

# The Alchemy Regulation Method

## Framework, Toolbox, and Foundation: Working with the Method in 1:1 and Group Sessions

*Unfamiliar words in this chapter (like “parasympathetic” or “heart rate variability”) are defined in the Index of Terms at the end. Look there any time a word doesn't make sense.*

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### 1. Ten Principles of Coaching Presence

Before the Six R's, the toolbox, and the foundation, there's a layer underneath all of it: how you show up as a coach. Some of you may have already learned these ten principles in previous classes - they're what make the Six R's work to achieve the results you're looking for. Everything in this chapter builds on top of them.

| No. | Principle                                                                                  | What it means                                                                                                                                       | Where it lives in this method                                                                                                                                                 |
|-----|--------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1   | Be fully present. Regulate your own system first - one breath.                             | Your own nervous system state enters the room before you say a word.                                                                                | This is why Section 4 has a note on your own daily practice. It's also One Breath itself - a foundational tool in the toolbox, used on yourself before a session even starts. |
| 2   | Do your own inner work so you're ready and prepared.                                       | Preparation goes beyond reading the material once - it usually means practicing the toolbox and the Alchemy Meditation on your own body, regularly. | This is the Foundation of this work in action. Your own felt sense generally needs to be online before you can help someone else find theirs.                                 |
| 3   | I feel, but I don't project my feelings onto others, or take on another person's feelings. | You can be with someone's grief or fear without needing to absorb it as your own.                                                                   | This is part of what makes R3 - Resource and R4 - Regulate possible, without you becoming dysregulated alongside the client.                                                  |

| No. | Principle                                                  | What it means                                                                                                 | Where it lives in this method                                                                                                                   |
|-----|------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| 4   | Self-reflection in and after each session.                 | Notice what happened in you, not just in the client.                                                          | A mirror of R6 - Rise, pointed at yourself: what do you now know, after this session, that you didn't before?                                   |
| 5   | Create safety within, through active listening.            | Safety is built largely by how well you listen, more than by what you say.                                    | This is R1 - Remember, and the Permission step that opens every session.                                                                        |
| 6   | It's about the client, not the coach.                      | The session tends to work best when it's built around their pain point, rather than your own insight.         | The heart of R5 - Realign. The practice tends to land because it's built from what the client told you, rather than handed to them off a shelf. |
| 7   | Ask questions instead of telling.                          | Your job is mainly to draw out what's already true for them, rather than hand them your conclusion.           | The Inquiry step and the Harvest questions inside R5.                                                                                           |
| 8   | Lead through inquiry.                                      | Structure the session more with questions than with lectures.                                                 | Carried through R2's reframe, which is offered rather than declared, and through R3's resourcing question.                                      |
| 9   | Empower through listening and inquiry, instead of talking. | Ideally, the client leaves the session owning something themselves, rather than simply having been talked at. | This echoes R6 - Rise, which asks whether the client now has a resource that feels like their own, independent of you.                          |
| 10  | Start and finish with safety.                              | Bookend the session the same way you opened it.                                                               | R1 opens with the anchor, and R6 closes by returning to it - safety held at both ends.                                                          |

## 2. Fifteen Truths About the Body and Nervous System

Some of you may have also learned this in class, if this material isn't new to you already. This came from previous participants - maybe even your own class. What follows is a set of core truths about the body itself - what it knows, how it communicates, and how it changes. These aren't so much techniques as beliefs the whole method tends to rest on. It can help to keep them present as you coach.

| No. | Truth                                                   | What it means                                                                                       | Where it connects                                                                                          |
|-----|---------------------------------------------------------|-----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| 1   | One Breath                                              | The single most direct way back into the body, one breath at a time.                                | This is the most foundational tool in the toolbox. This is the single most important tool.                 |
| 2   | We have a choice                                        | Reacting isn't the only option. Between a trigger and a response, there is often a choice point.    | The whole premise of R2 - Reframe: a pattern that can be seen can also be chosen differently.              |
| 3   | Movement                                                | The body sometimes needs to move, not just breathe, to complete a stress response.                  | A reminder that breath is the main tool in this method, but not the only channel the body has for release. |
| 4   | Felt Sense                                              | A direct, physical sense of what's happening in the body, underneath thought.                       | This is the exact term used to define the Alchemy Meditation itself (Section 5).                           |
| 5   | Body Knows                                              | The body's own report is often reliable, even before the mind has made sense of it.                 | Why R3 - Resource asks the client to locate a sensation, rather than explain one.                          |
| 6   | Vocalizing                                              | Sound and voice are also a way the nervous system can discharge and regulate.                       | A companion channel to breath - worth remembering alongside the breath toolbox, not instead of it.         |
| 7   | Acknowledging pain in the body, and its natural release | Naming what's actually present can help it move, rather than staying stuck because it went unnamed. | R5's Harvest question, in practice: what did you notice in your body?                                      |

