



Spiritual Mechanic

REV. ERIN-ASHLEY KERTI

INNER STEEL TECHNIQUE

How To Be Sensitive And Strong
In Just 10 Minutes A Day

Welcome!

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

The Inner Steel Technique 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, Soul Cravings Expert**



“It’s absolutely awesome! Words can’t even describe everything that it’s done. With regard to writing and teaching classes, I feel that this 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, Rock Goddess Reiki**



“It's brought more confidence in my life, which has made it easier to brainstorm inspirational ideas for my business and really step forward and into the power of my authenticity. It's also been a great tool to help calm me into sleep.”

— **Charlene Marie Papastephanou**

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

Hi!

I'm Reverend

Erin-Ashley Kerti.

I'm the founder of Spiritual Mechanic, an online spiritual business devoted to helping empaths and psychically sensitive individuals step into their soul purpose and heal the world.



One of the biggest challenges facing sensitive people has to do with feeling a lack of confidence and empowerment in their lives.

Does that sound like you?

I've helped many people like you conquer those problems so they can feel confident, energetic, and strong — without losing any of the good parts of being sensitive.



Even better, I came up with a technique to make it practically automatic.

I call it the **Inner Steel Technique**.

It only takes 10 minutes a day and it leaves you feeling empowered, confident, and ready to go!

Sound like fun?

Let me tell you about how I created it and why it works.

Why the Inner Steel Technique?

Imagine a world where every person who felt a strong calling to heal the world stood up and heeded the call.

It's a beautiful world, one I imagine every day.

Picture a world where every time YOU felt called by your soul to work on something, you could do it with confidence and a full sense of faith that all is well with the world.

But there's something standing in the way of this world.

Many sensitive people struggle everyday to feel confident and empowered enough to take the actions needed to make this world a reality.



As an intuition trainer and coach, I hear about these struggles in my conversations with sensitives in my programs.

Most of my readings for highly sensitive people would have me saying something like this:

"I'm looking at your solar plexus chakra, which has to do with self-esteem, empowerment, feelings of worthiness, and how you're going after your goals.

"What I'm seeing is that it's a little small. It doesn't look like you feel empowered, even though you have a clear vision of what you want to bring into the world.

"Oh, wait — I see you're intuitive. Yup, this is normal. Sorry."

Of course, I didn't leave them hanging. I showed them exactly what they needed to do to get back in touch with their power.

But it was sad to see the *exact same* energetic pattern in so many of my beautiful, amazing, spiritually called clients.

And as a fellow highly intuitive person who was not immune to those feelings of low self-esteem, helplessness, unworthiness, and feeling flat out *stuck*, I understood.



Having a clear vision of what I wanted to do but feeling too stuck and overwhelmed to *do* something about feels like such a discouraging thing.

I could relate — and I bet you can, too.

I don't want to settle. And I don't want YOU to settle either.

I knew I had to DO something about it.

So I started relentlessly seeking out techniques that might help.

Most things didn't. A few things helped a little.

I kept looking.

Then, research met MAGIC.

I found a scientific proven way to get my physiology to match my spiritual vision.

Finally, my physical body could work in sync perfectly with my spiritual body.

I can't even describe with words how excited I was!

I taught the technique to some other sensitives and empaths who practiced spiritual work. I wanted to see if it could help them, too.

Sure enough, it did!

I knew I was on to something.

And here's the best part...

This technique takes only 10 minutes a day.

Seriously.

Five minutes. Twice a day.

And it's not even hard work.

Better yet, you can do it anywhere, whether you're in the comfort of your own home, or you're out and about and duck into a public restroom for a few minutes to do it.

You can even teach your kids and have them follow along.

(I haven't managed to teach it to my cats yet though.)

All you have to do is strike a pose for five minutes while thinking about a goal or an insecurity.

Your body does the work for you because it can not maintain your usual feelings of frustration and low confidence while you hold the pose.

(Unless you're being chased by a cheetah or something. But I wouldn't recommend that.)

So when you combine the pose with focused thoughts on your goal or insecurity, you rewire your physiology to associate the new feeling of confidence and empowerment with your goal or (now cured) insecurity.

What's the catch?

If there is one, here it is...

You must do it consistently.

Just like brushing your teeth.

Five minutes.

Twice a day.

