



MEDIA KIT



FOUNDER · AUTHOR · SPEAKER

Jacalyn S Burke

Founder, Deep Coherence Technique (DCT)

Bloomsbury Author | Marketing Strategist | Quantum Teacher

Stillness, without emptying your mind

A body-first, 5-step practice that brings the nervous system, heart and brain into coherence. No gurus, no dogma, no experience required.

Practitioners

DCT practitioners trained worldwide

Cycles

Free 28-day programs

100+

Free course videos

20+

years in marketing, speaking & publishing

BOOKING & INQUIRIES

dctmeditation.com

dctmeditation.com · YouTube @DCT-28-Meditation · Virtual & in person



WEBSITE



YOUTUBE

From a Dark Night of the Soul to True Freedom & Purpose



THE STORY IN 3 LINES

1

In May 2024, Jacalyn **lost what felt like her entire world**: income, community, purpose, in a single event.

2

In that egoic collapse, **all mind chatter stopped**. What followed next was a Signal, a direct transmission from the Quantum Field.

3

That Signal was a 5-step practice called Deep Coherence Technique. With no background in yoga, reiki, or meditation, she began teaching DCT. **Immediately, lives were shifted.**

WHAT IS DCT?

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

DURATION

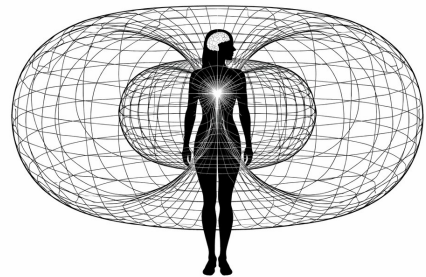
15–20 minutes

STRUCTURE

28-day cycles, Monday–Friday, weekends off

REQUIREMENTS

None. No experience, belief system, or equipment



Heart, brain and body in one coherent field

THE 5 STEPS OF DCT

01

Grounding

Establishes an electron-rich foundation, reduces inflammation

02

Breathwork

Activates the parasympathetic nervous system, increases heart rate variability

03

Biofield Priming

Engages brain systems, strengthens body awareness, quiets mental chatter

04

Heart Activation

Creates physiological coherence between heart rhythm, breathing, and nervous system

05

Group Vortex Connection

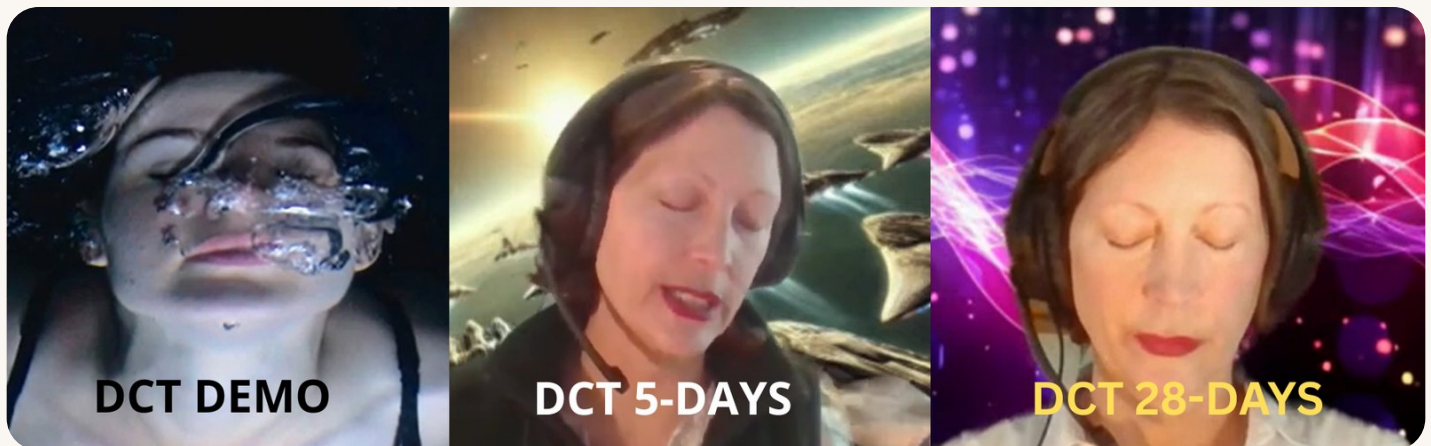
Leverages synchronized group practice for neural synchronization and collective coherence