| No. | Truth                                                | What it means                                                                                                    | Where it connects                                                                                                                       |
|-----|------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| 8   | Intuition is who I am                                | Intuitive knowing is often more than a guess - it can be a real, trustworthy part of you.                        | What Section 4's "Note on Your Own Practice" is building toward: a coach who, over time, simply knows which tool fits in the moment.    |
| 9   | The nervous system is trainable, and so is the brain | Patterns that feel fixed can, with practice, be retrained.                                                       | This echoes the R2 reframe almost exactly - the idea that a pattern is trained, not a character flaw, and can be worked with over time. |
| 10  | I put myself first                                   | A coach who neglects their own regulation may have less steadiness available to offer a client.                  | The same idea as Principle 1 in Section 1: regulate your own system before the session begins.                                          |
| 11  | Safety first                                         | Little else in a session tends to work well until some safety is established.                                    | R1 - Remember, and Principle 10 in Section 1: start and finish with safety.                                                             |
| 12  | A larger view - all is connected                     | A single moment in a session can connect to the client's whole life, not just the hour in the room.              | Part of why R5 - Realign is built around this specific person's actual pain point, rather than a generic technique.                     |
| 13  | Pause before you speak                               | A pause creates room for inquiry, instead of a reflex to tell.                                                   | Ties directly to Principles 7 and 8 in Section 1: asking questions, and leading through inquiry.                                        |
| 14  | Full acceptance                                      | Whatever arises - in the client, or in you - doesn't necessarily need to be fixed or resisted to be worked with. | The coaching note behind Principle 3 in Section 1: feeling something without projecting it, and without needing to resolve it.          |
| 15  | Every emotion lives in the body                      | Emotion is rarely only a thought - it also has a                                                                 | The foundational claim underneath this entire method, and much of the                                                                   |

| No. | Truth | What it means                                           | Where it connects                                                        |
|-----|-------|---------------------------------------------------------|--------------------------------------------------------------------------|
|     |       | physical address, and that's often where it can be met. | reason breathwork, a bodily practice, can shift emotional states at all. |

Several of these - Felt Sense, Body Knows, and Every Emotion Lives in the Body especially - aren't separate ideas from the Foundation in Section 5. They're the same idea, said a few different ways. Keep them close at hand; they'll come back.

### 3. Three Things That Work as One

You will hear three words constantly as a student: framework, toolbox, foundation. They are three different things. But in practice, you rarely feel them as separate. They move together, in the same moment, as one skill.

So why split them apart at all? Because knowing which job belongs to which part is what lets you use all three well. Once you can see each one clearly on its own, you can also see how they work together.

| Layer                    | What it is                                                                                                                                                                                                                                              | How it works with the others                                                                                                                               |
|--------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Framework - the Six R's  | The map of a session: Remember, Reframe, Resource, Regulate, Realign, Rise. It tells you where you are, moment to moment.                                                                                                                               | On its own, it does nothing. It orders the session, but it doesn't yet do anything for the client.                                                         |
| Toolbox - the techniques | What you actually reach for inside that map: One Breath, the Ten Breaths Rule, and the Five Functional Breathing Techniques (Extended Exhale, Coherence Breath, Box Breathing, 4-7-8 Breath, and Extended Inhale - see the Toolbox Index in Section 6). | Moves together with the framework in real time. Knowing which R you're in tells you which tool fits, and reaching for it is part of moving through that R. |

| Layer                               | What it is                                                                                                                              | How it works with the others                                                                                                         |
|-------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| Foundation - the Alchemy Meditation | Direct contact with what the body is reporting, underneath thought - the felt sense.                                                    | What every R and every tool is ultimately in service of: bringing the person out of their head and into contact with their own body. |
| All three, together                 | The framework decides where you are. The toolbox decides what you reach for there. The foundation decides why any of it actually lands. | This is the one sentence to hold onto if nothing else in this section sticks.                                                        |

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## 4. The Session Map: Where the Toolbox Lives Inside the Six R's

Two of the six R's carry no breath tool at all, and that's on purpose. Reframe works through words. Rise works through naming what's already been given. The other four R's - Remember, Resource, Regulate, Realign - are where the toolbox actually moves. Any tool can shift between these four, depending on what the moment calls for.

