



The Inner Steel Technique

5 Minutes, Twice a Day

***It Only Takes
10 Minutes a Day
to be
Sensitive AND Strong***

Welcome

I'm SO glad you are a part of this ground-breaking journey!

The Inner Steel Technique, so far, has been life changing for many of my clients.

They say things like...

"[Confidence is] my main mode of being now, it's so easy alter my mood and It's playful. I find myself opening up to different possibilities. Plus I can create and work much more efficiently, creatively and dynamically." – Rebecca Hulse

"It's absolutely awesome! 😊 Words can't even describe everything that it's done. With regard to writing and teaching classes, I feel that the Inner Steel Technique gave me a soul level connection that allowed me to truly 'feel' my goal. An important part of manifesting is feeling the end result with love. This is what the technique gave me. It gave me the tools to get past the fear and uncertainty." – Vanessa Sandoval

As you dive in to the material, enjoy it and feel free to send any questions you may have to: ea@spiritualmechanic.com

The Inner Steel Technique: How To Use The Poses

The Inner Steel Technique is very simple.

Here are the steps:

- 1. Choose a goal or insecurity you would like to experience more confidence and power around.**
- 2. Set a timer for 5 minutes.**
- 3. Strike a pose.**
- 4. Breathe meditatively while thinking about your goal or insecurity.**
- 5. Relax and let the process be organic.**

Step 1: Choose a goal or insecurity

You simply **choose a goal or insecurity**. It doesn't matter whether it's a goal or insecurity, because your body cannot remain in an insecure or anxious state while you are holding the poses.

This means that as you hold the pose and think about an insecurity, your body will experience confidence and power instead of insecurity. If you do this several times over the course of days or weeks or months, guess what? You'll rewire your entire body-mind system and you will no longer be able to FEEL low confidence or insecurity regarding that topic.

Very cool, right?

The same is true when you hold the pose while thinking of your goals. As you hold the poses, your body lets out all the good and fun hormones and stops producing so much anxiety and stress hormones.

This means you FEEL good and confident. Your body-mind becomes conditioned to associate this confidence and power with your goal, which allows you to get clear on what you want to do and make decisions (and act on them) with greater ease and flow.

Step 2: Set a timer for 5 minutes

I really hope this one is self-explanatory. It really is that simple. Set the timer so you can relax and enjoy the pose, or listen to some nice music.

Step 3: Strike a pose

You can choose to hold one of the 5 high power poses, or you can switch the poses as you go. Some people like to switch it up, some find a favorite pose and use it every time. Whatever you do is fine, so please feel free to play with it to see what you like and enjoy the most.

Step 4: Breathe meditatively while thinking about your goal or insecurity

To breathe meditatively, simply make sure your shoulders are relaxed and down and focus on the feel of your breath in and out. Breathe from your belly rather than your chest and allow your lungs to fill with air comfortably. Don't make it feel like you're gonna pop.

As you do this, allow your mind to gently hold your goal or insecurity. Please allow this process to be organic and not hard-edged or forced. If your mind wanders a bit (and it probably will) that's fine. Just bring it back to your goal or insecurity when you notice the wandering.

Step 5: Relax and let the process be organic

If you feel guided to think about nothing during your pose, simply do that instead. If you feel like 3 minutes is a better fit for you one day than the full 5 minutes, listen to your body.

Trust that the work that you are doing is exactly what you need to be doing, and don't worry about "getting it right."

I'd much rather hear that you played with it and found a way that really works for you than have you do it "my way" because you feel I must be right. Your body and mind will help you feel out what is right for you.

I personally hold it for 30 minutes once a day during my meditation. I've had clients do 10 minutes unfocused twice a day and they loved it, and I've had some who have done it exactly as outlined here. It's ok to make changes based on your unique needs and desires.

The Science Behind the Poses

A researcher from Harvard, Amy Cuddy, conducted research on how our physical bodies and self-perception changed when holding certain poses.

What she found was that holding some poses supercharged our feelings of confidence, resilience, and power. She found that other poses had the exact opposite effect and would crush feelings of confidence, undermine our resilience and power.

The High Power Poses send a very real signal to your amygdala – a part of the brain that governs fight or flight responses – that you are safe and secure. When you hold these poses, your amygdala believes you are safe and sends a message to your adrenal glands (the stress glands) to ease up on the stress hormones.

The stress hormones are cortisol, aldosterone, and adrenaline. When they are out of balance you will crave sugary and starchy foods, salty foods, feel mildly anxious and will have trouble concentrating. Your body actually believes it could be under attack at any moment, so it is trying to make sure you have the nutrients and electrolytes ready to ensure your survival.