A Fresh Signal in Meditation: DCT Activation

Authentic, credible, and relatable, with a story audiences remember.



- ✓ **A fresh, authentic voice in meditation:** no gurus, no dogma, no pretense
- ✓ **A relatable crisis-to-clarity origin story** that resonates with modern seekers
- ✓ **A science-meets-spirit approach** (electromagnetic fields, nervous system, quantum physics)
- ✓ **20+ years of marketing, speaking, and publishing experience** (*Bloomsbury* author, literary agent, brand builder, Tech Start-Up entrepreneur)
- ✓ **An engaging storyteller** with mainstream credibility and New Thought depth



Free practice programs: the DCT Demo, DCT 5-Days and DCT 28-Days

WHAT PRACTITIONERS AND STUDENTS EXPERIENCE

- 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

Reported results from DCT practitioners. Individual experiences vary. DCT is not a medical treatment.

MEDIA HIGHLIGHTS

- **Bloomsbury Author**
reviewed in *The New York Times*
- **Former Literary Agent**
The Rudy Agency
- **Founder, Baby Does NYC**
Sold 2019
- **Marketing Director**
Armin Lear Press
- **Founder, AIVERITAI**
AI-powered author branding & strategy

Published in: *The New York Times, CBS News, Time Out Kids, Society Magazine, Gotham Magazine*

Jacalyn S Burke



SHORT BIO



Jacalyn S Burke is the founder of Deep Coherence Technique (DCT), a 5-step body-based meditation practice born from a profound experience in May 2024. With no prior background in energy work, she received a direct transmission from the Quantum Field and began teaching DCT to a global community. A *Bloomsbury* author, former literary agent, and marketing strategist, Jacalyn brings 20+ years of storytelling and brand-building expertise to the New Thought movement. She is based between Bordeaux in southwest France and Manhattan, NYC, and teaches DCT weekly through closed-circles and monthly public transmissions.

Use for podcast intros, event programs, and quick bios.

“In one of my darkest moments, when everything collapsed, the Quantum Field signalled DCT to me.”

JACALYN S BURKE

LIVED EXPERIENCE, LIFE BEFORE DCT

Before DCT, Jacalyn spent three decades as a marketing strategist, author, and literary agent. Her nonfiction book, *The Nanny Time Bomb* (Bloomsbury, 2015), was reviewed in *The New York Times*. She represented children’s and young adult authors with *The Rudy Agency*, pitching to major publishers including *Penguin Random House*, *Simon & Schuster*, and *Scholastic*. In 2007, she founded *Baby Does NYC*, a grassroots lifestyle brand that became one of New York’s founding family-culture platforms before its sale in 2019.

Since 2018, she has been based in southwest France, where she writes novels, teaches DCT, and runs *AIVERITAI*, a consultancy delivering AI-powered author branding and digital marketing strategy to thought leaders in ethical leadership, sustainability, and health.

Jacalyn believes DCT is a modern solution to modern life, and she’s committed to keeping it accessible, inclusive, and guru-free.

“We no longer have to choose between a deeply spiritual inner life and a fulfilling material one. DCT is an integrated path, and comes without lineages, dogma, or hierarchy. It leverages our innate body wisdom, honoring our precious connection to all living things, especially to our earth.”

JACALYN S BURKE

Topics & Keynotes

Authentic, science-meets-spirit talks for conscious audiences seeking practical tools and transformative stories.



