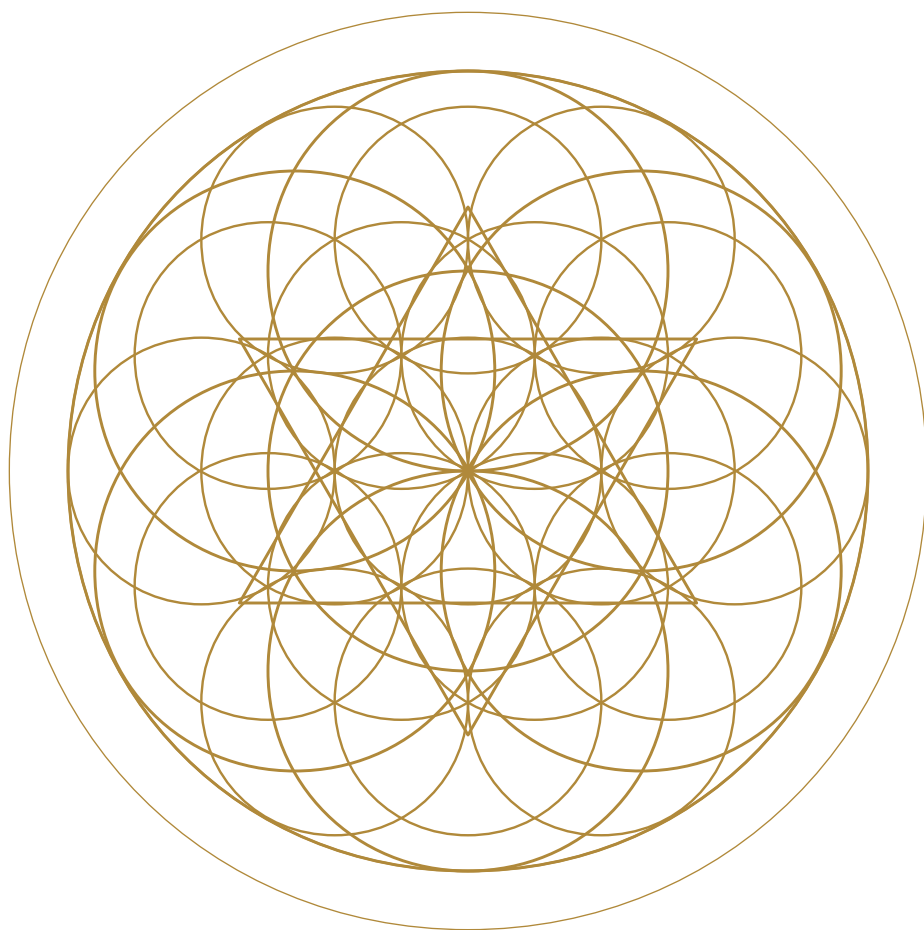
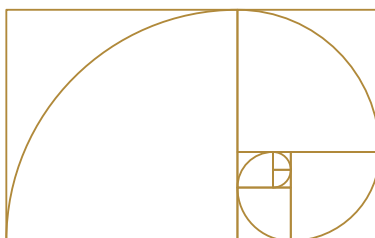




CELLULAR COHERENCE

# The Coherence Journal

*Guided prompts & mindful practices  
for body, heart, voice and mind*



## How to use this journal

This journal follows the eight pillars of Cellular Coherence. Each chapter opens with a short, plain-language look at the science, followed by a guided practice, six reflective prompts and a seven-day practice log.

Go in order or follow your curiosity. There is no wrong pace. Many people do one chapter a week; others stay with a single practice for a month.

The pages are deliberately light and open, so they print beautifully at home and leave room for your own words, sketches and color.

### EVIDENCE KEY

ESTABLISHED

Supported by consistent research.

EMERGING

Promising early findings; more research needed.

