

Self-Regulation & Well-Being

A belief-minimised, physiology-first training system — distilled from the world’s contemplative traditions.

For centuries, cultures around the world built practices to steady, calm and focus people: **mantra and prayer, chant, breath-work, slow movement, meditation, ritual**. Underneath their very different explanations, they share a small set of things the body and attention actually *do*.

This framework **distills that common core** into trainable skills — breathing, attention, body awareness, movement and state control — and keeps each tradition’s meaning as a **separate, optional layer**. Nothing in the practice depends on believing anything.

THE GOVERNING IDEA

Regulatory flexibility, not maximal relaxation

WHAT TRAINING BUILDS

- Less needless arousal
- Calm, yet alert
- Deliberate up/down shifts
- Faster stress recovery
- Steadier attention
- Clearer inner sense
- Tension ≠ effort ≠ pain
- Better breath control
- Posture, balance, coordination
- Still, not sluggish

THE ENDPOINT

Not an extraordinary session experience — ordinary life becoming easier to regulate.

THE WHOLE PROGRAMME IN FIVE WORDS



Distilled from many traditions

Origins shown are illustrative, not exhaustive

TRADITIONAL PRACTICE	WHAT IT MECHANICALLY DOES	MECHANISM BEFORE METAPHOR	KEPT IN THE CORE AS...
Mantra & repetitive prayer Hindu & Buddhist mantra · rosary · dhikr	rhythm, breath pacing, attention anchor	MECHANISM BEFORE METAPHOR	Rhythmic pacing signal
Chanting monastic, devotional & communal chant	long controlled exhale, vocalisation, entrainment		Paced breath-and-voice exercise
Chakra / dantian focus Indian yogic & Chinese Daoist body maps	sustained spatial attention, interoception		Body-region attention target
Pranayama / qigong breathing Indian yoga · Chinese qigong	breath rate, in:out ratio, posture		Parameterised breathing exercise
Tai chi · qigong · slow yoga Chinese internal arts · hatha yoga	balance, weight transfer, motor control		Slow integrated sensorimotor training
Meditation Buddhist, Hindu, Daoist, Christian, secular	attention stability & switching, meta-awareness		Structured attention training
Visualisation devotional, esoteric & athletic imagery	targeting, motor imagery, expectation		Optional cognitive control signal
Ritual setting sacred space, set times, objects	cueing, context, habit formation		Training-environment design