**R1 - Remember.** One Breath usually lives here. The client is building a safe place from a real memory, and One Breath is the way in - the smallest unit of the whole method. If One Breath doesn't quite land, an Extended Exhale can help a nervy client settle enough to find the memory at all.

**R2 - Reframe.** No breath tool sits here. This step is spoken, not somatic. The coach puts the client's goal into nervous-system language ("that's a trained pattern, not a character flaw"). Sometimes a client is too worked up to hear a reframe. In that case, use a quick One Breath first, then reframe.

**R3 - Resource.** This is where the toolbox is most open. The client is looking for something in their body that already feels steady. Pick whatever tool fits: a single One Breath to open the door, a Coherence Breath to settle first, or - if the client's direction is already obvious - one of the Five Functional Breathing Techniques.

**R4 - Regulate.** The Ten Breaths Rule lives here. It's the tool for the moment something spikes - a shaking voice, shallow breath, welling tears. If the spike is mild, One Breath alone

might be enough. If it's strong and Ten Breaths isn't landing, move to Extended Exhale or 4-7-8.

**R5 - Realign.** This is where the Five Functional Breathing Techniques do their main work, chosen by direction: Extended Exhale or 4-7-8 for anxiety, Extended Inhale for collapse, Box Breathing for dissociation, Coherence Breath when the direction isn't clear yet. Sometimes the simplest answer is still right - if the client's whole need is presence, not a direction shift, One Breath can be the practice itself.

**R6 - Rise.** No new tool here. This is where you name, out loud, which tool the client now owns.

## The Session Map

| R             | Primary tool                                       | Can also flex to                                                                                        |
|---------------|----------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| R1 - Remember | One Breath                                         | Extended Exhale, to help a nervy client settle first                                                    |
| R2 - Reframe  | (none - words only)                                | A quick One Breath first, if the client is too worked up to hear the reframe                            |
| R3 - Resource | Whichever tool fits the moment                     | Any tool at all - One Breath, Coherence Breath, or a functional technique if direction is already clear |
| R4 - Regulate | Ten Breaths Rule                                   | One Breath for a mild spike; Extended Exhale or 4-7-8 for a strong one                                  |
| R5 - Realign  | Five Functional Breathing Techniques, by direction | One Breath, if presence itself is the whole need                                                        |
| R6 - Rise     | (none - naming what they now own)                  | -                                                                                                       |

## A Note on Your Own Practice

This map is a starting point, not a script. The tools genuinely can move between R's, and knowing exactly when to reach for which one isn't something you memorize from a table. It's something you build by practicing the toolbox on yourself, daily, outside of sessions.

The more you use One Breath, the Ten Breaths Rule, and the Five Functional Breathing Techniques on your own body, the more you'll simply know, in the moment, which one fits.

That knowing is the actual skill - it's Truth 8 from Section 2, intuition is who I am, in practice. The table above is scaffolding for building it, not a substitute for it.

This also matters for a more direct reason: you cannot regulate someone else from a dysregulated state. Come into every session already regulated yourself. Daily practice isn't optional polish - it's what makes you able to read a room and choose well in real time, instead of guessing. This is Principle 1 and Principle 2 from Section 1, in practice.

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## 5. The Foundation: The Alchemy Meditation

**Definition.** The Alchemy Meditation is the practice of learning to feel what is happening in your body directly, without your mind interpreting it first. It is not a breathing technique, and it is not a step inside the Six R's. It is the underlying skill that makes both of those things actually work.

This is the piece students most often underweight, because it's quiet compared to the Six R's and the breath techniques. It shouldn't be underweighted. The Alchemy Meditation isn't a third item sitting next to the framework and the toolbox. It's what makes the other two actually connect.

**Why the framework needs it.** Every R assumes the client can feel something in their body, not just think about it. R1 asks for a safe place that is felt, not just remembered as an idea. R3 asks the client to find a sensation that already feels steady. R5 asks directly, "what did you notice in your body?" A client with no trained felt sense will answer these questions with a guess, not a real report. The Alchemy Meditation is where that capacity to feel gets built in the first place. Without it, the Six R's are still the right sequence of questions - but the answers coming back are empty.