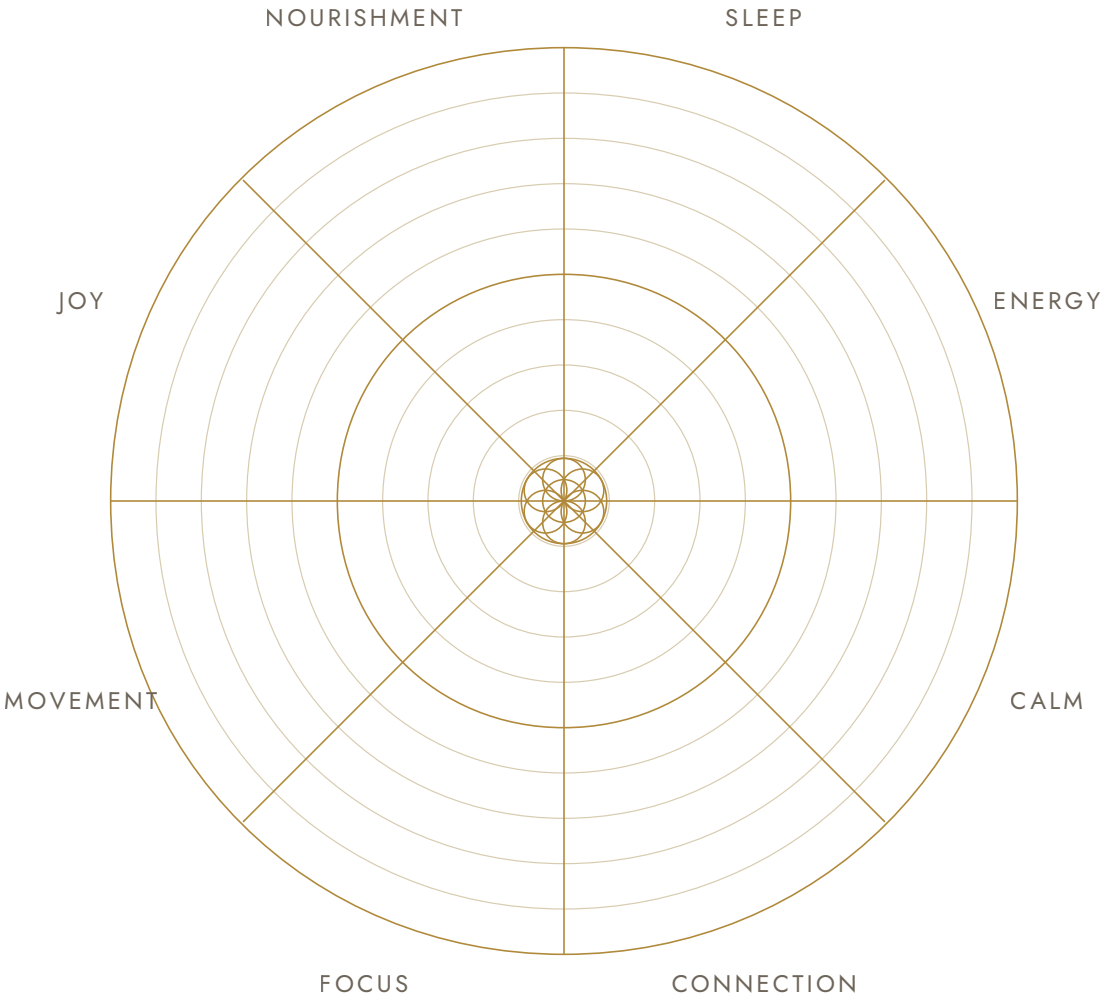
EXPLORATORY

Traditional or theoretical; treat as a personal experiment.

*Mechanism over metaphor.* We share what is known, what is promising and what is still a question, so you can practice with both curiosity and clarity.

# My Coherence Wheel · Day One

Shade each segment from the center (1) to the edge (10) to show how full that area feels right now.



