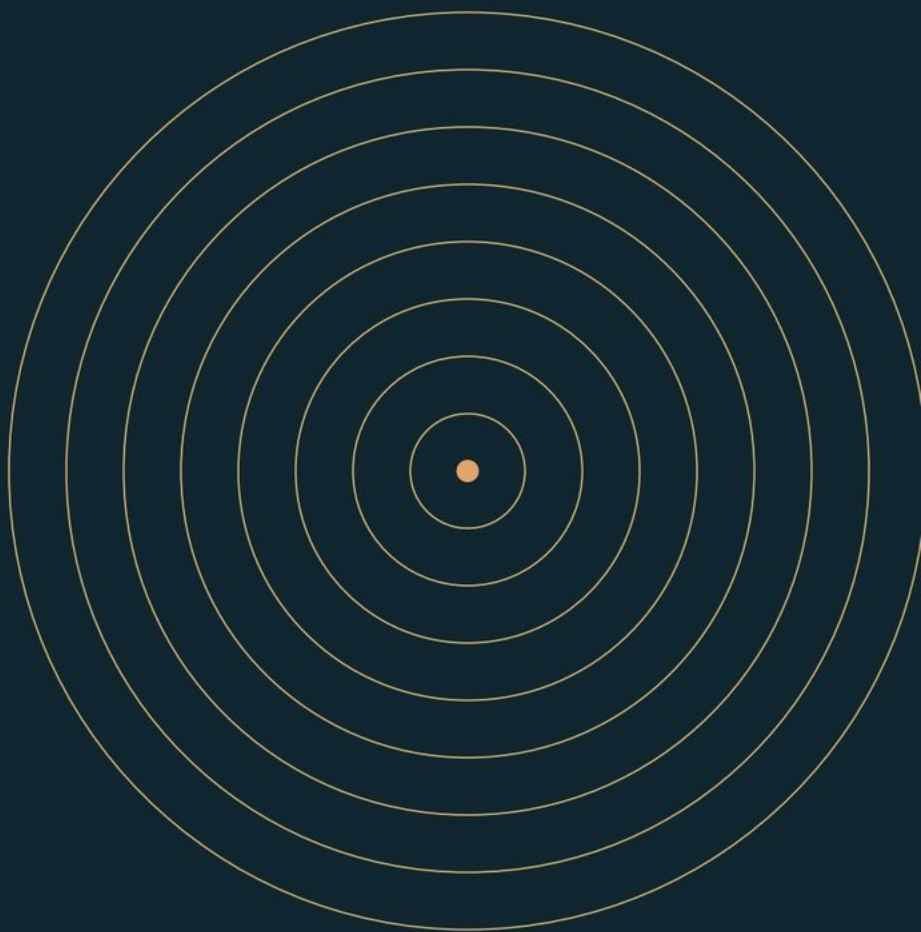


THE

Quantum *Shift*

Workbook Volume 1:

Rewiring your nervous system &
uncovering your natural genius



Dr. Ben Rotman

Quantum Shift

The Workbook, Volume One. First edition, 2026.

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A note on care

This workbook is educational and reflective in nature. It is not a substitute for medical, psychological or psychiatric care, and nothing in it is intended to diagnose or treat any condition. If a practice here brings up something that feels like more than you can hold on your own, please reach out to a qualified practitioner. Asking for support is part of the work, not a departure from it.

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How to Use This Workbook

Read → Reflect → Practice → Notice → Continue → Integrate → Return

1

Move through one chapter at a time

Each chapter combines teaching, reflection, practice, a client story, and signs you might notice. Read the full chapter, pausing whenever you are invited to write, breathe, or listen to your body. The stories are examples, not outcomes you are expected to reproduce.

2

Let the practices become part of your life

Complete the chapter's reflection or practice before moving on. Then carry one idea or practice into your daily life. Notice the shifts and keep practicing.

3

Use the Between Sessions practices as a library

The Between Sessions section begins on page 35 and contains six short practices organized around four movements: Discover, Unwind, Transform, and Integrate. You do not have to wait until the end of the book to use them. Choose whichever practice matches where you are, and return to it whenever it feels useful.

4

Complete the Integration Journal after your first pass

Once you have read all five chapters, move through the five rounds of the Integration Journal beginning on page 45. Each round corresponds to one chapter and helps you revisit the material from where you are now. Complete them in one sitting, over several days, or over several weeks. You may run out of space, in which using external pages of your own, or a computer may be helpful.

5

Go at your own pace and rhythm

Nothing here is graded. A short answer is a complete answer, and an empty line can tell you something too. Do not censor your thoughts or force a breakthrough. Bring honesty, curiosity, and grace with you. Return to any chapter, practice, or question as often as you need.

Author's Note

Dear reader, thank you for dedicating time to your own evolution.

My hope is that you finish this book with a few more tools than you started with, and a clearer sense of how you can gracefully move through your life.

Most of what I do in practice is help people organize their energetic input and output so they can live a more enjoyable and meaningful life. I help people to stop spending so much energy holding themselves back from the best version of themselves. I wanted to gather some parts of that, that you can do on your own, without me, into one place.

My greatest joy in this work is watching someone deepen their trust in their own intuition. In my experience, decisions made from that place, big or small, tend to drive people down into a thriving life.

The fact that you are here says something. Some part of you has said yes, more than once, to your own curiosity about your life, and to the sense that there is a fuller way of living available to you.

What I have noticed with clients over the years is that the steadiest changes tend to come when someone keeps saying yes to their gut, and to letting the unfolding take the time it takes. Patient curiosity, rather than a forceful pushing.

And each step you take in that direction creates vibration leadership, and gives other people permission to do the same. That ripple is what I have come to call a quantum transformation.

Every step forward takes some courage, and I have watched thousands take that courageous journey. I've watched people meet their life a little more openly, and then the people around them start to move differently too. I've watched patterns of limitation that ran through whole families begin to loosen this way, one person at a time. So thank you for doing this work.

And with all of that said, welcome to your Quantum Transformation journey.

Three themes hold this book together

The nature of transformation

What it means to shift at every level of your being, and how transformation tends to unfold in stages. A gentle road map in five chapters and three stages, and how energy moves through your system as change takes hold.