**Why the toolbox needs it.** A breath technique only works if the person doing it is actually present while they breathe. Ten Breaths counted with your attention somewhere else won't produce the same shift as ten breaths counted while you're actually tracking your body. The pattern - 4-7-8, box breathing, extended exhale - is the mechanism. The meditation is what trains you to actually inhabit the breath while it happens, instead of just performing a technique.

**Why this is what links them together.** The framework and the toolbox are aiming at the same target from two different angles: contact with the body's own intelligence, underneath the thinking mind. The Six R's are the invitations to make that contact, placed at specific points in a session. The toolbox is the means - breath - by which that contact actually happens when it's invited. The Alchemy Meditation is what builds the capacity both of these depend on. Remove it, and the framework becomes a sequence of questions with nothing behind them. The toolbox becomes breathing exercises with no reason attached.

**What this teaches a client, over time:** not a set of techniques to remember, but a returning relationship with their own body - coming out of the head, into direct felt experience, and starting to recognize that the body has been communicating something all along, in a language thought alone can't hear. This is also Principle 2 from Section 1, doing your own inner work - because you cannot teach a client to access something you haven't built access to yourself. It is also, almost word for word, Truths 4, 5, and 15 from Section 2: felt sense, the body knows, and every emotion lives in the body. Those three truths are not separate from the Foundation. They are what the Foundation is.

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## 6. Two Tables, and Why We Use Both

This chapter uses two different tables for the toolbox. Think of it this way: one is a **map**, the other is a **directory**.

**The Session Map (Section 4)** is the map. It answers: where does each tool live inside a session? Use it while you're building or running a session.

**The Toolbox Index (below)** is the directory. It answers: what is each tool, on its own? Use it as a fast lookup - to check a pattern or a purpose without thinking about the Six R's at all.

You need both, for a simple reason: a map is only useful if you already know what's at each stop. A coach needs to know where a tool belongs, and what the tool actually is. Neither one alone is enough.

### The Toolbox Index

| Tool       | Pattern                     | Direction | What it is, and when to use it                                                                                                                                                                                              | Coaching tip                                                                                                                                          |
|------------|-----------------------------|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| Core Tools |                             |           |                                                                                                                                                                                                                             |                                                                                                                                                       |
| One Breath | A single, deliberate breath | Anchoring | The smallest unit of the method. Use it to arrive in the body fast, at almost any point in a session: opening R1, softening into R3, easing a mild R4 spike, or as the R5 practice itself if presence is all that's needed. | If you're unsure which tool to reach for, this is usually the safe first move. It rarely does harm, and it often reveals what's actually needed next. |

| Tool                                        | Pattern                                                          | Direction               | What it is, and when to use it                                                                                                                                              | Coaching tip                                                                                                                                                     |
|---------------------------------------------|------------------------------------------------------------------|-------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Ten Breaths Rule                            | Ten breaths, counted out loud, slower than the client's own pace | Down-regulating, acute  | The rescue tool for R4. Use it the moment something spikes - a shaking voice, shallow breath, tears - without needing to interpret what's happening first.                  | Count slower than feels necessary. Matching the client's fast pace instead of leading them down doesn't help - your pace has to visibly slow before theirs will. |
| <b>Five Functional Breathing Techniques</b> |                                                                  |                         |                                                                                                                                                                             |                                                                                                                                                                  |
| Extended Exhale                             | In 3 / out 6, or in 4 / out 8                                    | Down-regulating         | A longer exhale than inhale. Use it when a client needs to slow down generally - before sleep, before a stressful event, or as an R5 practice for anxiety that isn't acute. | A good starting point when you're not sure how strong the down-regulation needs to be - gentler than 4-7-8, so it's a safer first attempt.                       |
| Coherence Breath                            | In 5 / out 5                                                     | Balancing               | Equal in and out. Use it when a client doesn't need to speed up or slow down, just steady - or when the direction they need isn't clear yet.                                | This is the tool to default to in R3 if you're unsure what the client needs. It rarely pushes in the wrong direction.                                            |
| Box Breathing                               | 4 in / 4 hold / 4 out / 4 hold                                   | Focusing                | Four equal parts. Use it when a client feels scattered, dissociated, or checked out, and the goal is presence rather than calm or energy.                                   | Watch for clients who find the holds uncomfortable at first. Shortening to 3 seconds per phase usually works better than abandoning the technique.               |
| 4-7-8 Breath                                | 4 in / 7 hold / 8 out                                            | Down-regulating, strong | A deeper, slower version of Extended Exhale. Use it for real anxiety or high arousal, when Extended Exhale alone isn't landing.                                             | The 7-second hold can feel long for a beginner. Building up to it is fine - a shorter hold done consistently still helps.                                        |

