



UNIFIED FIELDS: In Harmony with Self. In Unity with All.

Fascia Regeneration

Phase 2: Spine Regeneration

Digital Handout

"I cultivate a new connection, and way of communicating with my spine."





Qualities Of The Regenerated Spine Biome and BioField

Biome

Responsive Fascia:
Hydrated, mobile and
decompacted

Coherent Conductivity:
Healthy fascia brings regeneration to
entire spinal network.
Regeneration entrains all other
systems.

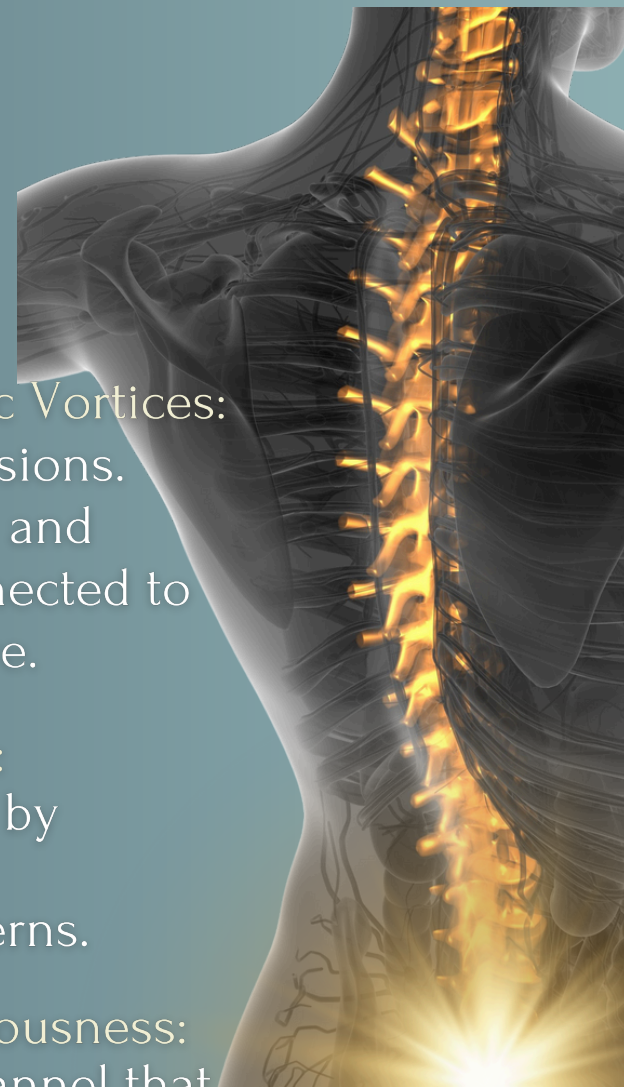
Thriving Tree:
Fascia serving as mycelium,
tending to the needs of a thriving
spine biome, via chiral energy
distribution.

BioField

Limitless Biophotonic Vortices:
Chiral energetic infusions.
Activated with fascia and
consciousness. Connected to
all elements of Nature.

Record Of Life Lived:
Expression mirrored by
mental and physical
behaviours and patterns.

Free-Flowing Consciousness:
Biophotonic light channel that
communicates, and informs the
rest of the body.





Qualities of Fascia

Biotensegral Matrix
Expansive colloid web,
optimizing force distribution

Consciousness Pathway
Tranceiver, transducer and
memory archive

Crystalline Organism
Communication at speed of
light, via biophotons

Changes Morphology
Highly responsive and adaptive

Sensory Rich Organism
Highly sensitive to internal
and external environment

Mycelium of the Body Biome
Nutrient and energy transport

Hydrophilic
Water-loving





Water Regeneration Practice

Remember to practice these 6 steps the next time you drink from your water bottle

Breathe with the water in bottle

Visualize liquid consciousness

Feel love for the water

Move water in spiral motion

Touch bottle to lips and drink

Tone to regenerate and restructure



Tip: print this slide and post it on your fridge



Embodiment Practice (20-30 mins)



Choose a quiet, private environment. Either sit upright or recline on the back with legs bent, hip-width apart. Close the eyes...



1. Supernova Breath (2-3 mins)

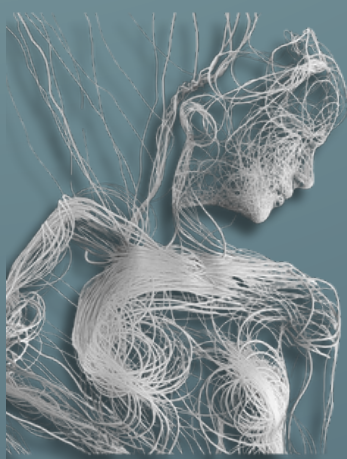
Breathe through the nose into the front, sides and back of the body. Body expands on the inhale, and retracts on the exhale. Breath with the spine.

