

Deep Coherence Technique

Jacalyn S Burke © 2026



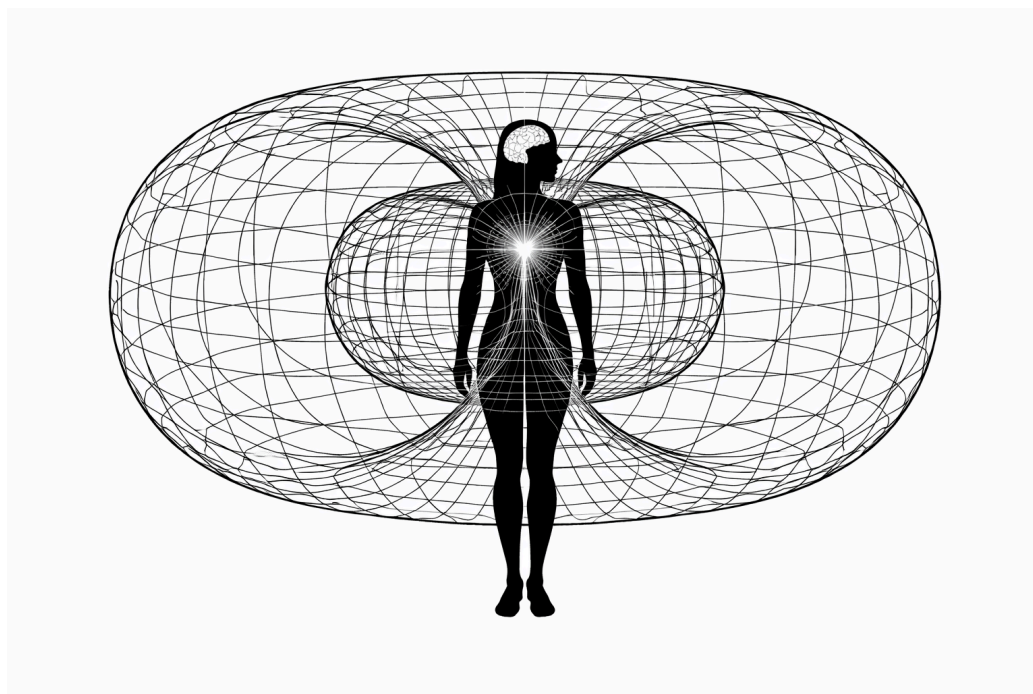


INTRODUCTION

Deep Coherence Technique (DCT) is a **5-step practice** created by Jacalyn S Burke in 2024 that systematically activates, balances, and amplifies your Electro-Magnetic Field, the sentient shield that protects and organizes your entire energetic system.

By integrating grounding, breathwork, brain hemispheric balance, heart-brain alignment, and collective field amplification, DCT addresses the full spectrum of your energetic anatomy: nervous system, fascia, endocrine glands, and cellular circuits.

This practice is designed to flood your body with electrons, restore your natural voltage, and create the coherence necessary for vitality, clarity, and resilience.



Understanding Your Electro-Magnetic Field

Your Electro-Magnetic Field is a toroidal (donut-shaped) shield generated by your heart, brain, and trillions of cells. Modern instruments (EEG, ECG, HRV monitors) can measure aspects of this field, which ancient traditions called prana or qi.

When your Electro-Magnetic Field is coherent, stable, organized, and rhythmic, your physiology follows: hormones balance, inflammation drops, focus sharpens, and repair accelerates. When it becomes incoherent, scattered, noisy, and drained, you experience fatigue, brain fog, emotional reactivity, and slowed healing.

The problem: Modern life impacts and depletes your Electro-Magnetic Field. Artificial EMFs, satellites, and scalar technologies strip electrons from your