| Tool            | Pattern                       | Direction     | What it is, and when to use it                                                                                                                             | Coaching tip                                                                                                                                       |
|-----------------|-------------------------------|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| Extended Inhale | In 6 / out 3, or in 8 / out 4 | Up-regulating | A longer inhale than exhale. Use it for collapse, flatness, or low energy - the only tool in this set that speeds the body up rather than slowing it down. | Don't reach for this with an anxious client by mistake. If the direction isn't clear, use Coherence Breath first and confirm before up-regulating. |

## 7. The One-Hour Session, With the Toolbox Mapped In

### 1:1 Format

| Time  | Phase           | What happens                                                                                                             | Toolbox in use                                                                                         |
|-------|-----------------|--------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| 0-10  | Intake & waiver | Forms, scope, and payment confirmed in writing                                                                           | -                                                                                                      |
| 10-15 | Permission      | Coach asks permission to go deeper if it arises                                                                          | -                                                                                                      |
| 15-20 | R1 - Remember   | Client builds a safe place from a real memory                                                                            | One Breath - the way into the anchor                                                                   |
| 20-30 | Inquiry         | Q1: the stated goal. Q2: the pain point underneath it. Coach also asks, "where do you feel that in your body right now?" | -                                                                                                      |
| 30-35 | R2 - Reframe    | Goal translated into nervous-system language                                                                             | -                                                                                                      |
| 35-45 | R3 + R4         | A resource is named. Regulation happens if something spikes                                                              | R3: whichever tool fits the moment. R4: Ten Breaths Rule if a spike happens - never used ahead of time |

| Time  | Phase        | What happens                                                    | Toolbox in use                                                                                                                                                                  |
|-------|--------------|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 45-55 | R5 - Realign | Frame, Practice, Harvest, built around the named pain point     | One functional technique, chosen by direction: Extended Exhale/4-7-8 for anxiety, Extended Inhale for collapse, Box Breathing for dissociation, Coherence Breath as the default |
| 55-60 | R6 - Rise    | Coach returns to the Q1 goal and names what the client now owns | Coach names the specific tool given, by name                                                                                                                                    |

## Group Format

| Time  | Phase           | What happens                                                                            | Toolbox in use                                                   |
|-------|-----------------|-----------------------------------------------------------------------------------------|------------------------------------------------------------------|
| 0-10  | Intake & waiver | Pre-sent, collected in advance                                                          | -                                                                |
| 10-15 | Permission      | Group agreement, plus a private opt-out for anyone holding back                         | -                                                                |
| 15-20 | R1 - Remember   | The group builds a shared anchor together                                               | One Breath - delivered once, to the whole room                   |
| 20-30 | Inquiry         | Written or quick-share. Coach listens for the common thread, then a brief popcorn share | -                                                                |
| 30-35 | R2 - Reframe    | Same nervous-system frame, given to the whole group                                     | -                                                                |
| 35-45 | R3 + R4         | Facilitator-led resourcing, same pace for everyone                                      | R3: whichever tool fits the room. R4: Ten Breaths Rule, said out |

| Time  | Phase        | What happens                                         | Toolbox in use                                                                                                  |
|-------|--------------|------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
|       |              |                                                      | loud, if the facilitator reads a collective spike                                                               |
| 45-55 | R5 - Realign | Synced practice, then a group harvest circle         | One functional technique for the whole room, matched to the common thread from the inquiry - not individualized |
| 55-60 | R6 - Rise    | Group closes on the shared thread named at the start | Facilitator names the technique the group used, as something each person keeps                                  |

Key difference between formats: in 1:1, the R5 technique is chosen for one client's pain point. In group, it's chosen once, for the room, based on the common thread the coach picked up during the inquiry.