Adrenal glands and your amygdala are good things (you can't live without 'em), but in today's world there aren't many cheetahs chasing us anymore, so we need to work with our physiology to assist it in feeling safe and secure.

As sensitive people, we are wired to have a slightly more active amygdala and adrenal glands. We are more sensitive to disturbances in our environment, so the practice of the Inner Steel Technique is crucial for our ongoing health and vitality.

High Power Poses

There are 5 High Power Poses. Play with them and find the ones that resonate with you, and don't worry if only one or two feel great to you.

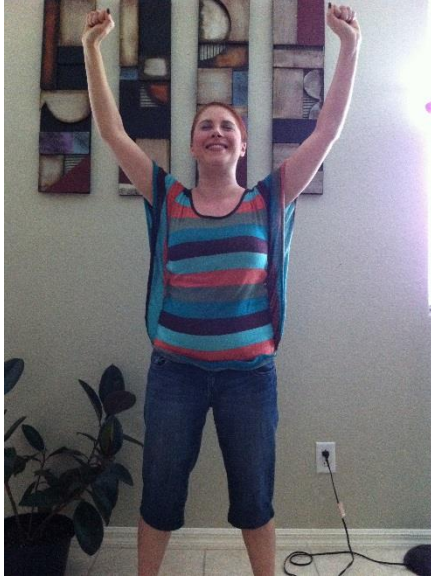
Hold these poses for 5 minutes, twice a day.

You can hold one pose for 5 minutes, switch poses, or play with it however you desire. The only important factor is holding a power pose for 5 minutes.

While holding the pose, think about the topic you chose to focus on. As you hold the poses, your body's physiology will change and your brain will start associating the new, confident feelings with the subject you are thinking about. It works equally well with positive goals and with current insecurities.

If you notice your mind wandering, just bring it back to your topic when you become aware that it's gone astray.

1. Victorious Pose

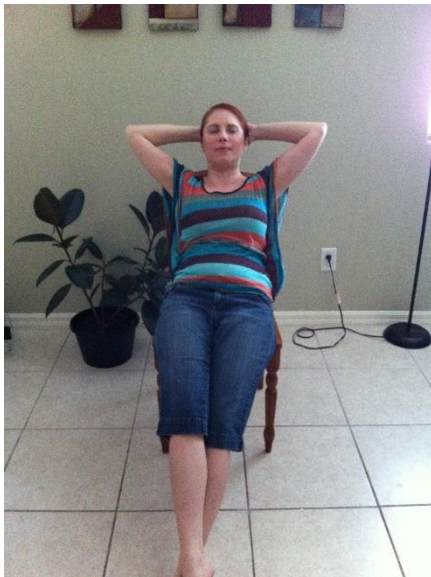


The Victorious Pose is done while standing with your feet a little more than shoulder width apart, hands in the air like you just won the lottery, shoulders relaxed and back and your head held high.

Your neck should not hurt while you hold this pose, so if your neck is hurting, put your head down an inch or two. You want to create an open space.

This will create some excitement, so if you've been feeling tired, this is a good one to help you feel more pep. If, however, you've been overworked and need a more calming effect, this may be one to avoid.

2. Executive Pose



The Executive Pose is done with your fingers interlocked behind your head, elbows out and leaning back. Your ankles are crossed in front of you, though if this is uncomfortable, it's ok to not have them crossed. Your face is directed up toward the ceiling.

Your eyes can be open or closed.

This is the most relaxing of the poses and is a great one to do right before bed. Forty percent of my clients reported sleeping better when they held this pose right before bed.



Just a note: This is NOT a comfortable pose to hold in a wooden chair. It will give your abs a workout.

3. Friendly Executive Pose



Just like with the Executive Pose, you have your legs outstretched in front of you and ankles crossed. Instead of having your hands behind your head, though, you have one arm draped across a chair or couch back. You can have one arm out or both arms out, it doesn't matter.

If you choose to have only one arm outstretched, do NOT put your other arm around your midsection. Your body will become confused and it will diminish the effect.