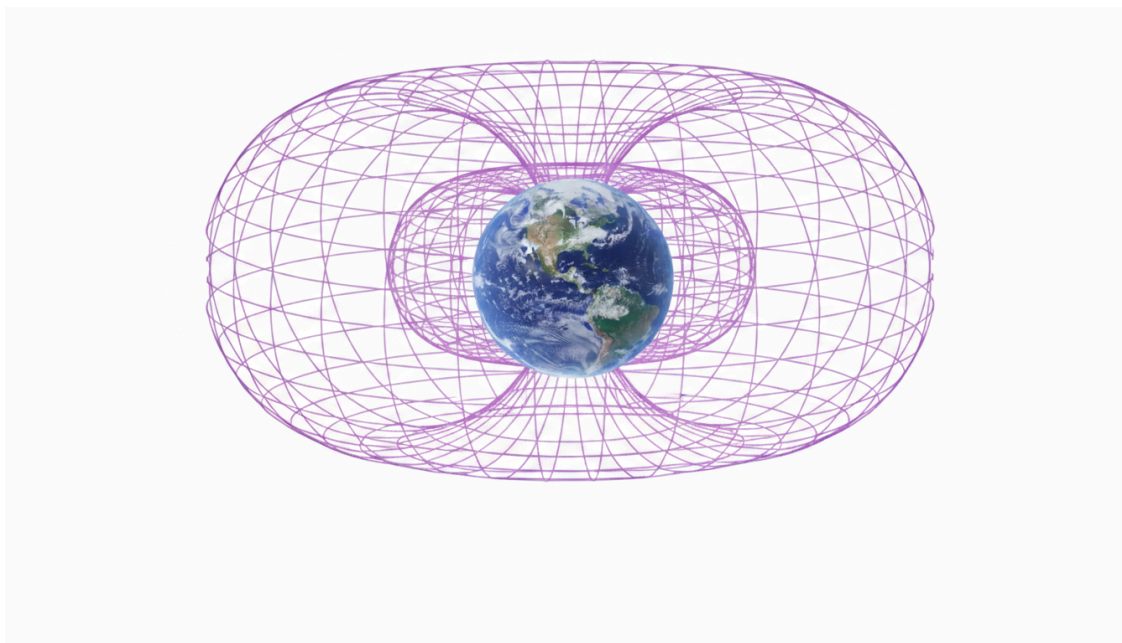
cells, processed foods lack the minerals that conduct electricity, chronic stress locks your nervous system into sympathetic overdrive, and sedentary habits prevent the piezoelectric charge generation that comes from movement and sunlight.

Compounding this are factors like modern footwear, synthetic clothing, and insulated artificial interiors, that continuously uproot us from the earth's natural, bio-rhythmic reset systems our ancestors relied upon.

Over time, your cellular batteries lose voltage, your organs struggle to regenerate, and your natural magnetic shield weakens.

The solution: DCT systematically recharges your Electro-Magnetic Field by addressing the five key areas of your biotechnology: your energetic anatomy.

THE 5 STEPS: HOW & WHY DCT WORKS



STEP 1: GROUNDING — Plugging Into the Earth's Core

The Science:

When you make direct contact with the Earth barefoot on the grass, soil, sand, or water, free electrons flow from the ground into your body through a process called electron transfer. These electrons act as nature's most powerful antioxidants, neutralizing free radicals and reducing oxidative stress at the cellular level.

A 2015 review published in the *Journal of Inflammation Research* examined multiple grounding studies and reported observed effects, including changes in inflammatory markers, pain reduction, and improvements in heart rate variability in some participants. The authors noted that while results were promising, larger controlled studies were needed.

Source: Oschman JL, Chevalier G, Brown R. "The effects of grounding (earthing) on inflammation, the immune response, wound healing, and

prevention and treatment of chronic inflammatory and autoimmune diseases." *Journal of Inflammation Research*. 2015;8:83-96.

Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4378297/>

A 2012 study published in the *Journal of Alternative and Complementary Medicine* by Chevalier et al. used medical infrared imaging to document thermal patterns in participants. The study reported measurable changes in inflammation-related thermal patterns following grounding sessions in a small sample group.