Recognizing and clearing blocks

How to identify the patterns, beliefs and imprints that may have limited your available energy, and practices to release them gently, opening space for new possibilities.

Aligning and sustaining change

Tools to stabilize your shifts, nurture your nervous system, and remain attuned to the higher version of yourself that is emerging.

What I hope you begin to experience

- Accessing higher energy states without burnout
- Dissolving emotional patterns that block clarity
- Aligning with your next level self in thought, action and embodiment
- Anchoring sustainable change, not just breakthrough moments

Before you turn the page, one question to carry into Chapter One: **where in your life are you currently trying to force a change?**

Transformation time.

FROM FORCE *TO FLOW*

This chapter maps out three stages of transformation, and introduces you to living from flow instead of force.

A note on terms: when I say your energetic field, I mean the felt sense of your own state. The body does produce measurable electrical activity, but I use the phrase loosely rather than technically.



Over the years of working with thousands of people, I have seen that transformation most commonly unfolds in stages.

I hold strongly to the chiropractic healing philosophy, which like many holistic modalities emphasizes that health comes from empowered adaptation. Rather than removing sickness from the body, vitality comes from strengthening your ability to stay flexible to whatever arrives, physically, emotionally, mentally or spiritually. Whether you are under care with me or journeying on your own, I hope these pages support the shifts of your own metamorphosis.

Early on in my care, I find there is often a noticeable shift, and people describe it in similar ways, being that the mind feels clearer, the body lets go of some tension, and things generally feel lighter. I talk about this as free energy becoming available, which is experiential language rather than a physiological claim.

1

Discovery: energy becomes available

In the first few weeks of care the changes clients notice are often subtle felt shifts: “the negative thoughts I have aren’t swirling as much as they usually are,” or “I’m finally sleeping through the night.” I read these as signs the system has some energy to spare and is reorganizing toward something more coherent.

The practice for this stage: Where It Lives, page 36.

2

Unwind: older material comes up to be seen

Old habits, patterns or relationships may surface, and some of them start to fall away on their own once you stop feeding them. Sometimes that feels like liberation. Sometimes it is heavier, and sadness, frustration, anger or grief arrive with it. My read is that something long dormant is asking for reflection and integration.

The practice for this stage: Breathe and Thank, page 38.

3

Transformation: your essence shines through

You may notice you are leading with your heart more often, and that authenticity, clarity and creativity come more easily. Each round of this seems to bring more of you online.

The practice for this stage: The Tuning Fork, page 39.

Why I use the word “quantum”

I want to be upfront about this word. I use “quantum” as a metaphor for change that is not linear or proportional. I use it to signify that a small internal adjustment can alter a long series of later choices. This workbook is concerned with that as a lived experience, not with using quantum physics as proof of a healing mechanism.

Most of us inherited a more mechanical story about change. We've been taught to experience life as a machine where everything is governed by cause and effect, results occur in proportion to the effort you put in. That story is genuinely useful, and it is also wrong on many accounts, because it says that whatever is not moving through simplicity and synchronicity has not been pushed hard enough yet.

The shift I am pointing at is smaller and *stranger* than that. It's a cause and effect where you create change and later you notice you are making different decisions that have altered the trajectory of your life. The cause can feel spontaneous, even a bit magical, and it is usually the result of subtle shifts in your being.

FORCE

Bending life to your will

Effort, control, holding a shape in place. Change is something you manufacture, and it tends to cost most of what you have.

FLOW

Working with what's available

Finding open doors and pathways instead of forcing, so change starts moving through you. Far less energy gets spent on the same distance.

However you see the world, you will still need to chop wood and carry water. What changes in flow is how much of you the carrying takes.

And if you are struggling to shift, it is rarely for lack of effort. More often there is not much spare energy in the system yet, which is what the rest of this book is for.



Where am I starting from?

Before we make any big shifts, let's mark the ground you are standing on now. Sit comfortably and take three slow, deep breaths. Then answer honestly rather than aspirationally.

Right now, how much of my life feels like I'm forcing it?

Circle one. 1 is pure force, 10 is pure flow.

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Where in my life am I currently pushing?

Where does life already feel easy, and where is flow already available to me?

If I had noticeably more energy available to me, what would I change about my life?

This is what chronic forcing looks like in a life that appears to be working.

There is a man in my practice in his early forties who owns a growing business. Let's call him Arthur. From the outside, everything in his life is working. He is financially comfortable, productive, purposeful, responsible and capable. He also grits his teeth and pushes hard through every single day.

His jaw is tight most of the day and his mind is always moving. His calendar is optimized down to the minute. He wakes up already thinking about what has to happen next, and even vacations somehow become another thing to manage.

He has been pushing for so long that he no longer recognizes it as pushing. It is simply his baseline for being alive.

In his second session, fifteen minutes into being on the table, I watched his breath finally slow down and his body go quiet. Afterward he told me he sat in his car for five minutes, doing nothing, before driving away. There was nowhere he needed to rush to and nothing that needed solving.

At dinner that evening his partner commented on how much more present he was with her. What he told me later was close to this:

“I don't think anything in my life actually changed today... it just doesn't feel like I'm pushing a boulder up a hill anymore.”

What you might notice

Small things people tend to notice long before anything outside them looks different.

- Your breath drops lower without your direction
- A pause occurs before you react
- You notice how much effort a normal day takes
- Your jaw or shoulders naturally soften
- Rest stops feeling like something you have to earn
- Ordinary moments become enjoyable again

RECOGNIZING & *UNDERSTANDING PATTERNS*

Awareness shines a light on protective patterns, loosens their grip, and creates space for conscious choice.

When resistance keeps showing up in the same places, there is usually a pattern at play.



The first step in true transformation always begins with awareness.

The patterns that shape your life show up in your thoughts, your emotions, your behavior and even the postures you hold. One way to understand them is as learned responses your system practiced so many times that they became automatic. A few were chosen, but rather have been unknowingly absorbed, often long before you could make sense of them.