Every day.

How to use the Inner Steel Technique

Implementing the Inner Steel Technique in your life is a pretty simple process.

I boiled it down to the following six steps.

- 1) Choose a goal or insecurity you would like to fill with feelings of confidence, self-esteem, and power.
- 2) Set a timer for five minutes.
- 3) Strike a pose.
- 4) Breathe meditatively while relaxing.
- 5) Think about your goal or insecurity.
- 6) Relax and let the process unfold.

Not bad, huh?

I'll break down each step starting on the next page.



Step #1: Choose a goal or insecurity.

Simply choose a goal or insecurity you would like to fill with feelings of confidence, worthiness, and empowerment.

Like I said, it can be either a goal (something you want to have or experience) or an insecurity (something you've been struggling with and don't want to experience).

Because your body can't remain in an insecure or anxious state while holding the pose, either a goal or insecurity will work.

(I keep talking about the poses — I promise I'll show you the exact poses soon. You're not supposed to know what they are yet. For now just know that they're easy to do and you'll hold a pose.)

As you hold the pose and think about the goal or insecurity you chose, your body will begin to experience confidence and power around that subject.

It ends up being kind of like lifting weights. As you practice it several times over the course of days, weeks, or months, it gets better and better.



You rewire your entire body-mind system in a way that has you feeling confident and energetic without losing the good parts that make you, you!

Your whole sense of being becomes conditioned to associate these good new feelings with whatever thought you hold while in that pose.

And it works on *anything*!

No matter what subject you pick, the pose can help.

So pick a goal or insecurity you want to work on and prepare to make it a habit to get the best results.

You'll be on your way to feeling sensitive and strong!

Step #2: Set a timer for five minutes.

This one is self-explanatory.

Set a timer for five minutes using an app on your phone or computer (or whatever works for you).

It's best to use a timer as opposed to trying to keep track of time on your own.

Without a timer, you'll distract yourself watching the time instead of focusing on relaxing into the pose. That would be counterproductive!



Step #3: Strike a pose.

You have a couple options here.

You can choose to hold just one of the five high power poses.

Alternatively, you can switch between poses as you go.

You might want to play around with different possibilities to see what feels best to you.

It's possible that different poses will work better for you with different goals, insecurities, and situations.

I'd encourage you to hold just ONE pose when you're first getting started – but trust your body!

Step #4: Breathe meditatively while relaxing.

This means relaxing your shoulders down and focusing on the feel of your breath in and out.

Breathe from your belly rather than your chest.

Allow your lungs to fill comfortably with air. (Don't make it feel like you're gonna pop.)

Important note: Allow yourself to relax fully BEFORE you start thinking about your goal or insecurity.

It's crucial to get yourself feeling relaxed and comfortable FIRST so that you can bring that energy to your goal or insecurity.

That way, when you bring the goal or insecurity into your focus, you'll be doing it from a place of confidence and peace.

Step #5: Think about your goal or insecurity.

Once you feel relaxed, gently turn your mind to your goal or insecurity.

Please allow this process to unfold organically — don't force it!

If your mind wanders a bit, it's fine. It's normal for it to happen.

Just bring your attention back to your goal or insecurity when you notice it wandering.

Step #6: Relax and let the process unfold.

While I laid out my advice above, I encourage you to trust yourself during the process and do what feels right.

If that means thinking about nothing during your pose, do that instead.

If three minutes feels better one day, listen to your body and do three minutes.



Trust that what feels right to you is exactly what you need to be doing.

Don't sweat "getting it right!"

I'd much rather hear that you played around with the technique and found a different way that's perfect for you.

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 ten minutes, twice a day — and they loved it!

While most people choose to follow the exact process I outlined here, your mileage may vary.

Feel free to make changes based on your unique needs and desires!

The Science Behind the Poses

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

She found that holding some poses supercharged our feelings of confidence, power, and resilience.



Other poses had the exact opposite effect. They undermined those good feelings.

So the idea is to do more of the GOOD poses.

I call them the **High Power Poses**.

These High Power Poses send signals of safety and security to your amygdala, a part of the brain that converts fight or flight responses. Your amygdala then tells your adrenal glands (the stress glands) to ease up on the stress hormones cortisol, aldosterone, and adrenaline.