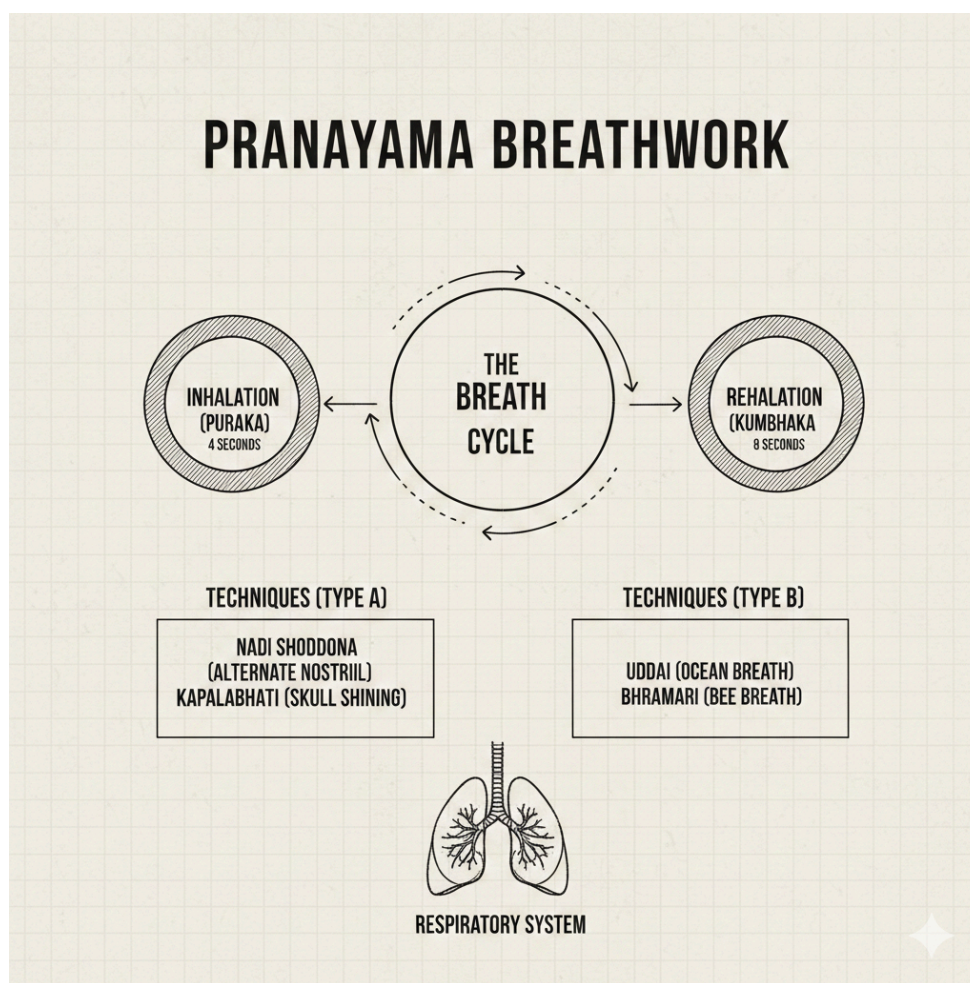
Source: Chevalier G, Sinatra ST, Oschman JL, Sokal K, Sokal P. "Earthing: health implications of reconnecting the human body to the Earth's surface electrons." *Journal of Environmental and Public Health*. 2012;2012:291541.

Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3265077/>

What Happens in Your Body during DCT:

- Vagal tone increases (calmer nervous system)
- Cortisol rhythms normalize (better stress response)
- Blood viscosity decreases (improved circulation and oxygen delivery)
- Fascia becomes more conductive (better energy flow throughout the connective tissue web)

→ **DCT Impact:** By beginning with grounding, you establish an electron-rich foundation, creating the electrical stability necessary for the remaining four steps to amplify your Electro-Magnetic field.



STEP 2: PRANAYAMA BREATHWORK — Life Force Activation

The Science:

Slow breathing at rates of approximately 5–6 breaths per minute has been shown to increase heart rate variability (HRV) and activate the parasympathetic nervous system. A 2018 systematic review published in *Frontiers in Human Neuroscience* examined respiratory–vagal interactions and confirmed that controlled breathing practices consistently influence autonomic nervous system balance.

Source: Gerritsen RJS, Band GPH. "Breath of Life: The Respiratory Vagal Stimulation Model of Contemplative Activity." *Frontiers in Human*

Neuroscience. 2018;12:397.

Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6189422/>

Heart rate variability (HRV) is a well-established marker of autonomic nervous system function and cardiovascular health. Higher HRV indicates greater adaptability and resilience, while lower HRV is associated with chronic stress and various health conditions. Multiple studies have demonstrated that slow, paced breathing increases HRV.