01 From Crisis to Coherence

The Origin Story

How crisis can be leveraged for evolution. In this raw, relatable keynote, she shares her journey from egoic death to spiritual rebirth and how that moment of surrender became Deep Coherence Technique.

Perfect for: Wellness conferences, New Thought summits, spiritual retreats, transformation events

KEY TAKEAWAYS

- How an egoic crisis can become a portal to lucidity
- The difference between learned spirituality and direct transmission
- What egoic collapse actually feels like (and why sometimes it's necessary)
- How to trust your Signal through the noise

45–60 min · includes live DCT demonstration

02 Why Meditation Fails for Many (And What Actually Works)

The Science & Spirit of DCT

Most people quit meditation because they can't "empty their mind." Jacalyn explains why a body-first approach works better for people with ADHD, anxiety, and busy minds. This talk bridges neuroscience, electromagnetic field theory, and ancient wisdom without the woo.

Perfect for: Corporate wellness events, burnout recovery summits, ADHD conferences, biohacking communities

KEY TAKEAWAYS

- Why traditional meditation doesn't always work for modern people
- The science of grounding, breathwork, and biofield activation
- How the nervous system creates coherence (not the mind)
- The Group Vortex effect: why practicing together amplifies results

30–45 min · includes Q&A

Topics & Keynotes, continued

Authentic, science-meets-spirit talks for conscious audiences seeking practical tools and transformative stories.



03 The Quantum Field Is Interactive

Science-Based Spirituality for Skeptics

Jacalyn demystifies quantum physics, electromagnetic fields, and consciousness, bringing these sciences into what she terms “natural science”. Perfect for audiences who want spiritual depth without sacrificing intellectual rigor.

Perfect for: Conscious leadership summits, science & spirituality events, integrative health conferences

KEY TAKEAWAYS

- What the Quantum Field actually is (in plain language)
- The science of electromagnetic fields and heart-brain coherence
- How to access Source consciousness without mystical language
- Why modern physics supports ancient spiritual truths

45–60 min

04 Building an Inclusive Community without Ego

The Business of Spiritual Entrepreneurship

In six months, Jacalyn went from crisis to leading a meditation movement with zero budget, no email list, and no prior experience. She shares the unconventional marketing strategies, authentic storytelling, and grassroots community-building tactics that made DCT an organic hub for seekers.

Perfect for: Entrepreneur events, author conferences, digital marketing summits, spiritual business retreats

KEY TAKEAWAYS

- How to build a movement without selling out
- The power of free content and authentic storytelling
- Community and relationships beat ads
- Why *YouTube* + *WhatsApp* perform better than paid ads, email sequencing and funnels
- Marketing as mission: aligning profit with purpose and seeing people not prospects

45–60 min · includes live Q&A

Keynote & Teacher Program

A talk and a live experience, tailored to your event.



05 The Power of Surrender

When Losing Everything Becomes the Gift

What if your breakdown is actually your breakthrough? Jacalyn reframes crisis, loss, and Dark Nights of the Soul as necessary initiations, not failures or bad luck. This deeply personal talk offers hope, humor, and practical tools for anyone navigating life-altering transitions.

Perfect for: Personal development conferences, grief & loss summits, midlife transformation events, spiritual awakening retreats

KEY TAKEAWAYS

- The stages of egoic collapse (and why it feels like death)
- How to surrender without giving up on life
- What happens when you stop resisting the void
- The gift waiting on the other side of complete surrender

45–60 min · includes guided meditation

LICENSED TEACHER PROGRAM

9-week program

Licensed Teacher Program: Learn Live with Jacalyn and become a certified DCT practitioner



Jacalyn teaches intimate, small, bonded groups covering the full 5-step Deep Coherence Technique: guiding participants through Grounding, Breathwork, Biofield Priming, Heart Activation, and Group Vortex Connection. This is followed by a series of deep esoteric and quantum teachings. Participants leave with a complete modality they can use daily.

