

The 15-Minute Sequential Reset

Timing	Intervention	Physiological Objective
0:00 – 3:00	Targeted Auricular Stimulation	Activate the Auricular Branch of the Vagus Nerve to lower immediate cortisol spikes.
3:00 – 8:00	The Oculo-Cardiac "Salamander" Shift	Engage the brainstem muscles to override the sympathetic "fight or flight" chain.
8:00 – 13:00	Low-Frequency "Voo" Resonance	Provide mechanical vibration to the vocal cords to increase Heart Rate Variability (HRV).
13:00 – 15:00	Mitochondrial Oxygenation (Diaphragmatic)	Finalize the shift by flooding the prefrontal cortex with oxygenated blood flow.