Source: Lehrer PM, Gevirtz R. "Heart rate variability biofeedback: how and why does it work?" *Frontiers in Psychology*. 2014;5:756.

Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4104929/>

Diaphragmatic breathing (breathing that engages the diaphragm rather than chest muscles) has been shown in clinical studies to reduce cortisol levels and decrease perceived stress. A 2017 study published in *Neurological Sciences* found that diaphragmatic breathing training improved cognitive performance and reduced cortisol in healthy adults.

Source: Ma X, Yue ZQ, Gong ZQ, et al. "The Effect of Diaphragmatic Breathing on Attention, Negative Affect and Stress in Healthy Adults." *Frontiers in Psychology*. 2017;8:874.

Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5455070/>

What Happens in Your Body during DCT (Evidence-Based):

- Heart rate variability increases (documented across multiple studies)
- Vagal tone strengthens (parasympathetic nervous system activation)
- Cortisol levels may decrease (stress hormone reduction)
- Blood pressure can be lowered (in some individuals with hypertension)
- Respiratory efficiency improves (stronger respiratory muscles, better breathing mechanics)

- Gas exchange optimizes (improved oxygen delivery and CO₂ removal within normal physiological ranges)

A meta-analysis of breathing intervention studies found consistent effects on stress reduction, anxiety, and physiological markers of relaxation across various breathing techniques, including pranayama.

Source: Zaccaro A, Piarulli A, Laurino M, et al. "How Breath-Control Can Change Your Life: A Systematic Review on Psycho-Physiological Correlates of Slow Breathing." *Frontiers in Human Neuroscience*. 2018;12:353.

Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6137615/>

→ **DCT Impact:** Pranayama practices activate the parasympathetic nervous system, increase heart rate variability, and create a state of physiological coherence that supports the integration of the remaining steps in the Deep Coherence Technique.



STEP 3: PRIME YOUR ELECTRO-MAGNETIC FIELD — **Interoceptive and Proprioceptive Integration**

The Science:

When you move your hands slowly through the air while focusing on sensations in your palms and fingers, you are engaging multiple well-documented neurological systems:

1. Interoception — Internal Body Awareness

Interoception is your ability to perceive internal bodily sensations. The insular cortex (a region deep in the brain) processes interoceptive signals from throughout the body. Research shows that practices involving focused attention on bodily sensations strengthen insular cortex activity and improve interoceptive awareness.

Source: Farb N, Daubenmier J, Price CJ, et al. "Interoception, contemplative practice, and health." *Frontiers in Psychology*. 2015;6:763.

Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4466029/>

Enhanced interoceptive awareness is associated with better emotional regulation, improved decision-making, and greater self-awareness. The hands and fingers contain particularly dense concentrations of sensory receptors, making them highly sensitive to subtle stimuli.

2. Proprioception — Spatial Body Awareness

Proprioception is your sense of where your body is in space. When you move your hands slowly and deliberately, proprioceptive receptors in muscles, tendons, and joints send continuous feedback to your brain, creating a detailed spatial map of your body's position.

Source: Proske U, Gandevia SC. "The proprioceptive senses: their roles in signaling body shape, body position and movement, and muscle force." *Physiological Reviews*. 2012;92(4):1651-1697.

Link: <https://www.ncbi.nlm.nih.gov/pubmed/23073629>

The act of moving hands through space while attending to sensation engages the posterior parietal cortex, which integrates sensory information to create body schema—your brain's representation of your body in space.

3. Thermoreception and Mechanoreception

The skin on your hands contains multiple types of sensory receptors:

- **Mechanoreceptors** detect pressure, vibration, and movement across the skin
- **Thermoreceptors** detect temperature changes, including subtle variations in air temperature and air currents
- These receptors are especially dense in fingertips and palms

When moving hands through the air, you may notice sensations of temperature, energetic tingling, and subtle pressure changes. These are real sensory inputs being processed by your somatosensory cortex.

Source: McGlone F, Reilly D. "The cutaneous sensory system." *Neuroscience & Biobehavioral Reviews*. 2010;34(2):148–159.

Link: <https://pubmed.ncbi.nlm.nih.gov/19712693/>

4. Attention and the Default Mode Network

Focusing attention on present-moment sensory experience deactivates the default mode network (DMN)—the brain network active during mind-wandering and self-referential thinking. Multiple studies show that practices involving focused sensory awareness shift brain activity from DMN to sensory processing regions.