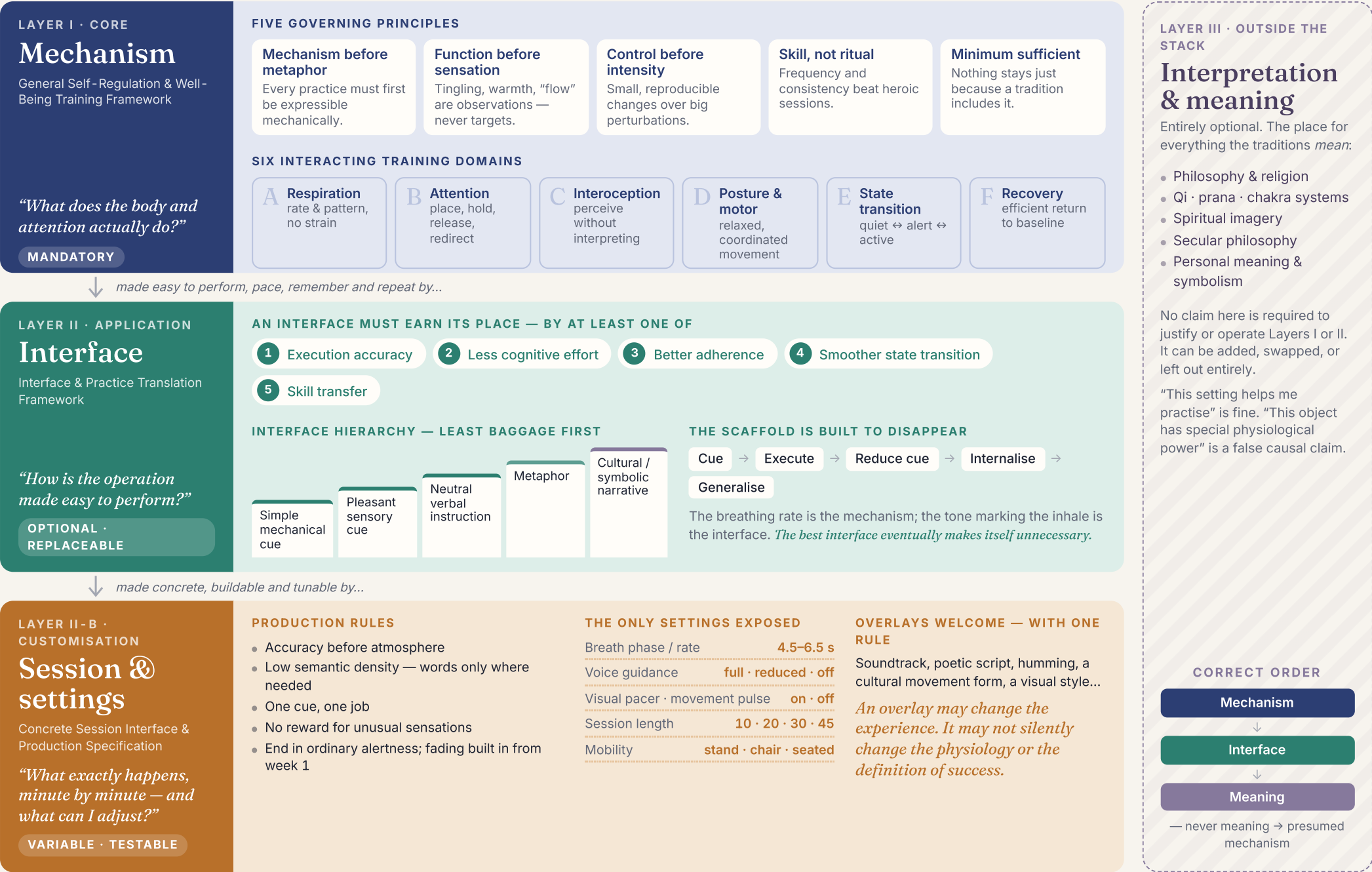
HOW THIS GUIDE IS LAYERED — READ TOP TO BOTTOM



02 The architecture: one mechanism, many interfaces

Each layer answers a different question. Lower layers never depend on the ones outside them.

CORE → APPLICATION → CUSTOMISATION



03 The inner skills: breath, attention, body sense

Each column is one skill, followed down from mechanism to interface to your session.

CORE → APPLICATION → CUSTOMISATION



PRACTICE I · DOMAIN A

Respiratory regulation

slow

comfortable

no holds

LAYER I Core

What the body and
attention actually do

0.1 Hz

target frequency

6 / min

breaths

5 s · 5 s

in · out

Nasal where practical, relaxed belly, quiet shoulders.
Change the rate, not the size of the breath.

5 → 10 → 10–20 min. Longer is not automatically better.

Stop signals: air hunger, dizziness, numbness, strong tingling, headache, rising anxiety → return to ordinary breathing.



PRACTICE II · DOMAIN B

Attentional control

detect deviation

→ redirect

LAYER II Application

The interface that
makes it easy

Tones — two soft signals mark the turn of each breath. **Visual** — an expanding circle (fade it later).
Counting — for learning only. **Movement** — arms rise 5 s, lower 5 s.

Music as a clock — beats per 5-second phase:

48
4

60
5

72
6

84
7

96
8

108
9

120
10

Four trainable operations

Placement choose a sensory target on purpose

Maintenance stay; notice drifting; come back

Translation move deliberately between targets

Expansion one sensation → whole body → body + room

The goal isn't unbroken concentration. The *return* is the rep.

Short, concrete cues for each operation, e.g. *"Move attention from the nose to the abdomen."*

Targets are sensory regions, not predefined "energy centres":

nose

throat

chest

abdomen

hands

feet

jaw

shoulders

back

pelvis

Eyes as a control surface: fixed, soft gaze to settle; wide peripheral scan to re-activate.



PRACTICE III · DOMAIN C

Interoceptive discrimination

detect

→ locate

→ describe

→

leave unexplained

Improve the fidelity of internal perception — breath, heartbeat, warmth, pressure, tension, fatigue, calm/activation — **without imposing explanations.**

PRESERVES INFORMATION

"Warm, palm-sized, left upper abdomen, rising on the out-breath."

ADDS A THEORY

"Energy is collecting in my solar plexus."

Sensations are observations, not targets. Their absence is not failure.

LAYER II-B Customisation

Your session and its
dials

Session 02:00–10:00. Tones 150–350 ms: rising = in, falling = out. One opening instruction, then only calibration prompts:

03:30 "Keep the breath easy rather than deep."

07:30 "If strained, breathe normally, then rejoin."

Dial: phase 4.5–6.5 s once stable. **Never:** countdowns, scores, "perfect breath" meters.

