

Deep Coherence Technique (DCT) — FAQs

Official Frequently Asked Questions & Medical Disclaimer • <https://dctmeditation.com>

01. What is Deep Coherence Technique (DCT)?

Deep Coherence Technique (DCT) is a body-focused, 5-step practice designed to bring the nervous system, heart, and brain into a state of physiological coherence. Unlike traditional meditation, DCT does not focus on controlling thoughts or emptying the mind. Instead, it organizes the body's rhythms so mental stillness emerges naturally, effortlessly, as a byproduct.

02. Is DCT a form of meditation?

Yes. It induces stillness and feels meditative, but it is not a mental practice. DCT is a somatic activation that works through grounding, breath, priming, heart-mind coherence, and group connection. The mind quiets because the body becomes regulated.

03. Who created Deep Coherence Technique?

DCT was created by Jacalyn S Burke in 2024 after a profound Dark Night of the Soul and egoic collapse. The technique emerged fully formed as a repeatable, body-based process rather than from traditional meditation, yoga, or energy training.

04. Do I need experience in meditation, yoga, or energy work to practice DCT?

No. DCT is designed for everyone, not just people with a background in meditation or spiritual practices. The steps are simple, guided, and work at the level of the body rather than belief or mental effort.

05. How does DCT actually work? (Science & Mechanism)

DCT works by regulating the nervous system and synchronizing physiological rhythms through breath, heart rate variability, sensory awareness, and movement. This creates a coherent internal environment where stress signals reduce, attention stabilizes, and the mind naturally becomes quieter.

06. Is there scientific evidence behind DCT?

DCT integrates principles supported by research in grounding (earthing), slow breathing, interoception, heart rate variability, and social co-regulation. While DCT itself is a proprietary method, each step is based on physiological mechanisms documented in peer-reviewed studies.

07. What is physiological coherence? (DCT induced)

Physiological coherence refers to a state where heart rhythms, breathing, and nervous system activity become synchronized and efficient. This state is associated with reduced stress, improved emotional regulation, better focus, and greater overall resilience.

08. What is metaphysical coherence? (DCT induced)

Metaphysical coherence refers to an energetic state where our waveforms (frequencies) become synchronized and coherent. This state is associated with greater connectivity, a stronger sense of purpose, and a profound presence.

09. Why does the mind get quieter during DCT?

The mind quiets because the body stops signaling threat. This comes after grounding (Step 1) and breathwork (Step 2). When the nervous system shifts into regulation and coherence, the brain's default mode network (responsible for rumination and mental noise) becomes less active.

10. How long does DCT take each day?

Most DCT sessions last between 15 and 20 minutes. Consistency matters more than duration.

11. Why is the practice structured around 28 days?

Neuroscience and behavioral research suggest that nervous system regulation and habit stabilization occur through repetition over time. Many practitioners report a noticeable shift in coherence, clarity, and stability around the 28-day mark.

12. What kind of results do people experience?

Reported experiences include:

- Reduced stress and anxiety
- Improved focus and emotional balance
- Better sleep and energy levels
- A quieter mind without mental effort
- Greater sense of embodiment and clarity

Please note that individual experiences vary.

13. Is DCT safe?

DCT uses gentle, body-based practices such as grounding, breathing, slow movement, and attention. It is generally considered low-risk. However, DCT is not a medical treatment and does not replace professional healthcare. Always consult a qualified professional if you have medical or mental health concerns.

14. Is there a DCT community?

Yes. The DCT community exists on many platforms. Here are our two main entry points:

- Facebook: <https://www.facebook.com/groups/795610055942600>
- WhatsApp: To apply to join, use the Contact form

15. What is the Group Vortex Boost? (Step 5)

The Group Vortex Boost refers to the amplification effect experienced when individuals practice DCT together. This is Quantum Entanglement. On a physical level, it's a shared rhythm, attention, and intention that help stabilize coherence states more quickly and consistently than solo practice.

16. Do I need to believe in spirituality, energy, or quantum concepts for DCT to work?

No. DCT does not require belief of any kind. The practice works through physiological mechanisms such as breath regulation, sensory awareness, heart rhythm coherence, and nervous system synchronization. That said, there are deeper entry points available through DCT, once a person connects to their innate Higher Power.

17. Is DCT free?

Yes. You can begin with free 28-day DCT cycles and introductory audio practices. Paid offerings provide additional structure, depth, and guided pathways, but are not required to benefit from the practice.

18. What types of products do you offer?

DCT offerings include:

- Free 28-day guided cycles
- Pre-recorded audio playlists
- Self-paced Courses
- Live community practice
- Books
- Teacher training, mentoring, and retreats

19. What is the DCT membership?

The DCT membership offers live group sessions, ongoing guidance, and community practice to support consistency and deeper stabilization of coherence over time.

20. How is DCT different from mindfulness or breathwork apps?

Most apps focus on mental attention or single techniques. DCT integrates 5 important steps: grounding, breath, priming, heart mind coherence, and group vortex connection into a structured sequence designed to regulate the human body as a unified system.

21. Is DCT spiritual or religious?

DCT is not religious. While some people have profound spiritual experiences during DCT, the practice itself is body-focused, evidence-based, and experiential.

22. Is this a form of therapy?

No. DCT is a self-regulation practice and does not diagnose, treat, or cure medical or psychological conditions.

23. What's the best way to start DCT?

The best way to start is with the free 5-day experience on YouTube: <https://www.youtube.com/watch?v=qtPIlldk0tl&list=PLSTJIOczpvLYcrKnI761DNbUqGnT7SQFR>. Practitioners can then move into the 28-day “themed” cycles via the Playlists. These introduce the technique gently and allow you to experience coherence directly.

Medical & Wellness Disclaimer

Deep Coherence Technique (DCT) is a wellness and educational practice intended to support self-regulation, relaxation, and personal awareness. It is not a medical treatment, psychotherapy, or substitute for professional medical or mental health care.

The information, audio recordings, courses, live sessions, and other content provided on this website are for educational and informational purposes only. DCT does not diagnose, treat, cure, or prevent any medical or psychological condition.

Individual experiences may vary. Participation in DCT practices is voluntary and undertaken at your own discretion.

If you have, or suspect you may have, a medical condition, mental health condition, or are under the care of a licensed healthcare provider, please consult with a qualified medical professional before beginning any new wellness practice, including DCT.

If you experience discomfort, emotional distress, dizziness, or any adverse symptoms during practice, discontinue immediately and seek appropriate professional support.

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