Source: Brewer JA, Worhunsky PD, Gray JR, et al. "Meditation experience is associated with differences in default mode network activity and connectivity." *Proceedings of the National Academy of Sciences*. 2011;108(50):20254–20259.

Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3250176/>

Reduced DMN activity is associated with decreased rumination, improved present-moment awareness, and enhanced cognitive flexibility.

5. Motor Cortex and Intentional Movement

Slow, intentional movement activates the motor cortex while also engaging prefrontal regions involved in planning and attention. This type of mindful movement has been studied in practices like Tai Chi and Qigong, showing benefits for motor control, balance, and cognitive function.

Source: Wayne PM, Walsh JN, Taylor-Piliae RE, et al. "Effect of tai chi on cognitive performance in older adults: systematic review and meta-analysis."

Journal of the American Geriatrics Society. 2014;62(1):25–39.

Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3967899/>

What Happens in Your Body (Evidence-Based):

- Interoceptive awareness increases (stronger mind-body connection)
- Proprioceptive feedback enhances (improved body-in-space awareness)
- Sensory cortex activates (processing tactile and thermal information)
- Default mode network quiets (reduced mind-wandering, increased presence)
- Motor planning regions engage (intentional, coordinated movement)
- Attention stabilizes (focused on present-moment sensation)

The Coherence Effect:

When you combine slow movement with focused sensory awareness, you create what neuroscience calls "embodied attention," a state where cognitive resources are directed toward present-moment bodily experience. This integration of movement, sensation, and attention has been shown to:

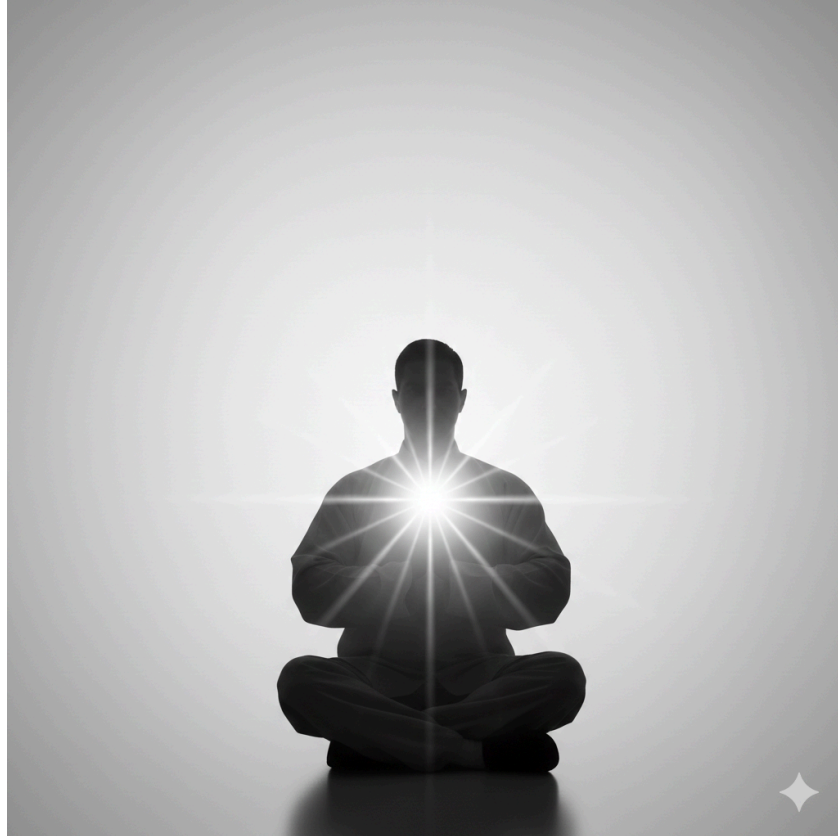
- Reduce stress and anxiety
- Improve emotional regulation
- Enhance body awareness
- Support nervous system balance
- Create a state of calm, focused alertness

Source: Mehling WE, Gopisetty V, Daubenmier J, et al. "Body Awareness: construct and self-report measures." *PLOS ONE*. 2009;4(5):e5614.

Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2680229/>

→ **DCT Impact:** By moving your hands mindfully through the space around your body (your Electro-Magnetic field) while focusing on sensation, you engage multiple brain systems that strengthen body awareness, quiet mental

chatter, and create an integrated state of focused presence. This neurological coherence, the synchronized activity of sensory, motor, and attention networks, prepares your system for the heart-brain alignment in Step 4.



STEP 4: "OM I AM" ACTIVATION — **Heart-Brain Coherence**

The Science:

Your heart is more than a pump; it's a sophisticated information processing center. The heart generates the body's most powerful rhythmic electromagnetic field, with an electrical component about 60 times greater in amplitude than brain waves, measurable by standard ECG. Using sensitive magnetometers, researchers can detect the heart's magnetic field several feet from the body.

Source: McCraty R, Shaffer F. "Heart Rate Variability: New Perspectives on Physiological Mechanisms, Assessment of Self-regulatory Capacity, and Health Risk." *Global Advances in Health and Medicine*. 2015;4(1):46-61.

Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4311559/>

Heart-Brain Communication:

The heart and brain communicate constantly through multiple pathways: neurological (vagus nerve), biochemical (hormones), biophysical (pressure waves), and energetic (electromagnetic fields). Notably, the heart sends more signals to the brain than the brain sends to the heart through the vagus nerve, influencing brain function and emotional processing.

Source: Thayer JF, Lane RD. "Claude Bernard and the heart-brain connection: further elaboration of a model of neurovisceral integration." *Neuroscience & Biobehavioral Reviews*. 2009;33(2):81-88.

Link: <https://www.ncbi.nlm.nih.gov/pubmed/18771686>

Heart Rhythm Coherence:

Research has identified a physiological state called heart rhythm coherence, characterized by a smooth, sine-wave-like pattern in heart rate variability (HRV). This coherent pattern typically emerges during positive emotional states such as appreciation, gratitude, or compassion, and contrasts with the erratic, jagged patterns associated with stress or anxiety.

Studies show that intentional practices focusing on positive emotions and heart-centered awareness can increase coherence. This coherent state is associated with improved autonomic nervous system balance, with increased parasympathetic (rest-and-digest) activity.

Measured Effects of Heart Coherence:

Research by the HeartMath Institute and independent researchers has documented several physiological changes associated with heart coherence states:

- Improved heart rate variability patterns
- Enhanced autonomic nervous system balance
- Reduced cortisol levels (stress hormone)
- Increased DHEA (anti-aging hormone)
- Improved cognitive performance on some tasks
- Better emotional regulation

Source: McCraty R, Atkinson M, Tomasino D. "Impact of a workplace stress reduction program on blood pressure and emotional health in hypertensive employees." *Journal of Alternative and Complementary Medicine*. 2003;9(3):355-369.

Link: <https://pubmed.ncbi.nlm.nih.gov/12816624/>

Physiological Synchronization:

When heart rhythm becomes coherent, other bodily rhythms tend to synchronize, including:

- Respiration patterns
- Blood pressure oscillations
- Brain wave activity

This synchronization occurs primarily through neural pathways (especially the vagus nerve) and creates a state of system-wide physiological efficiency.

What Happens in Your Body (Evidence-Based):

- Heart rate variability patterns become more ordered (coherent HRV)
- Vagal tone increases (stronger parasympathetic activation)
- Prefrontal cortex function improves (better executive function and emotional regulation)
- Stress hormones decrease (lower cortisol, higher DHEA ratios)
- Physiological systems synchronize (heart, breath, and brain rhythms align)

- Cognitive performance may improve (attention, working memory, reaction time)

When you intentionally focus attention on your heart area while evoking a powerful spiritual mantra, you activate this coherence response. This produces measurable physiological changes that can be detected through HRV monitoring and other biometric measurements.

→ **DCT Impact:** Heart activation creates a state of physiological coherence where heart rhythm, breathing, and nervous system function synchronize. This integrated state supports emotional stability, mental clarity, and physiological efficiency, preparing your system for the amplification that occurs in Step 5.



STEP 5: GROUP VORTEX ENERGY BOOST — **Amplifying Through Connection**

The Science:

When people practice coherence techniques together, several scientifically documented phenomena occur that enhance individual and collective experience.