Session 10:00–15:00 — one target every ~45 s:

nose

→ abdomen

→ hands

→ feet

→

whole body

→ body + room

Dial: cue every 30–45 s (weeks 1–2) → 45–60 s → begin/mid/end only → self-directed. Voice full · reduced · off.

The script **explicitly permits weak or absent sensation** and never praises heat, tingling, "flow" or euphoria.

SAY

"Notice pressure under both feet."

NOT

"Root your energy into the earth."

SAY

"Allow breathing to become spontaneous."

NOT

"Let the life force breathe you."

04 The outer skills: movement, tension, state

The same three layers, applied to the body in motion and to moving between states.

CORE → APPLICATION → CUSTOMISATION



PRACTICE IV · DOMAIN D

Slow motor regulation

slow · continuous · comfortable range

LAYER I Core

What the body and
attention actually do

The mechanically useful common ground of **tai chi**, **qigong** and **slow yoga** — without their movement vocabulary.

weight transfer · squat / raise · rotation · reach
single-leg balance · continuous flow

Controlled mobility through the available range — *not* end-range flexibility.

LAYER II Application

The interface that
makes it easy

Any traditional form decomposes into five parameters — **the sequence is optional, the principles are not:**

Direction	left, right, forward, back, rotation
Speed · Load	slow → continuous · unloaded → bodyweight
Range	comfortable, controlled, never forced
Breath link	free · on inhale · on exhale · one per cycle

LAYER II-B Customisation

Your session and its
dials

Session 15:00–25:00, seven 1½-min blocks: side shift → front/back shift → arm rise → rotation → shallow squat → single-leg / heel raise → free flow.

Dials: optional pulse 60–90 BPM, no lyrics (dropped if you start moving “for the song”) · standing / chair / seated.

Verbs: shift, turn, rise, lower. Never “open the meridian”.



PRACTICE V · DOMAIN D

Tension regulation

detect excess → release → keep posture

Learn to tell apart **necessary** · **habitual** · **guarding** tension and full relaxation.

contract 3–5 s → release → observe 5–10 s

Hands · shoulders · jaw · abdomen · glutes · thighs · feet.
Eventually the contraction step drops away: spot the excess and let it go, mid-movement.

Early on, make **clear sensory contrast**; later the cue shrinks to “*detect unnecessary effort; release what isn’t required.*”

jaw & tongue · eyes & neck · shoulders & hands
abdomen & glutes · thighs & feet

Complete relaxation is not the goal — posture needs some work. The target is *unnecessary* effort.

No separate body-scan — **quick checks embedded in movement:**

16:00 jaw & tongue
18:30 shoulders & hands
20:30 abdomen & glutes
23:00 feet & toes

“Is this region doing work the movement doesn’t need? If so, reduce it.”



PRACTICE VI · DOMAINS E + F

State transitions & recovery

activation → regulation → recovery

Relaxation alone is not sufficient. A robust system enters and leaves quiet states easily.

Quiet → Alert → Active → Recovery

Recovery: stop, let breathing slow on its own, and watch — don’t impose slow breathing.

Quiet	low stimulation, stillness, slow breath
Alert	eyes open, upright, wide visual field
Active	stand or walk, bigger moves, faster rhythm
Recovery	moves tapering, breath slowing naturally

Light as a cue: softer while regulating, brighter to return.

25:00–28:00 all pacing stops; just two prompts.
28:00–30:00 return:

eyes open → wide vision → orient → stand
→ walk → carry on

Never end with “stay in this peaceful state” — the skill is flexibility, not preserving a special state.

05 Putting it together: the 30-minute session

Orient → Pace → Attend → Move → Remove scaffold → Return. The clock is to scale; the lanes below zoom in.

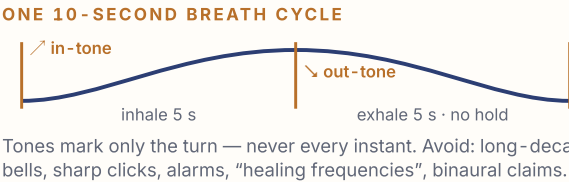
CORE → APPLICATION → CUSTOMISATION



LAYER II-B · SOUND DESIGN

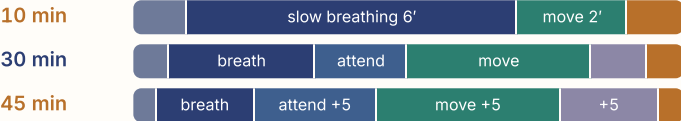
Five signals — one cue, one job

- Inhale** — soft rising / higher tone
- Exhale** — soft falling / lower tone
- Attention shift** — single neutral chime
- Phase change** — short two-note motif
- Return** — a little brighter, never startling



LAYER I LENGTH → LAYER II-B PRESETS

Same shape, different lengths



The 10-minute version keeps continuity on hard days — it isn’t a compressed, harder session. Extra time goes to movement, attention and quiet — **never** to slower or more extreme breathing.

