

# UNIFIED SPINE COHERENCE

Sovereign Self System | The Coherence Lab

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The integration practice that draws all gates through the body simultaneously. Scalable depth - the same practice used daily at light touch and deeply at turning points.

This is the primary ongoing coherence practice.

It settles you into the nervous system as a unified state.

**Used lightly**, it takes five minutes and functions as a daily coherence anchor. **Used deeply**, at turning points or after significant life events, it can run for 20 to 30 minutes and functions as a full reset.

The spine is the axis. All six core safety issues, all six gates, all the cleared material runs through the same column. This activates that column as a whole.

## 01 - Ground the Base

Sitting or standing. Both feet on the floor. Feel the weight of the pelvis.

*"I am here. On the earth. In this body. In this moment."*

Feel the actual physical contact — feet on floor, pelvis on chair or standing weight.

Not visualised. Felt.

Take one slow circular breath — in through the nose, out through the mouth.

Allow the belly lead.

## 02 - Activate the Spinal Column

Bring awareness to the base of the spine.

Then slowly draw attention upward - vertebra by vertebra is not required, just a continuous upward movement of awareness through the spine to the skull.

*"The spine is the axis of my coherence. Everything I have cleared runs through this column."*

Feel the length of it. The continuity of it. The fact that it has been there through everything - unchanged, structural, present.

## 03 - Open the Chest

Place one hand on the centre of the chest.

*"This is where I live. Not in my thoughts. Not in my history. Here."*

Breathe into the hand.

Feel the chest cavity expand three-dimensionally - front, sides, back.

If any unresolved charge, any residual tightness - it will often be felt here.

Notice it.

Name it.

Allow it without expanding it.