Perfect for: Yoga studios, wellness retreats, corporate offsite events, spiritual centers

WHAT'S INCLUDED

- ✓ Full DCT demonstration and guided practice
- ✓ "Socratic" live transmission circle
- ✓ Q & A on the science and metaphysics of DCT
- ✓ Free digital workbook for all participants
- ✓ Weekly 1:1 (30-minute) sessions to integrate DCT with a practitioner's gifts

Suggested Interview Questions

Podcast-ready questions to guide authentic, engaging conversations about DCT, awakening, and conscious living.

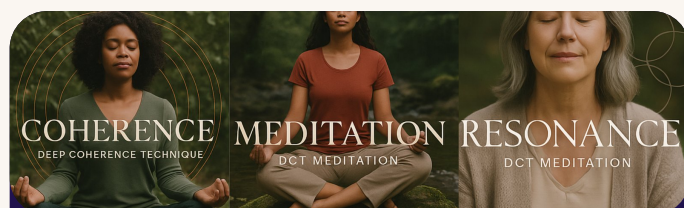


Origin story & awakening

- 1 Take us back to May 2024. What collapsed, and what happened in that moment of egoic death?
- 2 You say you received a “direct transmission” from the Quantum Field. Can you describe what that felt like?
- 3 How do you explain getting a spiritual download with zero background in meditation or energy work?
- 4 What made you trust the Signal enough to start teaching immediately?
- 5 How did your previous life as an author and marketer prepare you for this unexpected spiritual calling?

Deep Coherence Technique

- 6 What is Deep Coherence Technique, and how is it different from traditional meditation?
- 7 Why do you say “meditation doesn’t work” for many modern people?
- 8 Walk us through the 5 steps of DCT. What’s happening in the body at each stage?
- 9 What does “OM Powered I AM” mean, and why is that the core of the practice?
- 10 How does the Group Vortex work? What’s the science behind collective coherence?
- 11 Why does the mind get quieter during DCT without trying to control thoughts?
- 12 How long does a typical DCT session take, and why is it structured around 28 days?
- 13 Do people need to believe in spirituality or energy for DCT to work?



SEE THE PRACTICE

Watch the free DCT programs on YouTube before the interview.



Material meets non-material

- 14 You talk a lot about electromagnetic fields. Can you explain what that means in simple terms?
- 15 How does grounding actually reduce inflammation? What’s the biology?
- 16 What role does the nervous system play in spiritual awakening?
- 17 Is the Quantum Field a scientific concept, a spiritual one, or both?
- 18 How do you bridge the gap between New Age language and hard science?

The movement & community

- 19 DCT is a thriving, connected community; how did that happen?
- 20 Why did you choose to keep the core programs free?
- 21 What’s been the most surprising feedback from practitioners?
- 22 Who is DCT for? Who does it help the most?
- 23 What’s next for DCT? Where do you see this going?

Personal & philosophical

- 24 How has your life changed since May 2024?
- 25 Do you consider yourself a mystic? A teacher? Something else?
- 26 What would you say to someone going through their own Dark Night of the Soul right now?
- 27 How do you stay grounded when you’re teaching thousands of people a practice you just learned yourself?
- 28 What’s the most important thing you want people to know about awakening?

Praise & Credentials

What practitioners and peers say, and where Jacalyn's work has appeared.



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"Jacalyn's DCT, which I now do almost every morning, has changed my life. This is what allowed me to understand and feel energy more."

J.S

DCT Practitioner

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"DCT changed my outlook on life and how I see myself."

T.B

DCT Practitioner

//

"DCT helped me in my work as a Day Trader."

L.B

DCT Practitioner

//

"DCT helped me to stay more focused and productive in my daily life."