From an energetic perspective, patterns are like deeply worn ski tracks on a mountain that you keep going down. They're loops, and you'll continue going down the same path until they're brought into the light of awareness. When left unseen, they repeat themselves in relationships, in daily choices, and in persistent challenges in the body.

AN EXAMPLE

Have you ever noticed a close friend that keeps dating the same archetype of person? They're truly looking for love, but they get frustrated and can't figure out why these relationships don't work. They stay in the same pattern, and date the same people over and over and keep the same struggle of worthiness. They'll tell you "I just keep dating people who are no good for me." It's a telltale sign of a deeper unconscious pattern (a blind spot) replaying itself. They'll keep going down the same ski slope until they're aware of it, and able to consciously create a new one.

Here is my compassionate truth about patterns: they are not your enemy. Many of them began as protection. A guarded heart once kept you from more pain than you could hold. Hypervigilance may have helped you read a difficult situation at home before you had any other options. Not every recurring habit or ache is a stored adaptation, and it is worth staying curious rather than assigning a cause to everything. But often enough, what looks like a flaw started out as something that helped.

What once served as protection may not be needed now. When we are aware and ready, we take the lesson and let the rest go.

Patterns are not permanent

Seeing one clearly is what begins to shift it. Awareness loosens the grip, and that space is where choice lives. From there you get a decision: stay in the pattern you can now see, or step through the door it was standing in front of.

Each time a pattern comes up in daily life, take a moment to pause. Give yourself the space to respond before you react. Even the smallest shift in awareness, whether pausing instead of reacting or softening instead of tensing, creates a ripple of transformation, freeing energy in your system for change.

And it is worth zooming out. When you interrupt an old pattern you are not only reshaping your own life; the people around you get a different version of you to respond to. Sometimes what loosens is something your family has been handing down for generations.

Every time you pause before you snap back, you give yourself the opportunity of choice. Choosing ease over struggle will lead to a greater outcome.

In most cases you cannot release what you cannot see. As you walk this, shame and judgment tend to lose their jobs. Both are survival strategies, and both attempt to keep you safe. Let them go gently, and notice if the same grace shows up when you watch someone else stuck in their own pattern.

Inviting awareness in

Do this before you write. Take your time, because the writing on the next page comes out of it.

- 1** Sit comfortably. Place one hand on your heart and one on your belly, and breathe slowly. Close your eyes if you want to drop deeper into your body.
- 2** Ask yourself: *What patterns are showing up most often in my life right now?* Just note what arises. Sit with it. Memories, emotions, a sensation in the body. There's no need to judge or analyze. Stay in the seat of the observer.
- 3** When you feel ready, open your eyes and take what came up onto the next page. Write freely.
- 4** When you finish, close your eyes again, hand on your heart, and take one or two slow, deep breaths. Gently tell your body: *Thank you. I am ready to choose differently.* A gentle smile helps here more than you would expect.

Try this next time

Put your hands somewhere else, both hands over your throat or your solar plexus, and see what arises. Note the difference here:

What situations in my life seem to be repeating?

What emotions come up most often in these situations?

Where do I feel these emotions in my body?

If this pattern/patterns had a voice, what might it say it is trying to protect me from?

Preemptive stress from an unsent email.

A client in her thirties worked in a demanding professional environment. She knew that something as small as a short email from her boss could drop her into an anxious state. She described it as someone suddenly setting a weight on her chest. Her stomach would drop and her mind would race to find whatever she had done wrong.

She would replay conversations in her head and prepared for the worst, assuming something bad was around the bend at all times.

For a long time she assumed the problem was simply that her workplace was stressful, which to be fair it probably was. But when we looked at it from further out, she started to see the pattern: however much the circumstances varied, her internal response was remarkably consistently on high alert. That can be obvious from the outside. She was standing too close to it, with no spare energy to step back.

That recognition handed some of her power back. Instead of believing every alarm the moment it sounded, she got curious about it, and the larger thing came into view: the job was taking more from her than it gave.

Leaving the job had felt unsafe. Staying had felt responsible. As she stopped overriding her own gut, she began considering possibilities she would have dismissed a few months earlier, and eventually moved into work that fit her better, felt safer in her body, and paid her more.

The nervous system work we're doing together did not magically produce the job. What it did was free up energy to let her notice her own response instead of living inside it, and from there she made a more congruent choice.

The awareness came first, and the empowered choice stayed was hers.

“I stopped silencing the alarm long enough to hear what it was actually about.”

What you might notice

These tend to arrive quietly, and usually in the middle of an ordinary week.

- You catch the reaction as it starts
- The story your mind tells starts to sound familiar
- You recover from a hard moment faster
- Saying no gets easier
- You explain yourself less
- You notice what drains you, and what fuels you

LETTING GO

Like the butterfly effect, small acts of release or integration ripple outward, dissolving resistance and igniting transformation.

What is ready to be released?



One small shift inside a person can change more than seems reasonable.

Think about the butterfly effect: the idea that a single movement of air from a butterfly's wings can ripple outward and contribute to something far larger than itself. In a life, that looks like a single insight quietly changing the direction of everything after it.

One belief that many of my clients carry is *asking for help makes you weak*. It is a small sentence and it shapes a great deal. The moment someone sets it down and actually reaches out, they find out something they could not have reasoned their way to: most people are glad to be asked.

This is what I mean by a quantum transformation. Not a guaranteed outcome, but one internal adjustment that can change how you feel, how you meet people, and what you let yourself consider possible.

WHERE WE ARE IN THE MAP

Awareness was the first stage. Now we turn to the second: **release**.

Letting go without force

Most of us move through the day reacting, without much sense of what is shaping the reactions. Underneath the experience there is a set of learned responses that touches everything from your posture and your breath to how quickly you recover from a hard conversation. Some of them support you. Others keep you circling stress, fear or doubt.

When things get stuck, pressure builds, the way it does in a hose with a kink in it. It can show up as tension that will not leave, a shorter fuse than you want, or a persistent sense of being out of step with your own life. Awareness tends to take some of that pressure off.

