

## Ground-State Reset – 5-Minute Bilateral Routine

A single **left-and-right run-through** of the three sections below will unwind any postural pattern and land you in the mechanically optimal “ground state.”

- No decisions or tests mid-flow—just do each side exactly as written.

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### Rib Loop – Rebalance Rib Cage & Scapula (*all standing, ~3 min*)

#### Step R1 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:

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

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#### Step R2 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 center.

##### 2. Left: keep left arm up.

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

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#### Step R3 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: place both hands on left lower ribs.

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

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#### Step R4 Align with Gravity (*re-centers 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.

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#### Step R5 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.

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#### Step R6 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.

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### Hip Loop – Rebalance Pelvis & SI Joints (*all standing, 1 min*)

#### Step H1 Reciprocate the Hemipelves (*sets pelvic coupling, undoes “duck-foot” torque*)

## 1. Right:

- Shift your weight fully onto your **right foot**.
- Slide the **left foot** back about 10 cm (4 inches), toes touching down lightly.
- **Inhale**—feel the **right greater trochanter** (hip bone) widen out to the side.
- **Exhale**—gently **tuck the left sit-bone** (ischial tuberosity) under, as if folding the left side of the pelvis forward.

## 2. Left:

- Shift your weight fully onto your **left foot**.
- Slide the **right foot** back about 10 cm (4 inches), toes touching down lightly.
- **Inhale**—feel the **left greater trochanter** (hip bone) widen out to the side.
- **Exhale**—gently **tuck the right sit-bone** (ischial tuberosity) under, as if folding the right side of the pelvis forward.

*Tip: Keep a micro-bend in the knees to encourage movement at the pelvis, not the low back.*

## Step H2 Unload the Lumbar Twist (*clears stored lumbar/posterior twist*)

### 1. Right:

- In the same stance, focus weight on the **right foot**.
- **Exhale**—spiral your navel gently **toward the right leg** while your left arm counter-reaches (reaches forward or out to the left).
- **Inhale**—return to neutral.

### 2. Left:

- In the same stance, focus weight on the **left foot**.
- **Exhale**—spiral your navel gently **toward the left leg** while your right arm counter-reaches (reaches forward or out to the right).
- **Inhale**—return to neutral.

## Step H3 Equalise Iliac Volume (*removes one-sided iliac compression*)

### 1. Right:

- Place **both hands on the front** of your right hip.
- **Inhale** into that waist, gently widening the space under your palms.
- **Exhale**—let your right hip flexors soften and lengthen.
- Repeat **two breaths**.

### 2. Left:

- Place **both hands on the front** of your left hip.
- **Inhale** into that waist, gently widening the space under your palms.
- **Exhale**—let your left hip flexors soften and lengthen.
- Repeat **two breaths**.

## Skull Loop – Fine-Tune Crano-Cervical Balance (*all standing, ~40s*)

## Step K1 Occipital Float (*balances occiput-atlas torque*)

### 1. Right:

- Stand tall, **eyes forward**.
- **Inhale**—imagine subtly lifting the **right back corner of your skull** upward (like you're "lengthening" that side of your head).
- **Exhale**—let your **jaw swing slightly to the left** (opposite side).

### 2. Left:

- Stand tall, **eyes forward**.
- **Inhale**—imagine subtly lifting the **left back corner of your skull** upward (like you're "lengthening" that side of your head).
- **Exhale**—let your **jaw swing slightly to the right** (opposite side).

## Step K2 Jaw-Hyoid Spiral (*clears residual anterior twist at skull base*)

### 1. Right:

- With **tongue lightly touching the roof of your mouth**, focus on the right back corner of your skull.
- **Exhale**—allow your **jaw to spiral microscopically toward the lifted corner** (right).
- **Inhale**—return to neutral, center the jaw.

### 2. Left:

- With **tongue lightly touching the roof of your mouth**, focus on the left back corner of your skull.
- **Exhale**—allow your **jaw to spiral microscopically toward the lifted corner** (left).
- **Inhale**—return to neutral, center the jaw.

## You're Done – Quick Confirmation

Take one natural inhale.

*Both sides of your ribcage, pelvis, and neck should now feel balanced and move evenly. If any area still feels restricted or uneven, repeat the entire routine once more from the top.*

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.