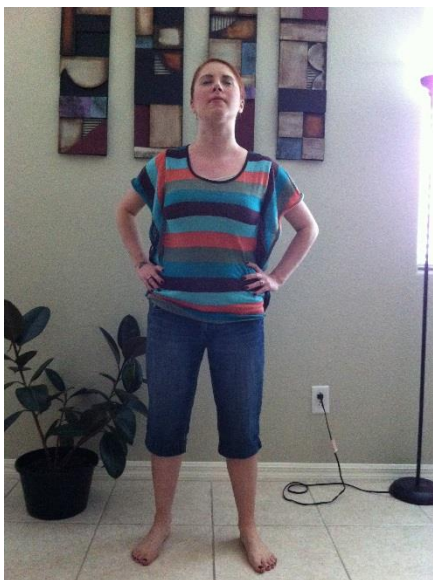
4. Negotiator Pose



IMPORTANT NOTE: While holding the Negotiator Pose, it is SUPER IMPORTANT to keep your shoulders relaxed and down. If you tense your shoulders your body will think there's a threat and it will have the opposite effect that we are going for.

While holding this pose, have one foot in front of the other, both feet pointing forward, shoulders relaxed and down, hands on the table and a forward lean.

5. Wonder Woman / Superman Pose



To hold this pose, have your feet a little more than shoulder width apart, your hands on your hips, shoulders relaxed and down and your head held high.

If your neck starts to hurt, make sure you bring your chin down just a touch.

This is one of the best to do in public, as you can easily sneak off to a restroom and hold it for a minute or two if you're feeling low confidence.



Low Power Poses

The low power poses are the ones that will zap you of confidence, resiliency and personal power. They literally send a signal to your body that you are unsafe, and your body responds by making sure you have plenty of stress hormones so you can outrun the cheetah, your boss, or whatever is lurking in the dark.

Obviously, if a cheetah is actually chasing you, ignore your poses and get to safety. Otherwise, do your best to avoid holding these poses regularly.

We'll talk about what to do when you notice yourself in these poses in the next section, but for now just become aware of these poses. Feel free to go through them so you can FEEL how they shift your energy. (Just don't hold them forever, please.)

1. Closed Off Pose



In this pose, your arms are crossed in front of you and all your extremities are holding in tight to your body. If you are genuinely cold, this pose will help you stay warm. You are holding your internal organs in this pose, so your body believes there may be something "out there" that wants to eviscerate you. So, when you hold this your stress hormones will increase to prepare for a fight or flight response.

If you notice yourself in this pose, just check to see if you are cold or whether you feel unsafe.

If you feel unsafe or slightly anxious and there is no real danger, allow your body to relax and take up more space.

2. Protecting the Jugular Pose



In this pose, your hand is touching your neck, your chin is tucked under and your other arm is possibly covering your stomach or midsection.

When you hold this pose, your body believes you are protecting your neck and jugular from an attack.

This is an especially popular pose to hold in front of the computer, so be vigilant! An easy switch is to move your hand from your neck to your chin.

3. Fetal Pose



In this position, you have your knees to your chest and your arms wrapped around your legs. When you are tucked in like this, your body believes there is a threat. This is one of the poses psychologists look for in children when evaluating possible abuse.

It signals your body that you need to stay small and hide, which will prevent feelings of empowerment and confidence.

Don't worry if you love to sleep in this pose! Simply focus on seeing whether you feel unsafe in the moment or whether it's truly comfortable for you. This is not something to obsess over, but merely something to become aware of.

What to Do When You Notice A Low Power Pose

There's nothing wrong with being in low power poses here and there in your life. Many of my clients find they enjoy sleeping in the fetal position or curled up, and I'm no exception.

The only problem arises when you are dominantly in a low power pose, because that keeps you from experiencing the natural power of your body-mind system. Your body can't feel confident when you are in the low power poses all the time.

When you notice yourself holding a low power pose check in to see if you are genuinely comfortable in the moment.

Do you feel safe?

Do you feel secure?

If the answer is no, relax your body consciously.

If you feel the energy move through your body in a way you enjoy and feel your anxiety release, that's a good sign that you were holding the low power pose out of fear.

The rule of thumb is that if you take up more space, your body believes you are safe.

If you are comfortable and genuinely enjoying the pose, go back to your life and enjoy! 😊

Please play with this! I can't imagine it's wise to hold nothing but high power poses for every second of your life. Your body is designed to move in many different ways, so feel out what works best for you and honor it.

Thank you!

Thank you so much for taking the next steps to be sensitive AND strong.

It is my belief that sensitive people are here to heal the planet, and by learning how to keep your body and mind strong, you will be more effective in all areas of your life.

If you love this, you may love my other work.

Feel free to visit my website at www.spiritualmechanic.com

Sending you love and light,

Erin-Ashley Kerti