

SOMATIC PRESENCE PROTOCOL

Sovereign Self System | The Coherence Lab

Purpose

This restores full-body inhabitation.

Circular breath.

Diaphragm engagement.

Present-moment occupancy.

Use this:

As a daily baseline practice

Before deeper protocol work

When you notice you have left your body

Duration: 10–20 minutes.

Minimum effective dose: 5 minutes.

No force.

What This Is

Most people are breathing in constriction.
Not because they forgot how.
Because they learned to brace.

This protocol does not override the nervous system.
It restores the conditions the body already knows.
Circular breath.

No pause.
No hold.
Full diaphragm engagement.

When breath is full and continuous, the body begins to move what it has
been holding - naturally.

Nothing is forced.
Your only task is to stop interfering.

01 - Establish the Diaphragm

Lie flat on your back.

Legs uncrossed.

Arms relaxed.

Place one hand on your belly — below the navel.

Place one hand on your chest.

Without changing anything, notice which hand moves.

Now:

Inhale through the nose.

Allow the belly hand to rise. Not the chest.

Exhale through the mouth.

Let the belly fall naturally.

Do not push.

Stay here for 8–10 breaths.

If this alone feels significant, stay here longer.

The diaphragm engaging is already the work.

02 - Circular Breath

Once the belly is moving naturally:

Inhale through the nose.

Exhale through the mouth.

Let the inhale flow directly into the exhale.

No pause at the top.

No pause at the bottom.

Equal length in and out.

Not controlled.

Matched.

The breath should be:

Continuous

Equal

Full (belly → sides → back → chest)

Sustainable

If you feel lightheaded, slow down.

Do not push depth. Sustain rhythm.

03 - Full-Body Expansion

On the inhale:

Belly rises.

Sides widen.

Back expands.

Chest lifts last.

On the exhale:

Release naturally.

Stay here.

When breath reaches the back body, presence deepens.

04 - Allow Movement

Continue circular breath.

Allow the body to move if it wants to.

No directing.

No performing.

No suppressing.

If nothing moves - stay with the breath.

If subtle movement arises - allow it.

If larger movement arises - allow it.

The breath leads.

Movement follows.

If trembling occurs:

Stay with the breath.

Let it complete.

Do not interfere.

05 - 5 Word Interrupt

WHAT IT IS

A somatic interrupt. Five words that describe what is directly observable in the body right now — not what it means, not what caused it, not what to do about it. Just the raw signal.

WHY FIVE

Five words prevents the mind from drifting back into story. The moment you allow long descriptions, meaning-making starts again. Five words forces attention back into pure observation. Simple, fast, direct.

WHAT THE WORDS ARE

Observable signals only: Tight. Chest. Hot. Face. Jaw.

Or: Shallow. Breath. Raised. Shoulders. Clenched.

Or: Racing. Heart. Cold. Hands. Tension.

These are signals. Not conclusions.

WHAT THEY CANNOT BE

No interpretations.

Not: rejected, judged, abandoned, disrespected, anxious, overwhelmed, happy.

These feel true but they are not direct observations - they are meaning the mind has already added. The process works precisely because it stays with what is happening, not what it means.

06 - Rest

Let the breath find its own rhythm.
60–90 seconds.

No management.

Notice the seat - the interior centre of chest and belly.

When ready, roll to your side.

Pause.

Then sit.

Do not rush the transition.

07 - Daily Practice

Minimum effective dose:

5 minutes circular breath

Allow natural movement

One 5-word cycle

30 seconds rest

Used daily, this recalibrates baseline over time.

o8 - Coherence Anchor

Why does my body already know how to come home?

Ask once.

Do not answer.

Optional (for chronic disembodiment):

Why is it safe for me to inhabit myself fully now?

Ask once.

Do not repeat.