getting trapped without oxygen.

When the exhale is too short or too tight, the body slips into a state called **over-breathing** (or mild hyperventilation). This doesn’t always look dramatic — often it’s invisible. But physiologically, it lowers carbon dioxide levels too quickly, which causes the classic panic symptoms: dizziness, tight chest, racing heart, numb fingers, feeling of unreality, sudden fear, or the sense that something catastrophic is happening. The brain misreads this chemical imbalance as a threat and triggers a full fight-or-flight response.

Because the nervous system thinks there’s danger, it speeds up breathing even more — which makes the imbalance worse. The person then tries to breathe in even harder (“I need more air”), when the body actually needs the opposite: **a long, slow exhale** to reset the carbon dioxide–oxygen balance. This is why the more someone tries to gulp air during a panic attack, the worse the symptoms become. The brain simply isn’t getting the physiological signal that would tell it, “You’re safe.”

The quickest way out of this state is to restore the correct breathing pattern by **lengthening the exhale**. A long out-breath activates the parasympathetic nervous system — the body’s natural calming system — and immediately begins to stabilise the chemistry that has triggered the panic. This is why techniques like the **4-2-6 Reset Breath** work so quickly: they give the brain a clear physical signal that the danger has passed. Once the exhale becomes steady and controlled, the panic circuit loses power, and the body returns to normal within moments.

4 Neurological Looping

Everything we've covered so far has been about changing your thinking which then changes your feeling.

But you can also intervene at the level of the feeling – and that creates fast, powerful change.

How Neurological Looping Changes Feelings

Neurological Looping works because every feeling you experience – good or bad – follows a **specific physical pattern** in your nervous system. It starts in one place, moves in a certain direction, and loops back. This creates a repeating circuit in the brain and body.

When a feeling becomes unpleasant, the loop keeps firing automatically. It becomes a cycle your brain simply repeats.

Feelings run in a loop because every emotion is created by neurons firing in a specific sequence through your nervous system. The brain is a pattern-making machine, so once it learns an emotional reaction – stress, fear, frustration, anything – it wires that reaction into a circuit so it can fire automatically. The sensation you feel in your body is that neural sequence moving along a familiar path, looping until something interrupts it. When you use Neurological Looping, you bring this automatic pattern into awareness by noticing where the feeling starts and where it moves. This immediately weakens the circuit. Then, when you reverse the direction of the loop and run it backwards faster and faster, the brain can't complete the old sequence. The neurological circuit collapses, the pattern breaks, and the feeling changes – often immediately.

The key breakthrough is this:

If you can identify the direction of the loop, you can interrupt it – and when you interrupt it, you change the feeling.

NEUROLOGICAL LOOPING

PART ONE

Use this process to Change Negative Feelings Instantly

- 1.** Where does the unpleasant feeling start?
- 2.** Where does it go?
- 3.** Then where does it go?
- 4.** Notice how it's running in a loop
- 5.** Start at the end point and loop it back
- 6.** Loop it back faster and faster
- 7.** Now think of the thing that used to make you feel bad

PART TWO

Use this process to Build Powerful States Instantly

- 1.** Where does the good feeling start?
- 2.** Where does it go?
- 3.** Then where does it go?
- 4.** Notice how it's running in a loop
- 5.** Start at the beginning and loop it forward
- 6.** Loop it forward faster and faster
- 7.** At the peak of the feeling, squeeze the nail of your thumb onto a finger to create a trigger / anchor
- 8.** Think about something completely different
- 9.** Fire the trigger
- 10.** (Optional) Think of contexts where you need to be in a better state and fire off the triggers.

Don't be deceived by the simplicity of these processes. They are some of the most powerful Advanced Thinking Technologies available.

Notes