Awareness is only the beginning of the process, but true transformation requires either the release or the integration of these pathways. Release is not about force or rejection, because that's acting from the vibrational qualities of shame and fear. It's about meeting what arises with loving compassion, noting at the same time, love can also mean setting boundaries and letting go, which reminds these patterns they don't need to stay any longer. Simply acknowledge them, offer gratitude, and give yourself grace as you transform.

Release can take many shapes in the body

A long sigh

A big stretch

Watering eyes

A wave of warmth or cool

A smile

Sudden stillness

Laughter

Goosebumps

Queasiness

Feeling lighter

Anger becoming clarity

Sudden tiredness

A spontaneous yawn

Your system knows a good deal about letting go when it is given space and enough energy to do it.

I see you. Thank you. You can rest now.

Close your eyes. Bring to mind a pattern you recognized in the last chapter.

Notice where it lives in your body. I usually visit the belly, the heart or the throat, but go wherever you feel called. Place your hand gently on that area and breathe slowly into it.

WITH EACH EXHALE, SPEAK INWARDLY

I see you. Thank you. You can rest now.

Or try one of my favorites, from mindfulness expert Sharon Salzberg: *may you be safe, may you be happy, may you be healthy, may you live with ease*. Or make up your own, whatever feels most congruent. Stay with this for a while, and allow sensation, emotion or silence to unfold naturally.

My own words:

What pattern did I bring, and where did it live in my body?

What did my body do as I breathed into it? What am I ready to thank and release?

Be graceful with release. This is a practice more than a singular event. Each pattern you integrate reshapes the trajectory of your life and the collective field of everyone you're entangled with. Your transformation in a sense becomes an offering.

Tony spent years trying to get rid of the tension, and never stopped to ask what it was carrying.

Tony arrived in my office after years of intense neck and upper back pain. He had run through everything. Stretching, physical therapy, massage, different pillows, exercise, mobility work, traditional chiropractic. He met every version of care with the same question. *How the hell do I get rid of this?*

Before our first session I offered him something I do with a lot of clients. Instead of talking about the tension, we mapped his life on a whiteboard. Work. Family. A relationship ending. Financial responsibility. Caring for his kids. A parent's illness. Expectations. Years of being the one who held it all together without much support.

As the pieces filled the whiteboard he stood there and looked at all of it, and the tension started to have context. I will say plainly that the weight had been heavy enough that there were stretches where he wondered how much longer he could carry it. If you recognize yourself in that sentence, please tell someone, and let a doctor or therapist be part of what holds it. This work belongs alongside that kind of care, never in place of it.

For years he had read his own struggle as evidence that something was wrong with him. Seeing the whole weight of it written out at once made room for another reading: maybe his system had been responding sensibly to an enormous amount of load.

I watched his breathing change while he stood there. He let out an enormous exhale and his eyes welled up. The tears were not the breakthrough. The breakthrough was finding out his body was capable of setting some of it down.

“I spent years trying to get rid of the tension. I never stopped to ask what it was carrying.”

What you might notice

Release rarely announces itself. Usually it looks like this.

- Muscles soften
- A tiredness arrives that actually rests you
- Old feeling moves through and passes
- You stop asking what is wrong with you
- You notice some of the weight was never yours
- You have more energy and feel lighter in your body

ALIGNING WITH TRANSFORMATION

Alignment arises when freed energy shifts from the ego's defense into the innate self's coherent flow.

Once something is brought to the light, what can do we do to uplevel?



Awareness and release create space. Alignment is what settles into it.

There is a line often attributed to Einstein about how a problem cannot be solved at the level of thinking that created it. I think of it in terms of bandwidth. It is very hard to solve anything from inside the state that produced it, which is why alignment usually needs some spare energy before it becomes available.

This happens when you have enough available energy for your system to choose coherence over survival. When your energy is occupied by old patterns, the ego will always pull you back toward control, defense and the same looping behaviors. When energy is freed up, your system can reroute it into new pathways that serve your life better. That's when alignment starts to feel far less effortful.

This is something I see every day in my practice, and it's why I moved away from chiropractic centered on pain. Clients so often come in saying, "I know what I should be doing differently to make changes in my life, but I just can't seem to do it." And it's true. It's really difficult to align with your higher choices if you don't have the energy available to sustain them.

Each time your system lets go of an old imprint, releases tension from your body, or breaks down a protective layer, energy becomes liberated. That liberated energy is what fuels you and enables the choice to realign to something new and better. Without it, alignment collapses back into survival. With it, alignment begins to arise naturally in your thoughts, decisions, emotional patterns and physical stature.

How you'll know

Your words start to match your values, and the relationships around you begin to reflect the clarity you're holding inside. On the flipside, you may notice your relationships holding you accountable to your highest alignment.

The ego and the innate self

The ego isn't bad. It's a wonderful structure that helps you navigate and protect yourself in the physical world. The challenge is that it often spends a great deal of energy keeping you in defense.

THE EGO

Overexerts in repetitive patterns.
Spends energy on control and defense. Keeps you in the safe, familiar past.

THE INNATE SELF

The body's deeper intelligence.
Directs energy toward balance, adaptation and coherence with remarkable efficiency.

Think of how your body knows how to heal a cut without any effort from your mind. A cascade of events is triggered by the body's innate healing ability, sending hormones and signals through your system like a team of highly trained firefighters, working to clot, heal and repair, all while your body continues to breathe and digest.

When the innate self is leading, that's when you hit what people call flow states. When ego and innate self are in harmony, your decisions come from a much more easeful and synchronistic place. Relationships will no longer be able to remain in an incongruent state. More than likely you'll only stay aligned with those who honor your truth and resonate with the coherence you're choosing to embody.

Your daily actions reinforce the version of yourself you are stepping into, more than the one you're trying to outgrow. It's less about achieving perfection than creating inherent adaptability in your life. The art of returning to center again and again, no matter how many times life pulls you off balance. With this philosophy, your center keeps upgrading.

FROM PRACTICE

Someone said the biggest change she noticed in care was that decisions stopped taking three days of overthinking.

The Tuning Fork

A take on one of my favorite breathing practices. Part 1: Place both hands on these three spots, one at a time. Breathe into each one, and find which is easiest to breathe into and which feels most difficult.