The amygdala and adrenal glands are important parts of a functioning body, but sometimes they can get a little out of control. After all, our bodies didn't evolve specifically for the 21st-century world we live in. As a result, they can use a little extra help from us. That's where the poses come in.

As sensitive souls we're extra wired to have active amygdalas and adrenal glands, which means we're more sensitive to disturbances in our environments than the average person.

That being the case, regular practice with the Inner Steel Technique can be a crucial component for experiencing ongoing physical and spiritual health and vitality.

Introducing the High Power Poses

There are five **High Power Poses**.

I suggest you play with them all to see which ones most resonate with you. If only one or two feel good to you, don't sweat — you only need one!

Hold your pose(s) of choice for five minutes, twice a day.

You can hold one pose the whole time.

Or you can switch between poses.

It's up to you.

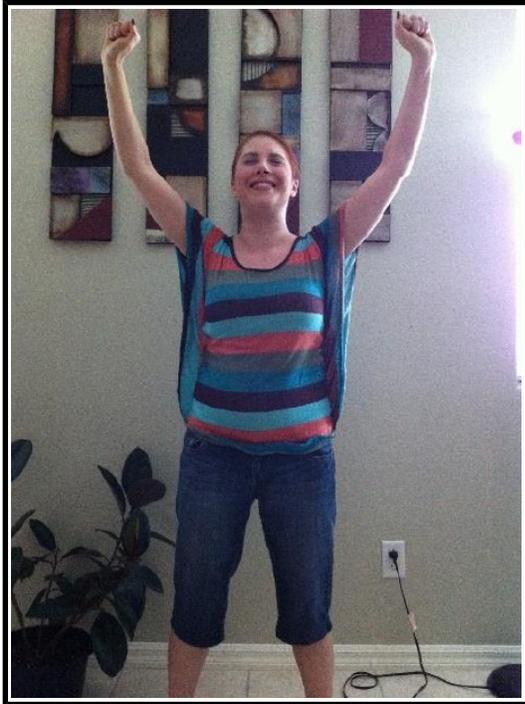
The important part is holding one or more poses for five minutes.

Use the following poses according to the six steps of the Inner Steel Technique I introduced above.

See the first one on the next page!



1) Victorious Pose



How to do the Victorious Pose:

- a) Stand with your feet a little more than shoulder width apart.
- b) Hold your hands in the air (like you just won the lottery).
- c) Relax your shoulders back.
- d) Hold your head high.

Your neck should not hurt while you hold this pose. If your neck feels like it's hurting or uncomfortable, put your head down an inch or two. You

just want to create an open space.

The Victorious Pose is a particular good fit if you feel tired and want some more pep — this pose creates some excitement!

If you're looking for a more calming pose, read on. Another pose might be a better fit.

2) Executive Pose



To do the Executive Pose:

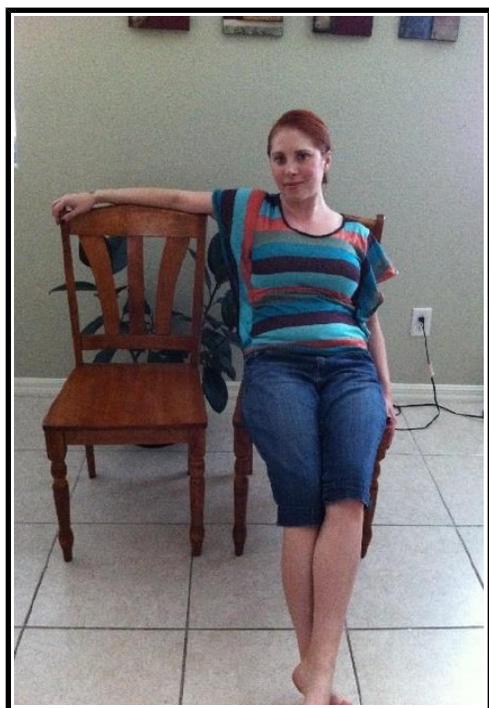
- a) Interlock your fingers behind your head. Elbows out.
- b) Lean back with your legs outstretched.
- c) Cross your ankles in front of you. (Unless it's uncomfortable. Then don't do it.)
- d) Direct your face to face the ceiling or sky.

Your eyes can be open or closed.

