

The Coherence Shift

You've shifted your field.
This is how you integrate it.

- ▶ Choose the version
- ▶ Define your frequency
- ▶ Collapse the gap

*This isn't about becoming someone new.
It's about becoming coherent with who you already are.*

The Coherence Shift

You've just shifted your field.

Your system is more open, more coherent, more available.

This is where most people drift...

They feel better... and then return to the same identity.

We're not doing that.

Choose the version of you you're ready to hold

Ask yourself:

What version of me am I no longer available to accept for myself?

What feels complete, ready to leave my field... even if it's been familiar?

Where have I been tolerating less than what I know I'm capable of?

Pause here. This matters.

The Coherence Shift

Choose the version of you you're ready to hold

Now shift forward:

What version of me is asking to come online now?

What feels like a stretch... but also true?

What would my life look like if I actually held that version consistently?

Anchor it:

This is not about wishing or hoping.

This is about choosing the identity your field will now organise around.

The field doesn't respond to what you want.

It responds to what you are available for.

The Coherence Shift

Define your Frequency

The version of you you just chose...
isn't an idea.

This is where your frequency becomes visible.

Instead of “I wonder what is it like to be”... go here:

How do you move through your mornings in this new frequency?

How do you make decisions when something feels uncertain in this new frequency?

What do you no longer tolerate... in yourself or your environment in this new frequency?

The Coherence Shift

Define your Frequency

Bring it into your world:

How do you show up with money, clients, and opportunities in this new frequency?

How do you respond when things don't go to plan in this new frequency?

Do you rush, overthink... or stay steady and clear in this new frequency?

Make it tangible:

How do you speak?

How do you nurture your body, what do you eat, what do you drink?

How do you structure your time?

The Coherence Shift

Define your Frequency

Then this:

What are you currently doing... that no longer matches this frequency?

This isn't about becoming someone else.

It's about removing what no longer matches the frequency you've chosen.

Your field doesn't change from what you say you want.

It changes from what you repeatedly live.

The Coherence Shift

Collapse the Gap

You've chosen the version.
You've defined how you move.
Now we bring it into reality.

Ask yourself:

If I was already this version of me...

What would I do next?
Not someday.
Not when I feel ready.

Today.

The Coherence Shift

Collapse the Gap

Then tighten it:

What is one thing I've been avoiding... that this version of me wouldn't?

Where am I hesitating... that this version of me would move?

Choose ONE.

Not five. Not a list.

One clean, aligned action.

This is where your frequency becomes real.

Because your field reorganises through:

What you do... not what you think about.

The Coherence Shift

Collapse the Gap

Lock it in:

When will I do this? (today, be specific)

**Momentum doesn't come from clarity.
It comes from movement.**

This is about using the field.

Aligning your frequency to the version of you you've
chosen...
and walking, talking, and acting, embodying that now.

That's what creates coherence.
That's what brings it into your reality.