

AUTHORITY STACK

Day 5 - Silent Power

"Posture writes your biography."

BOTGospel | Rebellion Protocol



Three-Layer Alignment

VOICE • Diaphragm drives

70dB baseline • 140 wpm



SPINE • Crown string

Chest open • Shoulders back



GROUND • Hip-width stance

Weight even • Territory claimed

"Break one layer, collapse the whole stack. Build from the ground up."

Ground Command Drill

180-second stability test:

1. Stand feet hip-width apart, toes pointing forward
2. Distribute weight 50/50, knees micro-soft
3. Hold position for 3 minutes without shifting
4. No toe tapping, swaying, or weight transfers

Minute	Stable?	Wobble Notes
1	✓/✗	<input type="text"/>
2	✓/✗	<input type="text"/>
3	✓/✗	<input type="text"/>

"Master this before moving up the stack."

Passion Ammunition

Your energy source when conversation energy dips:

Core topic that lights you up:

Why it matters to you:

Recent experience with it:

How you help others with it:

"Deploy when energy flags. Authentic passion beats performance every time."

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