

## **The Deep Seat Reset: My 25-Year Search How to Slow the "Hurry Within"**

Twenty-five years ago, I was "successful." I had worked my way up the corporate ladder to managing special projects for the COO of an up-and-coming technology company. I made great money, but I had no time.

I was completely exhausted—a state I've come to call "**Bad Tired.**" It's the kind of deep, soul-level exhaustion that a weekend at a spa can't touch.

*So, I decided to "burn it all down."*

I left my job, packed my life into the back of my SUV, and moved across the country to Princeton Theological Seminary for graduate studies. After Princeton, I lived in Scotland on a fellowship, launched a freelance career that took me to over 40 countries as a writer and photographer, and was eventually ordained in the PCUSA as an evangelist (just like Mr. Rogers!).

Later, I moved to Baja to lead a spiritual community of the "Spiritual but not Religious"—an experiment that eventually landed on the cover of *TIME* magazine.

But here is the truth I learned the hard way, and the one it took me 25 years to reach: **Even though I burned it all down, I brought the "Hurry Within" with me—every single time.** It wasn't until I was riding my horse along the beach in Baja, two and a half decades after leaving my corporate life, that it hit me.

*Here I was, in paradise, leading people on their bucket-list dreams, and I still felt exactly like I had back in that corporate office: exhausted, depleted, and stuck.*

I had changed everything about my life. Why did I still feel the same?

*I realized then that I hadn't actually changed; I had just changed the scenery.*

**The Good News:** You don't have to "burn it all down" to find relief. You don't have to quit your job, leave your family, or move across the world. You can reclaim your life, your ease, and your connection to source right where you are.

## Step 1: Recognize the "Hurry Within"

The biggest mistake we make is thinking that **if we just find the right vacation, partner, job, or house, we will finally feel fulfilled and connected.** We think external changes will stop us from feeling so run dry.

The only problem is, we can't outrun an internal disconnect. The hurry follows us until we learn how to walk upstream and repair the line.

- **The Reality:** The more you try to outrun it, the more stuck you stay.
- **The Shift:** When you stop trying to fix the scenery and start looking at your connection, everything changes.

## Step 2: Master the ABCDE Reset (Your Deep Seat)

That day riding my horse at sunset, I realized I didn't want to burn it all down again. I actually liked my life, but I knew my internal flow had to shift.

In horseback riding, a **"Deep Seat"** is what keeps you centered, grounded, and moving in rhythm with the horse. It is the connection that keeps you from being thrown when the trail gets rough. I realized that was exactly what I was missing in my life.

When you feel the "Hurry" start to take the reins, use this ABCDE framework to find your Deep Seat:

- **A – Assess:** Is there actual danger right now? Am I safe? (Usually, the answer is no to danger, yes to safe—but that inner voice wants to keep us hyper-vigilant, even though there are no tigers about to eat us).
- **B – Breathe:** Take one slow, deliberate breath. Tell your nervous system that it is okay. You are safe.
- **C – Consider:** What options are actually open to me? How might I respond to this situation from a place of power rather than panic?
- **D – Do:** Make one small, sovereign choice based on those options. Act on it with ease.
- **E – Exhale:** Let the rest go. Surrender the outcome and return to the flow.

## Step 3: Build a "Fence," Not Just a Calendar

*Finding peace in total isolation is easy. Keeping your connection to source in the middle of a busy life requires a Fence.*

**Your Action Step:** Can you identify one 15-minute window today that is completely "non-negotiable?" Just 15 minutes for you. If you can't find 15 minutes, try 10—or 5. But carve it out. This isn't a casual "break"—it is an appointment with your own agency.

## **The Path Forward**

Getting unstuck isn't something that happens overnight—at least it didn't for me. As with horsemanship, it's not a quick fix; it is about "time in the saddle." The ABCDE Reset is a tool to help you begin.

But if you would like the full map—a complete, raw, honest blueprint of the exact practices I learned the hard way so you don't have to—I invite you to step into [The Return](#).

[The Return](#) is a self-guided, 10-week audio journey back to the energy, ease, and vitality you know are possible, but somehow went missing. It's not a slick, over-produced corporate course. Instead, it is a guide—a guide to help you discover tools that can help you find your way back to yourself, tools that can help you when the trail gets rough.

The map is ready—just waiting for you to explore entirely at your own pace.

## **The Return is structured in three simple movements:**

- **The Fence:** Protecting our internal space from being trampled by the "tyranny of the urgent."
- **The Pause:** Slowing down enough to actually hear our own voices again.
- **The Power:** Exercising the agency we have protected and nurtured.

👉 [Access the Full 10-Week Archive of The Return Here](#)

Remember: You don't have to burn it all down to find relief. Your transformation doesn't happen when the world gets quiet. It happens when you get quiet in the middle of a loud world. What will you choose for yourself today?

— Erin

## **P.S. How It Works:**

The moment you join [The Return](#), you get instant access to the entire 10-week audio library archive in the Marco Polo Sharecast. It includes 10 core weekly audio lessons (about 10 minutes each) designed to be listened to on your commute, while working in the garden, or taking a walk. It also includes the daily audio prompts and focus questions to ponder at your own pace. No Zooms, no deadlines, and no need to be "live." Just a quiet companion for your journey home.