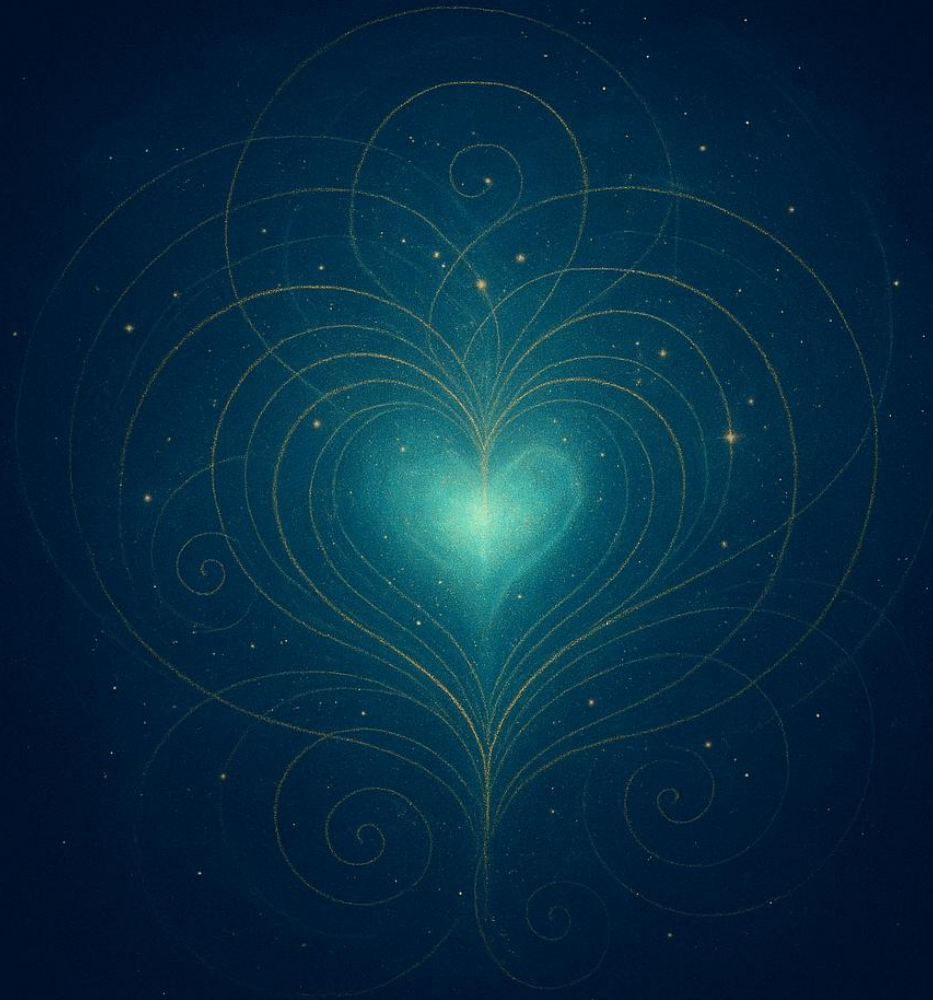




THE COHERENCE RESET GUIDE

*A Simple, Daily Practice to
Reconnect Your Mind, Body & Energy Field*

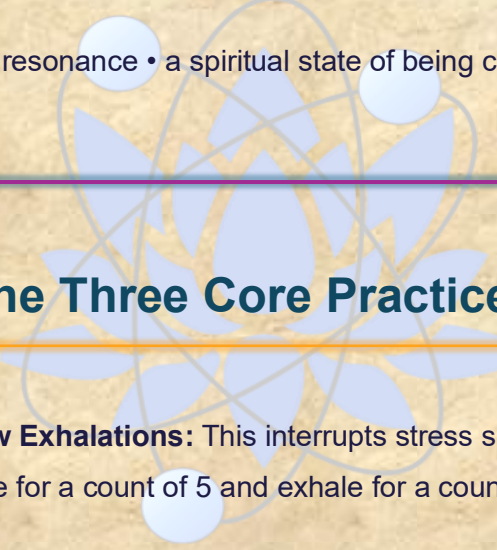
What Coherence Really Is

Coherence is the state where your mind, nervous system, heart-field, and energy body are all synced up and resonating with one another.

It is:

- a neuroscientific state of balanced heart–brain rhythms
- a somatic state of grounded safety
- an emotional state of calm clarity

an energetic state of aligned resonance • a spiritual state of being connected to your inner truth



The Three Core Practices

1. **The Three Slow Exhalations:** This interrupts stress signals in under 30 seconds. Inhale for a count of 5 and exhale for a count of at least 10.
 2. **Coherence Breath:** 5–6 breaths per minute = nervous system gold. This is a circular breath with no pause and equal inhalation and exhalation times.
 3. **Heart-Field Tuning:** Your heart produces the largest electromagnetic field in your body. Tuning it expands intuitive clarity. This requires generating an elevated emotion and sustaining it.
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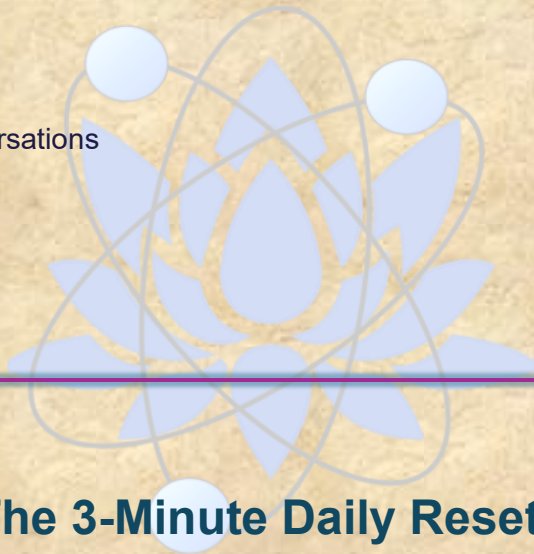
When to Use Coherence

Use coherence when you feel:

- overwhelmed
- emotionally spiraling
- disconnected
- foggy
- tense
- overstimulated
- anxious

Or before:

- important conversations
- decision-making
- meditation
- creative work



The 3-Minute Daily Reset

60 seconds — Three Slow Exhalations

60 seconds — Coherence Breath

60 seconds — Heart-Field Tuning

Even one minute of coherence supports your system for hours.

Next Steps

You've opened the door into a new way of being.

Step 1 — Take the Coherence Quiz

Step 2 — Join the Coherence Circle

Step 3 — Integrate coherence into daily transition moments