Throat
Easy / difficult?



Heart
Easy / difficult?



Belly
Easy / difficult?

Part 2: Now place your hand over the spot that was easiest to breathe into and take a deep breath or two. Then move to the spot that was most difficult and breathe into it. Go back and forth, slowly, alternating between the easy and the difficult. Often the spot that was difficult becomes noticeably easier.

This is the tuning fork approach: you use the part of you that is already open to entrain the part that feels closed. Just like two tuning forks, when one is struck, the other begins to vibrate in resonance. Don't force the difficult places open, instead let what is already working help reorganize what feels stuck.

What shifted as I moved between the easy and the difficult?

Dating had become a second job for Lauren.

Lauren's life was cruising along, and she had just been promoted again. A perfectionist who graduated top of her class, ten years later she had a dog and a two bedroom home of her own. What she wanted now was a relationship, so she ran it like everything else. She used ChatGPT to proofread her Hinge profile so she could maximize the number of dates. She analyzed everyone she went out with, creating checklists to assess compatibility. She spent hours wondering what each person thought of her, and tried to always say the right thing so she could find *the one*.

She was always doing something in order to procure the life she wanted.

Months into care her relationship with herself changed, and she started to feel how tiring that way of living was. She started saying no to dates she did not actually want to go on. She spent more time on things she simply enjoyed: her ceramics class, an afternoon at the river alone with a book, hanging out with her friends again. At my request she started following small intuitive impulses, what I call *shiny objects*, without needing to know where they led.

Her life started to feel fuller, which was the opposite of before, when she needed the thing to arrive before she could feel complete. From there dating changed too. The whole question moved from *how do I make this work* to *how do I actually feel when I am with this person*.

Eventually she met someone whose company she genuinely loved. The meaningful part is not the relationship arriving. It is that she was no longer working to earn love, or to become whatever she imagined another person wanted.

“I thought confidence meant knowing what to do. Now it means trusting myself enough to feel what is happening.”

What you might notice

What alignment tends to feel like from the inside.

- Decisions take less mental debate
- Plans get made because they appeal to you
- Action comes from interest, not pressure
- You notice what you actually want
- You stop auditioning for people
- You are more present with the people close to you

SUSTAINING TRANSFORMATION

The rhythm of transformation is alive and highly responsive. Sustaining it is the practice of weaving awareness, release and alignment into daily life until they become your natural state.

How can we make alignment the ordinary way of living.



Awareness opens the door. Release clears the weight.
Alignment stabilizes the new paradigm.

Now for the most important part: sustaining this transformation. The active practice of letting all these changes merge into the way you exist in daily life. Picture the energy of transformation like tending a garden.



Awareness is the seed

Seeing what sits at the root of the pattern.



Release is clearing the weeds

Moving the rocks and anything else in the way of making space for growth.



Alignment is the sprouting

Breaking through the soil and beginning to reach for light.

What sustains it is ordinary cultivation. The soil is your nervous system, the light is your awareness, and the water is the daily practice of returning to center. Tend those and growth takes care of itself. Nobody has ever made a plant grow faster by pulling on the stem.

The power of small rituals

Sustaining transformation doesn't always require grandiose ceremonies. They're nice, and we may love them for the big energy shifts they can create, but with that also comes big instability. Think about what plant medicine journeys are doing. They can shake the snow globe of your inner world, rearranging patterns in a single night. But if you don't tend to what settles in the aftermath, those new arrangements can collapse back into the old ways of existing.

I'm a big fan of the fireworks, but in care I find the real art of transformation lies less in a singular event and more in steady observational awareness. There's an underwhelming but true power in everyday ritual: how you greet yourself in the morning when you first open your eyes, how you set your posture before and during a conversation, or knowingly choosing rest over burnout when your battery is empty. Consistency of repeated loving actions is what anchors the shift so it becomes your new way of being.

This is why I love the practice of yoga. Those practitioners show up on the mat every day, regardless of how the day is going, and that is the whole method.

Growth comes in seasons and spirals, and very rarely arrives in straight lines. This is why grace is so important.

It's inevitable that old patterns will resurface and stress will arise. Doubt is bound to creep in and cloud the mind, but with more available energy and awareness, you have the capability of meeting those moments through a clear lens and observing what's happening. The more you practice this, the easier it becomes to return to center.

And tending your own garden turns out to be a gift to the people around you. That kind of steadiness is contagious in the best way. So keep tending, and keep breathing.

The return

More often than not there will be times of return to the old patterns, often when you least suspect them. You may be moving along, feeling lighter than before, and then a day arrives where the tightness in your chest revisits, urgency and anxiety come back to run the show, and it will feel like you undid all of the work you've been doing... you did not.

This is the natural phenomenon of the spiral. Growth was never, and is never going to be a straight line, and the return is part of the shape.

THE PATTERN'S HOME ADDRESS

When your available energy drops, and it will, the body does the oldest thing it knows and reaches for control. The sequence I watch for is usually the same: low energy, then the grab for control, then the old story that says if you stop holding everything together it will fall apart. I have wondered whether something like this sits underneath some compulsive habits too, though that is my own observation from practice rather than a clinical explanation, and addiction deserves real support alongside anything in this book.

So when you notice you are back in the old habits, do not treat it as failure and do not try to force your way out, because force is the pattern. Instead:

- 1 Name it, bringing it into your conscious awareness. Say the same thing you learned to say: *I see you. Thank you. You can rest now.*
- 2 Ask the smaller question. Not *how do I fix all of this*, but *where did my energy go, and what is the one thing that would give a little of it back?*

The return of an old pattern is an invitation to meet it with more grace than last time. I call it revisiting an old paradigm with a new lens.

The Daily Minute

Once a day, pause for about a minute, which is all you really need. I like to go for three when I make the space.

- 1** Consciously breathe and ask: *Am I in alignment right now?* Listen for the answer in your body rather than your mind.
- 2** If the answer is yes, beautiful. Then ask whether anything else is needed from you. If it comes back as no, just notice what the no feels like.
- 3** Place a hand on your heart and gently say, *I choose coherence*. Ten breaths like this can bring you back to center, but even a single breath or repetition of your word is enough to remind your system.