This pose is great if you're looking for something relaxing, especially right before bed. 40% of my clients reporting sleeping better when they held this pose before falling asleep. Try it!

As a side note, I wouldn't recommend doing this pose in a wooden chair — not unless you want a real ab workout!

3) Friendly Executive Pose



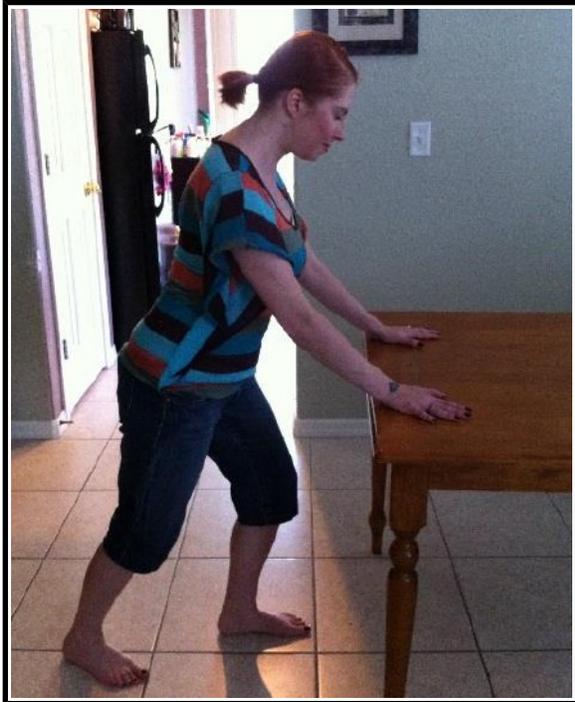
To do the Friendly Executive Pose:

- a) Lean back with your leagues outstretched. (Just like with the Executive Pose.)
- b) Cross your ankles in front of you. (Unless it's uncomfortable. Then don't do it.)
- c) Drape one arm across a chair, couch back, or something similar.

You can have one arm out or both arms out. It doesn't matter.

Avoid putting the second arm around your midsection. It will confuse your body and diminish the positive effect if you do.

4) Negotiator Pose

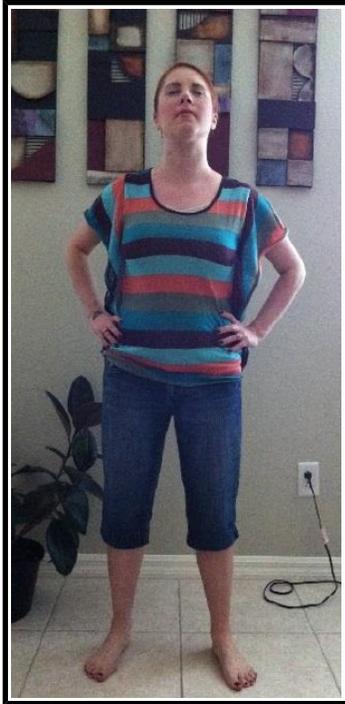


Negotiator Pose instructions:

- a) Put one foot in front of the other, with both pointing forward.
- b) Keep your shoulders relaxed and down.
- c) Place your hands on a table or other flat surface (preferably around waist level) and lean forward.



5) Wonder Woman/Superman Pose



To do this heroic pose:

- a) Stand with your feet a little more than shoulder width apart.
- b) Put your hands on your hips.
- c) Keep your shoulders relaxed and down.
- d) Hold your head high. (If your neck starts to hurt, lower your chin a little.)

This pose is easy to do in public, as you can easily sneak away to a place like a restroom and hold it for a couple minutes if you need a quick boost.



To recap the Inner Steel Technique

Once again, here are those six steps:

- 1) Choose a goal or insecurity you would like to fill with feelings of confidence, self-esteem, and power.
- 2) Set a timer for five minutes.
- 3) Strike a pose.
- 4) Breathe meditatively while relaxing.
- 5) Think about your goal or insecurity.
- 6) Relax and let the process unfold.

And that's it!

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

I believe that sensitive souls are here to heal the planet.

That means you AND me!

By learning how to keep our bodies and minds strong, we can be more effective throughout our lives and in helping one another.

In love and light,

Rev. Erin-Ashley Kerti

P.S. Write to me with your Inner Steel Technique results at ea@spiritualmechanic.com.



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