Brainwave Synchronization:

Research using simultaneous EEG monitoring (hyperscanning) has documented that people engaged in synchronized activities—including

meditation, music-making, and coordinated movement—show measurable brainwave synchronization, particularly in alpha (8–12 Hz) and theta (4–8 Hz) frequency ranges.

Source: Müller V, Sängler J, Lindenberger U. "Intra- and inter-brain synchronization during musical improvisation on the guitar." *PLOS ONE*. 2013;8(9):e73852.

Link: <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0073852>

This neural synchronization is associated with increased feelings of social connection and shared experience. While the exact mechanisms are still being studied, researchers have identified several contributing factors: shared attention, coordinated breathing patterns, mirror neuron activation, and rhythmic entrainment.

Group Intention Research:

Lynn McTaggart, author of "The Intention Experiment," has documented multiple group intention experiments. While the effects on distant targets remain debated, her research consistently shows measurable changes in the **participants themselves** during group intention practices:

- Decreased skin conductance (indicating reduced stress)
- Changes in EEG patterns suggesting altered consciousness states
- Increased subjective feelings of connection and unity
- Enhanced sense of purpose and meaning

These findings suggest that regardless of distant effects, the act of focusing collective intention creates physiological and psychological benefits for participants.

Social Baseline Theory:

Neuroscience research demonstrates that the presence of supportive others fundamentally alters how our nervous system responds to stress. Studies using fMRI show that threatening situations activate less neural alarm response when we're with trusted companions.

Source: Coan JA, Schaefer HS, Davidson RJ. "Lending a hand: social regulation of the neural response to threat." *Psychological Science*. 2006;17(12):1032-1039.

Link: <https://pubmed.ncbi.nlm.nih.gov/17201784/>

This "social buffering" effect suggests that group practices may create a supportive physiological environment that enhances individual regulation and resilience.

Synchronized Activity and Endorphin Release:

Research on synchronized group activities—including chanting, drumming, dancing, and group exercise—shows that moving or vocalizing in unison triggers endorphin release more powerfully than solo activity.

Source: Dunbar RI, Kaskatis K, MacDonald I, Barra V. "Performance of music elevates pain threshold and positive affect: implications for the evolutionary function of music." *Evolutionary Psychology*. 2012;10(4):688-702.

Link: <https://journals.sagepub.com/doi/10.1177/147470491201000403>

This endorphin elevation contributes to feelings of euphoria, connection, and pain threshold elevation that participants often report during group practices.

Heart Rate Variability in Groups:

Preliminary research suggests that when groups of people practice heart coherence techniques together, individual HRV patterns may show increased coherence, though more research is needed to understand the mechanisms.

Collective Coherence Effects:

When multiple people enter coherent physiological states simultaneously (through synchronized breathing, shared focus, or coordinated movement), several effects have been observed:

- Individual coherence states may stabilize more quickly
- Participants report enhanced subjective experiences
- Group atmosphere shifts toward calm and focus
- Social bonds strengthen through shared practice

What Happens in Your Body (Evidence-Based):

- Brainwave patterns may synchronize with other participants (measured via EEG hyperscanning)
- Stress physiology decreases (lower cortisol, decreased skin conductance)
- Endorphin release (enhanced during synchronized activity)
- Social bonding increases (oxytocin and feelings of connection)
- Individual coherence may stabilize through group support and shared rhythm
- Autonomic nervous system regulation improves (social baseline effect)

The Amplification Effect: from I AM to We ARE

While the exact mechanisms continue to be studied, the consistent finding across research is that practicing coherence techniques in a group context enhances both physiological and psychological outcomes compared to solo practice. This may occur through:

- Shared rhythmic entrainment (breathing, movement, sound)
- Social support and nervous system co-regulation
- Mirror neuron activation and empathic resonance
- Collective intention and shared meaning-making

- Endorphin and oxytocin release from synchronized activity

→ **DCT Impact:** The Group Vortex Boost leverages the documented benefits of synchronized group practice—neural synchronization, social buffering, endorphin release, and collective coherence—to create an experience that supports and amplifies individual transformation. Participants benefit from both their own practice and the supportive physiological environment created by the group's shared focus and rhythm.



Next Steps ...

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