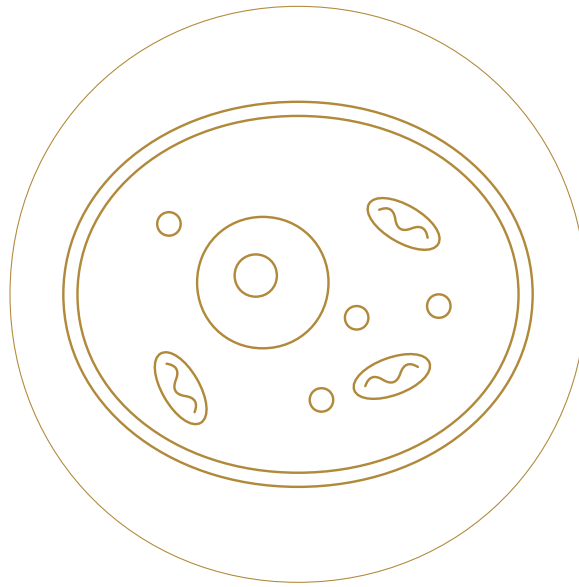
WHAT STANDS OUT?

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## PILLAR I

# Cellular Intelligence

*Your body is a conversation*

You are made of roughly thirty-seven trillion cells, and every one of them is listening. Each cell holds a small electrical charge across its membrane, and that voltage helps it decide when to rest, divide, repair, or signal its neighbors.

Researchers studying bioelectricity have found that these voltage patterns help coordinate how tissues grow and heal. Your nervous system, hormones and immune cells are constantly reading your environment, including your breath, your posture, your sleep and the tone of your thoughts.

Coherence begins with noticing. Before we change anything, we learn to hear what the body is already saying.

ESTABLISHED

Cells keep a membrane voltage and use it to signal

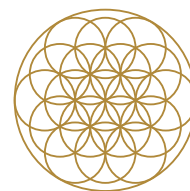
EMERGING

Bioelectric patterns guide tissue growth and repair



PRACTICE · 5 MINUTES

## The Listening Scan



1. Sit or lie down somewhere comfortable. Let your exhale be a little longer than your inhale.
2. Bring your attention to your feet. Notice temperature, pressure, tingling or nothing at all.
3. Move slowly upward: legs, hips, belly, chest, hands, arms, shoulders, throat, face, scalp.
4. At each place, ask silently: “What are you telling me?” Don’t fix anything. Just receive.
5. Finish with one hand on your heart and one on your belly. Take three slow breaths and thank your body.

AFTER THE PRACTICE I NOTICED...

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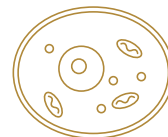
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## SEVEN-DAY PRACTICE LOG



# The Listening Scan

Rate how coherent you feel (calm, clear, connected) before and after each session.

| DAY | DATE | DONE                     | MINUTES | BEFORE<br>1-10 | AFTER<br>1-10 | ONE WORD / NOTE |
|-----|------|--------------------------|---------|----------------|---------------|-----------------|
| 1   |      | <input type="checkbox"/> |         |                |               |                 |
| 2   |      | <input type="checkbox"/> |         |                |               |                 |
| 3   |      | <input type="checkbox"/> |         |                |               |                 |
| 4   |      | <input type="checkbox"/> |         |                |               |                 |
| 5   |      | <input type="checkbox"/> |         |                |               |                 |
| 6   |      | <input type="checkbox"/> |         |                |               |                 |
| 7   |      | <input type="checkbox"/> |         |                |               |                 |

WHAT CHANGED ACROSS THE WEEK?

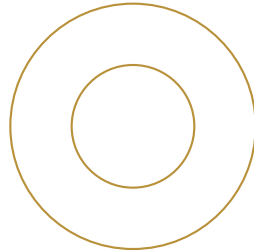
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THANK YOU FOR TRYING THE SAMPLE

# The Coherence Journal

*You just tried one of eight pillars.*

*The full journal has 60 pages: eight practices, 48 prompts,  
eight practice logs, coherence wheels and a 30-day tracker,  
plus the bonus 30-Day Coherence Practice.*

**Get the full edition · \$9.99**

[cellularcoherence.com/product/the-coherence-journal-printable-pdf/](https://cellularcoherence.com/product/the-coherence-journal-printable-pdf/)