CHOOSE YOUR WORD

Pick one word of alignment you can return to each day to remind you of your center. Write it large, so it's easy to find again.

FROM PRACTICE *A client realized she had started laughing with her kids again, and could not point to the week it began.*

Four weekly check-in questions

A gentle review to go alongside the Daily Minute. These same four questions open every round of the Integration Journal.

What gave me energy this week?

What drained me?

Where did I choose coherence?

Where might I return again with more grace?

She missed her session because she was busy living fully.

Someone else in my practice had organized a large part of her life around fixing herself. Chronic discomfort had her monitoring her body and her energy constantly, and every morning began with the same checklist the wellness world hands out. How do I feel? Did I do the red light, the cold plunge? Twenty minutes of meditation? The breath work? Did I fast for exactly eighteen hours? What should I stretch, what should I avoid, what needs fixing today?

Healing had become another full time job for her.

A few months into care I gave her a challenge. Could she put some of that attention back on what was already around her, starting with her kids?

So she planned a camping trip with her kids. She took on a woodworking project she was excited about. She moved her body because moving felt good, not because she needed a result. She laughed more, made spontaneous midday plans with her husband to jump in Barton Springs, and put some of her energy into her own neighborhood. At some point she missed an appointment entirely, because she was busy living.

That was the realization. The goal was never to spend a life becoming excellent at healing. Healing was here to give her the capacity to live.

“I thought healing was the destination. It turns out it was giving me back the capacity to live.”

What you might notice

The quietest part of the whole arc, and the point of it.

- You think about your symptoms less often
- Movement is for enjoyment again
- Ordinary days feel like enough
- You have the energy to plan things months out
- You laugh more often, and more easily
- The work takes up less of your attention

Between Sessions

The work in this book is multi-modal, so you can meet it through reading, writing and active practice. It ties mind and body together so you evolve as one thing rather than two.

These six practices exist so you can keep discovering and unwinding on your own, in the days between whatever formal work you are doing. If you are under care, this is what fills the space between visits, and a large portion of the change gets made in that space.

They are short on purpose. A few minutes a day is plenty, and they exist to support your life rather than to become it. If one of them starts taking more attention than the living it was meant to give back, do less of it.

Return to whichever one matches where you are. You will move between them, and you will come back to earlier ones, and that is the shape of it.

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Where It Lives

A few minutes, daily scan practice.

Discovery is simply noticing where stress, bracing or discomfort seems to register in your body, and where the same places keep answering.

- 1 Pick one moment from the last day or two where you pushed yourself too far. It doesn't matter whether it was a big one or a small one. Maybe it was an email you rewrote four times, or a conversation you felt the need to steer, or the workout you did when your body really just wanted a walk.
- 2 Replay the event slowly enough to feel it in your body.
- 3 Scan for where it registers in your body. Jaw, throat, chest, gut, hips, hands. Somewhere will answer.
- 4 Put your attention there for sixty seconds. Do not try to release it, or name what it means. Just be as fully present as you can with it.
- 5 Let it go and get on with your day.

What you might notice. The location moves. The same pattern might show up in your throat one day and your low back the next, and the sensation often gets stronger while you watch it. Attention tends to turn the volume up before it turns it down.

If nothing happens. Nothing happening is also a finding. Some people scan for weeks and get static, then feel something obvious arrive on a Tuesday for no reason. Keep scanning. Blank is data too.

There is a version of this you can run in real time, and it may be the most useful thing here.

The pause at the edge

When you catch yourself about to push at the edge of irritation or reaction, wait for two breaths before you do the thing. You are allowed to still do the thing, but every time you pause before you snap back, you give yourself the opportunity of choice, and the pause is what builds a greater sense of awareness and autonomy, which will bring up potential outcomes you've never seen before.

Breathing into a place

The instruction is different for every region.

You cannot literally send air to your hip. What you can do is put attention somewhere and let your breath change around it, and your nervous system treats that as the same instruction.

Two rules that hold everywhere. The inhale finds the place, and the exhale is where it lets go. And you are aiming in a direction rather than arriving at a destination.

Jaw and throat

Let your tongue fall off the roof of your mouth, part your teeth slightly, and make the exhale longer than the inhale. The throat opens on the way out.

Chest and heart

Put a hand on your sternum and breathe into your back instead, into the space between your shoulder blades. The front of the chest is often guarded. The back is usually available, and the front follows it.

Belly

Lie down and rest a hand below your belly button. Let the belly rise into the hand rather than pushing it out to meet it. If nothing moves at first, breathe smaller. Big breaths recruit the chest and skip the belly entirely.

Low back and hips

Lie on your back with your knees bent and your feet on the floor. Breathe toward the floor. On each exhale let a little more weight go down through the back of the pelvis.

Hands, arms, legs

Breathe as though your palms or the soles of your feet were separate from the rest of your body. Then breathe into each finger and toe and see what they have to say.

If a place will not take breath at all. That is a finding, and often a more useful one than a place that opens easily. Do not push. Go to another spot nearby that will take it, breathe there for a minute, and come back. Held areas soften from the edges.



Breathe and Thank

Seven minutes, including the part where you do nothing. Two or three times a week.

This practice is about doing less.

- 1 Find the place you located in Where It Lives. If you have several, pick the one that is easiest to feel rather than the one that seems most important.
- 2 Rest a hand on the spot if you can. Contact helps your attention stay put.
- 3 Send your breath toward it. Slowly. Don't try to reach it or open it or move through it. You are learning how to aim in its direction without attachment to the outcome.
- 4 Let your body do what it does. Breath may change on its own. You may shake, yawn, get hot, get tearful, get restless, or get profoundly bored. Let all of it happen without trying to steer it.
- 5 When it settles, say the line, out loud if you can. *I see you. Thank you. You can rest now.*
- 6 Then lie still for two minutes and do nothing at all. Do not skip this step.

What you might notice. Release is usually subtle, sometimes barely detectable. A sigh arrives without you deciding to sigh. Some sessions give you a great deal and some give you a yawn. Consistency is what makes the difference.

