
AUDIO COMPANION GUIDE

The Trigger Reset

Interrupt the loop. See the pattern. Choose differently.

Includes 2 Guided Audio Practices

Rapid Reset · 4 Minutes

Full Pattern Reset · 9 Minutes

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Welcome, Beloved

You've done the mantras. The reframes. The journaling. But the current keeps pulling you back.

That's not because you're doing something wrong. It's because activations require a somatic reset — a return to safety in your nervous system before cognitive tools can work.

These two guided audio practices meet you exactly where you are.

Your Two Pathways

Rapid Reset - 4 Minutes

For acute activation moments. When you're spiraling, triggered, or caught in the loop — this brings you back to center quickly. Use this in real-time.

Full Pattern Reset - 9 Minutes

For deeper integration and transformation. When you have sacred space to witness the pattern, name it, and shift your relationship to it. This is where lasting change begins.

01 Rapid Reset

4-MINUTE GUIDED PRACTICE

When to use this:

- You're in the middle of an activation and need to interrupt the loop
- Your nervous system is dysregulated and you need grounding NOW
- You're about to enter a challenging conversation or situation
- You need a quick return to center before making a decision

How to use it:

Find any space where you can pause for 4 minutes — even a bathroom, your car, or stepping outside. Put on headphones if possible. Press play and let my voice guide you back to safety.

This practice will bring you from activation to baseline. It won't solve the underlying pattern, but it will give you the stability to choose your next step consciously.

"The Rapid Reset is your anchor in the storm. Use it as often as you need."

02 Full Pattern Reset

9-MINUTE GUIDED PRACTICE

When to use this:

- You have sacred space to go deeper into a pattern you keep experiencing
- You're ready to shift your relationship to a trigger, not just manage it
- You want to discover what the activation is trying to teach you
- You're building a daily practice of nervous system regulation

This practice guides you through 4 sacred steps:

- 1. BREATHE + ANCHOR**
Ground into your body through breath and bilateral tapping
- 2. WITNESS + NAME**
See the pattern without judgment, name it with compassion
- 3. RETURN TO SAFETY**
Regulate your nervous system back to baseline
- 4. INVOKE THE LIGHT**
Connect to Source energy and sacred protection

This practice doesn't just calm you down — it begins to rewire your response to the pattern. Over time, you'll notice the activation has less power, and you have more choice.

"The Full Pattern Reset is where transformation lives. This is your invitation to freedom."

Stop the Loop

A quick reference when you need it most

1

BREATHE + TAP

Cross your arms in a butterfly hug. Tap your shoulders gently. Inhale deeply. Exhale slowly.

2

SAY IT OUT LOUD

"This is happening. I see it. I don't have to fix it — I just need to name it."

3

FEEL SAFETY RETURN

Repeat: "All is well now. I am safe now." Let your jaw and shoulders soften.

4

IMAGINE THE LIGHT

See a beam of light filling your body. Whisper: "I am one with the Light. The Light and I are one."

Do this often. Over time, you'll begin to catch the pattern as it's forming — and choose differently.

Spot the Loop That's Running You

A Pattern Awareness Quiz

Answer honestly. There are no wrong answers — only insights.

1. In relationships, I often find myself...

- A. Silencing myself or feeling invisible
- B. Getting defensive or pulling away
- C. Attracting the same type of unavailable partner
- D. Over-giving or trying to 'fix' the other person

2. With money, I usually...

- A. Feel constant anxiety about not having enough
- B. Self-sabotage when things finally improve
- C. Work hard but still feel like I'm not moving forward
- D. Swing between feast and famine

3. When stress hits, I...

- A. Collapse and feel powerless
- B. Push harder and ignore my own needs
- C. Numb out, avoid, or distract myself
- D. Blame myself and spiral into shame

Continue on next page...

4. The thought I catch myself repeating is...

- A. "I'm not enough."
- B. "I can't trust anyone."
- C. "There's never enough (time, money, love)."
- D. "I should be further along by now."

5. When something good happens...

- A. I wait for the other shoe to drop
- B. I feel like I don't deserve it
- C. I overwork to keep it going
- D. I can't fully enjoy it because I expect it to end



Scoring Results

Mostly A's → The Worthiness Loop

Your patterns may be rooted in feeling unseen or not enough.

Mostly B's → The Protection Loop

Your patterns are linked to guarding yourself — defensiveness or mistrust.

Mostly C's → The Scarcity Loop

You may be caught in "never enough" — money, time, or energy.

Mostly D's → The Shame Loop

Your cycles may carry self-blame or constant pressure to be better.

This is a starting place, not a final answer. Many people have a mix of patterns.

After Your Practice

Integration prompts for deeper awareness

What shifted in my body during the practice?

What did I become aware of that I couldn't see before?

What does this pattern want me to know?

If this pattern were a messenger, what might it be trying to protect me from?

The Rapid Reset brings you back to safety in the moment. The Full Pattern Reset begins to transform the pattern itself.

Both are sacred. Both are necessary.

What Comes Next

You've interrupted one loop. You've glimpsed the pattern. But here's what most people don't realize:

The patterns that trigger you most consistently are not interruptions to your life — they are your soul's curriculum.

Everyone carries 3-4 foundational wounds. Not mistakes. Not damage. Curriculum — lessons you came into this life to learn.

And when you discover yours, something shifts: the pattern stops running you, and starts working for you.

Ready to discover where your energy is actually flowing?

Take the Devotion Diagnostic →

shantilleone.com/diagnostic

A free 3-minute quiz that shows you your primary devotion pattern

Thank You, Beloved

You brought light into a place that once felt heavy. That alone is sacred.

If today gave you even a glimpse of what's possible, imagine what discovering your full devotion pattern could offer you.

Whenever you feel the call, I'm here.

With love and clarity,

Shanti

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