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## 8. Putting It All in One Picture

Here's the whole chapter, in one image: think of a session as a walk you take with a client.

- The framework is the path. It's the route you follow, step by step: Remember, Reframe, Resource, Regulate, Realign, Rise. The path doesn't move you forward by itself - it just tells you which step comes next.
- The toolbox is what you carry on the path. One Breath, the Ten Breaths Rule, the Five Functional Breathing Techniques - these are what you actually reach for at each step, chosen for what that moment needs.
- The foundation is the ground under both of you. The Alchemy Meditation is the trained capacity to feel your own body, and to help the client feel theirs. Without solid ground, the path goes nowhere, and nothing you carry matters.

You already knew most of this before you ever heard the words “Six R's” - it's Section 1's ten principles of presence, and Section 2's fifteen truths about the body. This chapter just gives that same knowledge a map, a set of tools, and a name for the ground it all stands on.

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## Index of Terms

**Nervous system** - the body's internal communication network. It decides, largely below conscious thought, whether you feel safe, alert, or under threat.

**Sympathetic nervous system** - the branch of the nervous system that speeds things up: faster heart rate, faster breath, more alertness. Sometimes called “fight or flight.”

**Parasympathetic nervous system** - the branch of the nervous system that slows things down: slower heart rate, deeper breath, more calm. Sometimes called “rest and digest.”

**Down-regulation** - helping the nervous system move toward calm. Extended Exhale and 4-7-8 do this.

**Up-regulation** - helping the nervous system move toward more energy and alertness. Extended Inhale does this.

**Arousal** - how activated the nervous system currently is. High arousal feels like anxiety, panic, or a racing heart. Low arousal feels like collapse, flatness, or exhaustion.

**Heart rate variability (HRV)** - the natural variation in time between heartbeats. Higher variability is generally a sign of a nervous system that can flexibly shift between states. Coherence Breath is used specifically to improve it.

**Felt sense** - a direct, physical sense of what's happening in the body, underneath thought. Not an idea about a feeling - the feeling itself, as sensation.

**Somatic** - relating to the body. A somatic response is a physical one (a tight chest, a held breath), as opposed to a thought or a story.

**Regulation** - the nervous system's ability to move toward a steady, workable state, rather than staying stuck in alarm or collapse.

**Dysregulation** - the opposite: the nervous system stuck in alarm, collapse, or overwhelm, without an easy way back to steady.

**Anchor** - a specific, felt reference point (usually the safe place built in R1) that a client can return to at any time in a session.

**Resourcing** - the act of finding and naming something in the body that already feels steady, so it becomes usable.

**Spike** - a sudden rise in distress during a session: a shaking voice, shallow breath, tears, tightening. This is what R4 responds to.

**Coherence** - a state where the nervous system is balanced, rather than pushed strongly toward calm or toward alertness.

**Frame, Practice, Harvest** - the three-part structure inside R5. Frame names what you're about to work with. Practice is the technique itself. Harvest is the question afterward: what did you notice?

**Alchemy Meditation** - the foundational practice that trains felt sense directly. It is the ground the entire method stands on, not one more tool alongside the others.

**One Breath** - a single, deliberate breath used as an entry point into the body. The smallest unit of the whole method.

**Ten Breaths Rule** - ten breaths, counted out loud by the coach, slower than the client's own pace, used the moment something spikes.

**Extended Exhale** - a breath pattern where the exhale is longer than the inhale (for example, in 4, out 8). Calms the body.

**Coherence Breath** - a breath pattern with equal inhale and exhale (for example, in 5, out 5). Balances the nervous system rather than pushing it toward calm or alertness.

**Box Breathing** - a breath pattern with four equal parts (inhale, hold, exhale, hold - for example, 4 seconds each). Builds focus and presence.

**4-7-8 Breath** - a breath pattern of 4 seconds in, 7 seconds held, 8 seconds out. A stronger, slower version of down-regulation, used for real anxiety or high arousal.

**Extended Inhale** - a breath pattern where the inhale is longer than the exhale (for example, in 6, out 3). Speeds the body up - the only up-regulating tool in the set.

**Vocalizing** - using sound or voice (sighing, humming, toning, exhaling with sound) as a way to help the nervous system discharge and regulate. A companion practice to breathwork, not a replacement for it.

**Movement** - physical motion (shaking, stretching, walking) used to help the body complete a stress response, alongside or instead of breath.