If nothing happens. Do not go looking for more. Force applied to unwinding is still force, and your body can tell the difference between being met and being managed. Come back tomorrow with the same willingness. The practice is the teaching.



The Tuning Fork

Ten minutes the first time. Two minutes after that.

A tuning fork does not invent a note. It gets struck, holds one clean tone, and anything nearby already carrying that tone begins to move on its own.

I find the body works a little like that. Somewhere underneath the noise of what you should do and what would be easier to say, there is a plainer signal. This practice is a way of getting quiet enough to hear it. What it gives you is information about your own state, not a verdict.

There are two parts to it: First you find your reference tone, then you use it.

Part One: Find the reference tone

You cannot read a subtle yes if you have never felt an obvious one.

- 1 Pick something you are certain about. Doesn't have to be something important. Just certain. Your own name. A food you actually like. Someone you love.
- 2 Say it out loud as a plain sentence. *My name is _____.*
- 3 Before your mind has a chance to comment, check three places. Throat, heart, belly. Usually one of them changes: width, warmth, a drop, a little more room to breathe.
- 4 Stay with it for twenty seconds and memorize the feel of it. This is your yes, and it will be plainer than you expect.
- 5 Now say something plainly untrue in the same tone of voice. *My name is Marcus (unless that's your name).* Check the same three places and notice the difference. Narrowing, a held breath, a small bracing you would have missed a week ago.
- 6 Go back and forth twice more, until you can tell the two apart with your eyes closed.

That is calibration, and it is the whole skill. Everything after this is applying a reference tone you already know to a question you do not.

Part Two: Get in resonance before you ask

Most people ask the question while they are still keyed up, and then wonder why the answer sounds like their anxiety. Tune first.

- 1 Sit down or lie down. Both feet on the floor, and palms facing up.
- 2 Let the breath fall out of you rather than pushing it out. Four or five of those.
- 3 Bring back the yes you found in Part One and hold it for a few breaths until your body remembers the shape of it.
- 4 Now ask, keeping it to a yes or no question.

Part Three: Ask, and let the body move first

- 1 Say the yes out loud as a plain sentence. *I am going to take the job.*
- 2 Throat, heart, belly. Notice the first response, which often arrives before your mind does, and then notice the considered one that follows. Both are information; the first one is just the one you usually talk over.
- 3 Say the no out loud the same way. Check the same three places.
- 4 Notice which version let you breathe more.
- 5 If both come back as a no, the question may be the problem. Break it into a smaller one and ask again.

Throat

Heart

Belly

Which part of you is answering

This is why calibration matters. The body tends to answer from whichever part of you is doing the asking. Fear has a yes. Habit has a very fluent yes. The part of you that wants to be liked has the most convincing yes of all, and so does the part that just wants to be finished deciding. In the moment they all feel like signal.

Two things help me tell the difference.

It can wait til the morning

Urgency is loud and it is on a deadline. Alignment is quieter and it is not going anywhere. If a question is loud at 2am, ask it again in the morning before you look at your phone and see whether the answer is still there.

It does not change when the audience leaves

Ask the question once with a specific person in mind, and then ask it with nobody watching. If the answer moves, some of what you felt was probably about the audience, which is worth knowing before you decide.

One more thing worth saying plainly. What you are reading is your own system, and that is enough. This tells you what you are carrying, where you are braced, and which option your body is already leaning toward while your mind builds a case for the other one. That is real information, and it is information you had no access to twenty minutes ago. Whether you follow it is a separate decision, and it stays yours.

What you might notice. The body often disagrees with the plan. When that happens, curiosity is more useful than obedience. A sensation is one source of information, to be weighed alongside your circumstances, your reasoning and good counsel. You do not have to follow it. It helps to know it said something.

If nothing happens. Static usually means the question is still living in your head. Say it out loud, drop the volume, and go back to the reference tone with something you are already certain about. Some people spend a week only calibrating on easy things before a hard question gives them anything at all. That week is not a delay. It is the practice.



The Open Question

Ten minutes. Once a week, or any time something in your life has no answer yet.

The Tuning Fork works on questions that have a yes and a no in them. Some of the questions that matter most do not.

*What am I actually building here? What is weighing on me?
What is this pain asking me to stop doing?*

These do not get solved. They get held, and a question held long enough starts doing the work on its own, usually while you are somewhere else.

- 1 Write one open question at the top of a blank page. If you can answer it today, it is not the one. Pick the one you have been walking around.
- 2 Read it out loud once.
- 3 Then do nothing with it. Don't try to solve it or list options. Don't make a pros and cons list either. Sit for ten minutes with the question in the room and your attention on your breath.
- 4 Your mind will offer answers, several of them, most of them in the first two minutes. Thank each one and set it down. We are not collecting answers today.
- 5 At the end of the ten minutes, write one sentence. Not the answer. Just what it was like to hold it.

Anything that arrives in the first two minutes came from what you already believed on the way in. The answer you are waiting for tends to show up on a random Wednesday, on a walk, or in the middle of a sentence you had not planned. Your job in the ten minutes is to keep the question open so there is somewhere for it to land.

What you might notice. The question changes shape over a few weeks. The one you wrote at the start becomes a smaller and more honest one a month later, and that shift is the answer arriving in installments.

If nothing happens. Good. Sitting with an open question and reaching for nothing is a skill almost nobody has, and it is the one that makes the rest of this book work faster.



The Daily Minute

One minute, two or three times a day, including the days you do not feel like it.

Integration is the most important phase, where your nervous system digests everything you have been doing, and it needs unoccupied time to do it in.

- 1** Same time(s) each day, so you stop deciding whether to do it. First thing, or before sleep. Or set an alarm for the middle of the day before you eat lunch.
- 2** Sit or lie down. Put a hand on your belly. Take slow breaths for one minute and let your attention rest wherever it lands.
- 3** Then stay for another thirty seconds and do nothing. Do not meditate or scan. Just give yourself the space.

What you might notice. For the first few weeks this will feel like the least significant thing in the book. Around the point where it stops feeling meaningful and you keep doing it anyway, it starts working. Rituals earn their power through repetition rather than through how they felt the first time.