M.F

DCT Practitioner

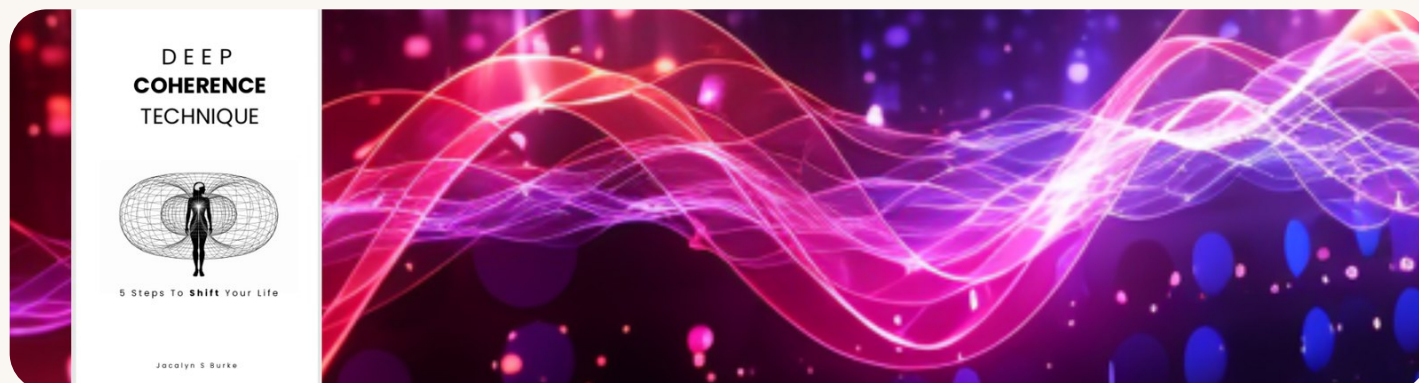
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"DCT gives me a sense of being completely grounded into Mother Earth."

B.W

DCT Practitioner

BOOK



Deep Coherence Technique: 5 Steps To Shift Your Life, by Jacalyn S Burke

DCT 90-Day Wellness Program

A structured, results-focused strategy for high-performing, intergenerational teams.



“Organizations don’t fail from a lack of talent; they fail from burned-out executives, neurodivergent A-players that leave, and younger workers looking for meaning and value in a mission-driven culture.”

In high-pressure environments, unmanaged stress quietly erodes performance, decision-making, and culture.

THE COST OF IGNORING WELL-BEING

High Executive Burnout Rates

77% of executives report burnout, a widespread workplace health issue with direct implications for productivity, decision quality, and organizational stability.

Financial Impact of Workplace Stress

Workplace stress is estimated to cost businesses **billions of dollars annually**, driven by absenteeism, “quiet-quitting”, low resilience, spiraling healthcare costs, and employee turnover.

Challenges of Maintaining Well-Being

Sustained performance demands in modern corporate environments make it increasingly difficult to consistently maintain employee health, engagement, and satisfaction.

Effectiveness of Wellness Programs

Despite significant investment, many programs show inconsistent outcomes and limited long-term measurement. **DCT operates on defined 90-day ROI evaluation cycles** to assess impact and effectiveness.

WHY DCT?

1 Science-Backed Approaches

We integrate evidence-based strategies tailored for effective workplace wellness, ensuring measurable outcomes.

2 Expertise in Communication

Certified neuroscience coaches, Fortune 500 trainers, certified educators, keynote coaches and NLP practitioners who enhance communication and leadership skills.

3 Optimal Mental States

Proprietary Flo-Q (neuroplasticity) training helps employees reach peak mental performance and creativity.

4 Diverse Leadership Experience

Extensive leadership backgrounds mean we understand organizational challenges and offer relevant “white label” solutions.

5 Mentorship for C-Suite

We have guided high-net-worth executives through complex decision-making, keynote coaching, AI integration, intergenerational management, inclusion, and workplace ethics.

6 Inclusive Practices

Our approach is non-denominational and neurodivergent-cognizant, ensuring that all practices are inclusive.

