



# NeuroAligned

The Sacred Science of Teaching

## Daily Coherence Reset Guide

A simple 3-minute practice to restore balance throughout your day

### **Step 1:** Pause (30 seconds)

Sit tall, soften your shoulders, and place one hand over your heart.

Allow your body to register safety.

This moment of stillness tells your nervous system, “You can settle now.”

### **Step 2:** Breathe (90 seconds)

Inhale gently through your nose for a count of five.

Exhale through your mouth for a count of five.

Let your breath become smooth and even, almost as if you’re breathing through your heart.

This rhythm helps your brain and body fall back into sync.

### **Step 3:** Shift (60 seconds)

Bring to mind a calming or uplifting emotion—gratitude, ease, compassion, or hope.

Let that feeling expand through your chest.

Allow your breath to follow the feeling, not the other way around.

This emotional shift is what anchors coherence.

### **Why It Works**

This brief practice signals safety to your nervous system and supports heart-brain coherence.

In just a few breaths, you can reset stress, regain clarity, and reconnect to your purpose.

It’s simple, repeatable, and gentle enough to use anytime.

### **Use It:**

- Between meetings
- Before teaching or presenting
- After a challenging conversation
- When moving from one task to the next
- Anytime you feel your energy drift away from calm focus