

Ground-State Reset – 3-Minute Bilateral Routine

A single **left-and-right run-through** of the six moves below will unwind any postural pattern and land you in the mechanically optimal “ground state.” No decisions, no tests mid-flow—just do each side exactly as written.

Step 1 Reciprocate the Ribs (*breaks rib synergy*)

1. Right:

- Reach the **right arm** overhead, palm in.
- **Inhale** 4 s—feel the right flank expand sideways.
- **Exhale** 6 s—let the **left scapula** glide down and back.

2. Left: repeat with sides reversed.

Step 2 Discharge Posterior Twist (*unloads stiff back tissues*)

1. Right: keep right arm up.

- **Exhale** as you **side-bend toward the raised arm** (body arcs right).
- Add a gentle **chin tuck**, letting the **eyes drop slightly** with the nod.
- **Inhale** return to centre.

2. Left: mirror the action.

Step 3 Equalise Rib Volume (*removes one-sided compression*)

1. Right: place **both hands on right lower ribs**.

- Take **3 quiet breaths**, widening the ribs sideways into your palms.

2. Left: move hands to left ribs; repeat 3 breaths.

Step 4 Align with Gravity (*re-centres spine under skull*)

- Stand (or sit) tall, arms relaxed.
- For **3 slow breaths**:
 - **Exhale**—let the **tailbone melt downward** into the floor.
 - **Inhale**—feel the **crown float upward**, as if lengthening the spine.

Step 5 Set Axial Balance (*locks in correct front/back torque*)

- Lace fingers **lightly behind the skull**.
- On each of **2 breaths**:
 1. **Inhale**—allow the **sternum to glide back and up** (subtle).
 2. **Exhale**—keep that length without shrugging shoulders.

Step 6 Sweep Residual Twist (clears tiny front-chain spirals)

1. Right sweep:
- Right hand rests on sternum, fingers pointing left.

Exhale—use your hand to gently draw your breastbone a finger-width to the **right**; let your gaze follow the movement.

Inhale—release the pull and allow your chest to return to center.
2. Left sweep:
- Left hand rests on sternum, fingers pointing right.

Exhale—gently draw your breastbone to the **left**; eyes follow.

Inhale—release and let the chest come back to neutral.

You’re Done – Quick Confirmation

Take one natural inhale.

Both sides of your ribcage should now expand evenly. If they don’t, run the entire six-step sequence once more.

Routine at a Glance

Step	Breath Count	Key Cue	Fixes
1	1 breath / side	Reach-&-melt	Rib torque balance
2	1 breath / side	Bend + chin tuck	Posterior twist
3	3 breaths / side	Hands-on-ribs inflate	Rib compression
4	3 central	Tail down, crown up	Gravity line
5	2 central	Sternum glides back	Axial torque set
6	1 breath / side	Micro spirals	Residual twist

Use **one full cycle daily** for maintenance; up to **three cycles** back-to-back for stubborn patterns. No measurements or side-decisions needed—just follow the script and let your body reset.