

# SAFETY

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## RESET

A SELF-HEALING NERVOUS SYSTEM  
PRACTICE FOR RELEASING DEFENSE  
AND RETURNING TO PEACE



by ANGEL DIMITROV



*Holistical Method*

# SAFETY RESET

A Self-Healing Practice to Calm and Rewire Your  
Nervous System

By Angel Dimitrov | Holistical Method™

## INTRODUCTION

You're not flawed; you're just going through a tough time.  
You're not self-sabotaging.  
You're surviving - precisely the way your body learned to.  
That overreaction? The freeze? The shutdown?  
They're not flaws. Their protection patterns are born from pain.  
But you're not there anymore.  
This is now. This is safe.  
It's time to teach your nervous system a new truth:  
You are no longer in danger.  
This practice will help you meet the part of you that's still protecting -  
and guide it gently back to peace.

Follow for daily healing tools, energy resets, and  
conscious awakening.



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## **1. Recognize the Pattern**

Sit still.  
Close your eyes.  
Come home to your body.  
Ask:  
"How is my nervous system protecting me right now?"  
Let whatever arises... arise.  
A tight chest.  
A racing thought.  
A numb limb.  
A weight you didn't realize you were carrying.  
Just notice.  
That's your body keeping watch.

## **2. Thank the Protector**

Place one hand on your heart and the other on your belly.  
Take a breath.  
Say softly:  
"Thank you for protecting me.  
I understand why you showed up.  
But I'm safe now."  
You're not erasing the defense - you're honoring it.  
That's how it begins to let go.

## **3. Tap Into Safety**

Gently tap your chest or forehead.  
Inhale through your nose.  
Exhale slowly through your mouth.  
Whisper:  
"I am safe now.  
This is a new moment.  
I am allowed to rest."  
Let your body hear it. Let it believe.



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#### 4. Reprogram the Response

Ask yourself:  
"What do I need right now instead of protection?"  
Maybe it's...  
Trust; Rest; Boldness; Openness.  
Then say:  
"I welcome [your word] into my body.  
I no longer need to brace - I choose to receive."  
Breathe that word in.  
Feel it fill the space where fear once lived.

#### 5. Anchor the Shift

Place both hands over your heart.  
Breathe into stillness.  
Affirm:  
"I am not my fear.  
I am not my defense.  
I am free to live in peace."  
Stay here a while.  
Let your body remember what safety feels like.

#### Closing Line

Your nervous system doesn't need to be silenced.  
It needs your presence. Your compassion.  
And your permission to begin again.

Comment "**SAFE**" if you're ready to reset the way you protect yourself.

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# The defense has dropped. Now rebuild safety from within.

This guide brought your nervous system back to the present. The Extended Edition gives you the complete repair system, deeper vagal reset sequences, somatic safety-anchoring protocols, and a guided meditation to teach your body that the threat is over.

Safety isn't something you find.  
It's something you rebuild one breath at a time.

GET THE EXTENDED EDITION — 9,99 €

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