Strategies, Approach & Team

A 90-day pilot designed to be measurable, tailored and quick to deploy.

5 STRATEGIES WE OFFER

- 1 **Daily DCT Sessions @ 28-Day Cycles**
Simple yet impactful practices via playlist.
- 2 **"Flo-Q" Culture Coherence**
Practices to support resilience and foster company culture assimilation.
- 3 **"Flo-Q" C-Suite Training**
1:1 proprietary training program for leaders.
- 4 **"Flo-Q" Management Techniques**
Methods that induce highly creative, focused states.
- 5 **"Flo-Q" Teams**
Collaborative, interactive training workshops to strengthen team focus and energy, enhancing productivity and morale. Aimed at intergenerational integration.



Flo-Q: the science of performance

OUR APPROACH VS. BIG TECH'S HOLISTIC PROGRAMS

BIG TECH'S HOLISTIC PROGRAMS

- Costly implementations that can exceed millions
- Elaborate systems that are difficult to measure in terms of ROI
- Standardized solutions that may not fit unique needs
- High overhead costs from extensive infrastructure
- Long onboarding processes that delay results

THE DCT APPROACH

- ✓ Streamlined 90-day "pilot" programs designed for cost-effectiveness
- ✓ Pragmatic, science-based methods that yield measurable outcomes
- ✓ Tailored solutions for specific client requirements
- ✓ Lower operational costs without compromising quality
- ✓ Quick deployment for rapid impact and results

MEET THE DCT WELLNESS TEAM



Jackie Scully

Program Organizer, Flo-Q Trainer

Educator with 20 years of experience. Expert in student-centered learning, pedagogy, and educator development.



Liam J Burke

"Flo-Q" C-Suite Coaching

Trader, serial entrepreneur and certified NLP practitioner. Flo-Q state coach, utilising DCT meditation.



Allison Jeffereys

"Flo-Q" Team Training

Former Fortune 100 executive with over 30 years of leadership experience and a background in corporate psychology.

NEXT STEPS

- 1 Start with a free consultation.
- 2 We build a wellness strategy and budget designed for your organization.
- 3 Road-test the strategy for 90 days.

dctmeditation.com

Let's Connect

Jacalyn is available for podcasts, keynotes, workshops, and media interviews.



BOOKING & INQUIRIES

dctmeditation.com

Response time: 24–48 hours

Availability: virtual and in person (based in SW France, travels to US/UK)

ONLINE PRESENCE

WEBSITE dctmeditation.com

YOUTUBE [@DCT-28-Meditation](https://www.youtube.com/@DCT-28-Meditation)

LINKEDIN [linkedin.com/in/jacalyn-burke-b25b67401/](https://www.linkedin.com/in/jacalyn-burke-b25b67401/)

SUBSTACK substack.com/@dct28meditation

COMMUNITY WhatsApp & Facebook groups (public, private)



SCAN: WEBSITE



SCAN: YOUTUBE

WHAT TO EXPECT

Jacalyn is a natural storyteller with mainstream credibility and spiritual depth. She speaks authentically about “lucidity” her preferred term for awakening, about crisis, and consciousness, without pretense or performance. Expect open, relatable, science-grounded conversations that resonate with skeptics and seekers alike.

VIRTUAL APPEARANCES

- Platform: Zoom, Google Meet, or host preference
- Equipment: Professional mic, HD camera, stable internet
- Time zone: CET (Central European Time), flexible for US/UK scheduling

MEDIA ASSETS

- Photos: high-resolution headshots (link on request)
- Logo files: available on request
- B-roll footage: available upon request
- Press releases: available upon request

ADDITIONAL EXPERTISE

Coaching

Author branding & platform building

AI-powered digital marketing strategy

Conscious entrepreneurship

Spiritual business ethics

Crisis-to-clarity transformations

New Thought & consciousness studies