LAYER I · THE WIDER WEEK

- | Regulatory | Physical |
|------------------------------|--------------------------|
| 5–7× breath + attention | 2+× strength training |
| 3–5× slow movement & balance | regular aerobic activity |
- Neither replaces the other.

LAYER II-B · QUALITY CONTROL

Is a finished session any good?

- 1 Can a new user follow every instruction literally?
- 2 Can an experienced user ignore most guidance and keep the protocol?
- 3 Does breathing stay comfortable rather than deliberately deep?
- 4 Are there long enough silences for internal perception?
- 5 Is the movement block safe in a small, ordinary room?
- 6 Does it end in normal alertness?
- 7 Can every metaphor be translated into a concrete operation?
- 8 Would it still work with all music and imagery removed?

06 Progression: from guided to self-directed

Skill builds up while the scaffolding comes down — and progress is judged outside the session.

CORE → APPLICATION → CUSTOMISATION

	Weeks 1–2	Weeks 3–4	Weeks 5–6	Weeks 7–8	Long-term
	ESTABLISH	STABILISE	INTEGRATE	INDIVIDUALISE	TRANSFER
WHO'S IN CONTROL	EXTERNAL GUIDANCE				INTERNAL CONTROL
LAYER I Core	15–20 min/day Comfortable 0.1 Hz breathing, basic body awareness, simple slow movement. No chasing unusual experiences.	20–30 min/day Deliberate attention switching, wider movement vocabulary, tension detection, basic balance.	25–35 min/day Combine breath + attention + movement + recovery. Begin explicit state-transition training.	25–40 min, most days Test neighbouring breath rates, sequences, sitting vs standing, morning vs evening. Keep what works.	5–7 days/week Low-intensity skill practice, alongside normal strength and aerobic training.
LAYER II Application	Full scaffold Full pacing, frequent cues, structured movement sequence.	Thinning Fewer instructions; breath pacer kept; fewer attention reminders.	Intermittent Pacing on and off; self-directed movement; occasional corrections.	Calibration only Mostly self-directed; external aids used to check timing.	Unassisted Fully executable without help. Aids stay optional.
LAYER II-B Customisation	B tone every turn; visual pacer optional A cue every 30–45 s M full sequence prompts	B tone every turn; visual pacer off A cue every 45–60 s M prompt only at changes	B 2 min fully paced, then spot checks A begin / mid / end cues M sequence card or sparse audio	B pacer on calibration days A mostly self-directed M mostly self-directed	B you set the pace internally A unguided except drills M free movement or chosen form

LAYER I · WHEN TO STEP UP

comfortable + reproducible + recoverable

Rate weekly, 0–10

baseline stress · settling after stress · concentration · sleep · daytime energy · emotional recovery · body tension · movement comfort · well-being

Not by the calendar, and not by making breathing slower.

Optional measures — resting heart rate, HRV, breathing rate, sleep, balance time, mobility. Secondary observations and trends over weeks; **never** a daily score to beat.

Ask yourself

Can I calm down within ~10 min *without* getting sleepy? Do I catch tension earlier? Recover faster?

LAYER II · TREAT EACH INTERFACE AS AN EXPERIMENT

Keep it if it gives

- more accuracy
- less mental load
- more consistency
- a better experience
- transfer to unguided practice

Drop it if it

- distracts or creates anxiety
- makes breathing feel forced
- encourages sensation-chasing
- creates dependency
- becomes compulsory ritual

Vary room, soundtrack or cue now and then. If the skill survives, transfer has happened.

Many channels, then fewer

Early on, stack cues — a circle expands, a tone rises, the arms lift, the breath comes in. Then remove channels one at a time until the timing lives inside you.

ALL LAYERS · DELIBERATELY LEFT OUT

Not part of the baseline

- long breath-holds
- hyperventilation
- deliberate hypoxia
- extreme cold / heat
- prolonged fasting
- sleep deprivation
- pain endurance
- multi-hour sitting
- provoking dissociation
- kundalini-type induction
- chasing euphoria
- extreme locks or straining

Some have specialised uses — but intensity isn't advancement.

Red flags in any app or audio

- claims a sound frequency “heals” or unlocks something
- rewards slower breathing or more extreme states
- implies failure if you can't feel a prescribed sensation

SUCCESS IS A
PERSON WHO CAN

perceive their state → alter it deliberately → stay functional → return to baseline

Ordinary life, easier to regulate.