

THE DESIRE CLARITY CHECK

Desire Recalibration Protocol
Sovereign Self System | The Coherence Lab

PURPOSE

Use this when desire has gone quiet, when wanting feels dangerous or distorted, or when you notice you are moving toward things that do not actually belong to you.

Duration: 3-5 minutes. No list-making. No goal-setting.

Desire does not need to be managed. It needs to be reclaimed

01 - Locate the Wanting

Place both hands over the lower belly - below the navel, above the hips. Feel the weight of the hands. Feel the heat.

Ask, once:

"What do I actually want - not what I should want, not what is safe to want?"

Do not answer with your mind. Wait for the body to respond.

Notice what arrives before the editing starts.

02 - Check the Source

Once wanting arrives - check where it is coming from. Not all wanting is self-referenced.

Ask:

- *Is this wanting mine - or does it belong to someone else's expectation?*
- *Am I moving toward this because I genuinely want it - or because I am afraid of what happens if I don't?*
- *Does this wanting feel open - or does it feel like grasping?*

You do not need to answer these completely. Just notice what the body does with each question.

03 - Reclaim the Signal

If wanting has gone quiet - it has not disappeared. It has been suppressed. The work is not to generate desire but to remove what was installed over the top of it.

"I reclaim my reason for coming. My desire arises from my own signal."

Say this once. Feel the lower belly. Allow a gentle movement if it arises.

04 - Coherence Anchor

"Why does my desire already know what is true for me?"