If nothing happens. Good. Nothing happening is the practice. This is the one you do on the days you have nothing left, and it is the reason the others keep holding.

FROM PRACTICE *Someone described the whole thing simply: "I feel more like myself."*



A pattern will come back. It will arrive on a week when you were sure you were finished with it, and you will feel like you lost ground.

You did not. Come back to Where It Lives and start again, and notice how much sooner you caught it this time.

Integration Journal

Five rounds of writing, one for each chapter, to keep deepening the work now that you have read your way through it.

You have been through the whole cycle once now: notice, breathe, tune, return. This is where you run it again and watch what changes on the second pass.

How the five rounds map to the five chapters: each chapter gets one round of four questions. Round One belongs to Chapter One, Round Two to Chapter Two, and so on.

When you sit down with a round, open its page and use the prompts. They are here to help you track your own shifts and stay connected to what is changing.

There is no right or wrong way to use this section, so let your reflections be as structured or as loose as you like. What matters is that you show up honestly. When you have been through all five rounds, read them back and notice what moved.



Go at the speed you actually have

This edition is one pass through the spiral of change and adaptation. Take your time with it, and repeat it as many times as you need to.

You might fill a round in ten minutes at a kitchen table. You might sit with one question for a whole afternoon. Both of those are equally valid ways to move through the practice.

A short answer is a complete answer

If a question gets four words and those four words are true, you have answered it. Write them down and keep moving.

Nothing is also something

An empty line tells you where your energy is sitting right now. Notice that and make a mark beside it, and go on to the next question.

You can come back to any of these questions as many times as you want. They will answer differently each time, because you will be different each time. Put the date beside what you write so you can find your way back to today.

Give yourself credit for taking the time to do this. And one last pointer: this work goes better when you remember it is not that serious.



Round One

Pairs with Chapter One: From Force to Flow

Date _____

THE PRACTICE

Chapter One: *Where am I starting from?* Rate yourself on the Force to Flow scale before you begin, then return to the scale later and rate yourself again. Notice what moved.

Where did I push lately when I could have waited?

What did that push cost me, and where did I feel the cost in my body?

What do I want more of in my life right now?

What would I do with more available energy that I cannot do right now?



Round Two

Pairs with Chapter Two: Recognizing & Understanding Patterns

Date _____

THE PRACTICE

Chapter Two: *Inviting awareness in.* Hand on heart, hand on belly, breathe for a minute, then write freely. Once a day, pause before you respond to something.

What situation or pattern has repeated for me lately?

If the pattern had a voice, what would it say it was protecting me from?

Where could I have paused instead of reacted?

What does my inner critic tell me that I know is not true?



Round Three

Pairs with Chapter Three: Letting Go

Date _____

THE PRACTICE

Chapter Three: identify a recurring pattern, breathe into it and repeat the phrase *"I see you. Thank you. You can rest now."* With each breath cycle, for at least a minute. Notice the long sigh, any spontaneous yawn, or the feeling of sudden stillness.

What did my body do while I breathed into it?

What am I finished carrying?

Where has letting go shown up lately, and where would I like more of it?

What am I willing to loosen my grip on in life?



Round Four

Pairs with Chapter Four: Aligning with Transformation

Date _____

THE PRACTICE

Chapter Four: the Tuning Fork. Breathe into throat, heart and belly, alternating between the easiest and the hardest place. Say your word of alignment out loud each morning before you look at a screen.

Which spot was easiest to breathe into, and which was hardest?

Where else in my life could the easy part support the difficult part?

Where did my words match my values lately?

Which relationships held me to what matters to me, and how did that feel?



Round Five

Pairs with Chapter Five: Sustaining Transformation

Date _____

THE PRACTICE

Chapter Five: the Daily Minute. One minute, hand on your heart, two or three times a day. Read your earlier rounds back before you write anything here.

What did my body answer when I asked whether I was in alignment?

Which condition does my soil need more of right now: presence, movement, breath or rest?

What has become my natural state?

What would I tell myself at the start, knowing what I know now?

Keep tending to let yourself transform.

You do not need to finish becoming yourself before you return to your life. It's natural for patterns to resurface. The big shift is that you meet it sooner, with more room and awareness around it and more choice about what happens next. That is integration.

Use these practices when they help. Set them down when life asks for your attention, and come back to them when you need them. The work was never to get very good at monitoring yourself so you can be your own helicopter parent. The last story in this book is the whole point: healing gave her back the capacity to camp with her kids and to immerse fully in life.

So notice how much sooner you catch yourself, and then go live the life you were healing for.

Thank you for spending this time with your own becoming.

Dr. Ben Rotman

Quantum Shift · The Workbook, Part One

COMING NEXT

What's in Part Two

Part One is for clearing and unwinding: seeing the pattern, releasing it, and finding enough free energy to choose differently. Part Two picks up once that energy is available, and turns to what you build with it. We move from clearing to creating, with the practices I use with clients once a system is coherent enough to hold more: working with your own state directly, sustaining higher energy without burning through it, and translating that steadiness into your work, your relationships and what you make.

If Part One taught your nervous system how to let go, Part Two is about what to do with the room that opens up.

Dr. Ben Rotman



Dr. Ben Rotman is a chiropractor based in Austin, Texas, where he runs Creative Care. He has worked with thousands of people on pain, stress and the patterns underneath them, with the aim of freeing up enough energy for them to live more fully.

He writes about intuition, coherence and the practical side of transformation in his newsletter, *The Synchronized Soul*, and works with clients individually through Quantum Coaching, in person sessions and Deep Dives.

His greatest joy is helping people deepen their trust in their own inner voice, and then watching what they do once they follow it.

Where to go from here

None of this is required, and the book stands on its own. But if something here opened and you would rather not carry the next part alone, this is where the work continues.

Creative Care Sessions

Individual work over time, sessions to unwind physical patterns and stress.

Deep Dives

Immersive in person or virtual sessions for a concentrated shift, with the integration time built in so it holds.

The Synchronized Soul

My newsletter. Short pieces on intuition, coherence and what I'm seeing in practice, most weeks.