2. Thought (2-3 mins)

Visualize a vortex channeling through your spine. Inhale, envision an ascending spiral moving up the spine to the top of the head. Exhale, descend the spiral down and into the Earth. Follow the spiral with the eyes.

3. Feeling (2-3 mins)

Feel biophotons channeling through the fascia, regenerating your spine.





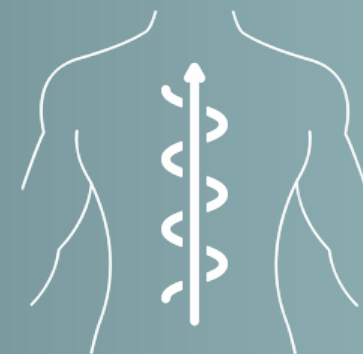
Embodiment Practice

Half the Speed and Effort
Twice the Depth of Breath and Feeling

4. Movement

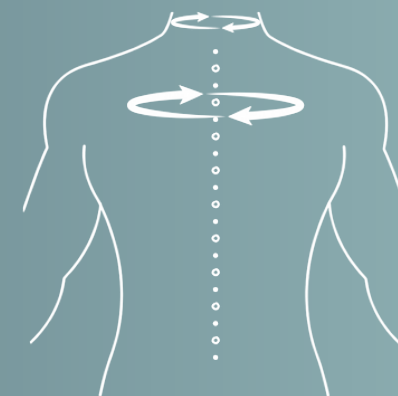
1st Movement - Decompression (2-3 mins)

Inhale, lift and decompress your spine, draw top of your head to the sky. Breath an ascending spiral to the top of the head. Hold the lifted position, exhale fully, root sitting bones down, stay lifted, descend spirals down the spine into the earth. Continue decompressing the spine, lifting, lengthening, and spiralling. Repeat.



2nd Movement - Torso Rotation (2-3mins)

Inhale, turn torso two inches slowly to the right side, while lifting, lengthening, and decompressing. Work with the help of the ascending spine spirals (keep neck in-line with spine). Move slowly. Repeat on other side.



3rd Movement - Torso & Neck Rotation (2-3mins)

Inhale, repeat movement 2. Half way through the breath, hold torso still and continue moving neck to look over the shoulder. Focus on lifting, decompressing vertebrae, and making space in the spine. Ascend the spirals on the inhale, and descend spirals on exhale. Repeat.



Embodiment Practice

Half the Speed and Effort

Twice the Depth of Breath and Feeling

5. Touch

First - Wave (3x)



Place your hands on your ribs/ side of your torso. Inhale slowly and deeply, and exhale, gently sink into the tissues and slide your hands toward the frontbody. Move slowly with your breath.

Second - Draw (3x)



Gently chin tuck and place fingers along the collar bones. Inhale, draw down, maintain the traction on the skin. Exhale, lift the chin up to 45 degrees, draw the fingers down. Return to chin tuck position with inhale, and reestablish traction on collar bones. Feel a nice unwinding throughout the front of your neck. Repeat.

Third - Clasp (3x /side)

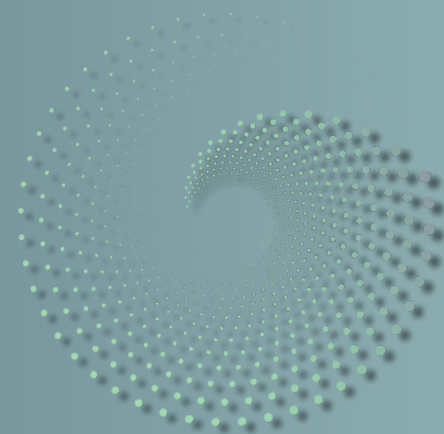


Inhale, gently clasp the back of your neck with your hand (thumb down). Exhale, grip and glide the hand towards the skull. Repeat.



Embodiment Practice

6. Tone (2-3 mins)



Resonate with Spinal Tone

Ask your spine to reveal its tone. With closed lips, create a humming tone that resonates with your spine. Visualize biophotons reverberating throughout your spinal biome, biofield and energetic field.

Entrainment (5+ mins)

Feel Regeneration! Release the breath and effort. Deeply feel your body and energetic field revitalizing. This is by far the most important phase of your practice! Let your body inform YOU as an immaculate, living breathing energy field.

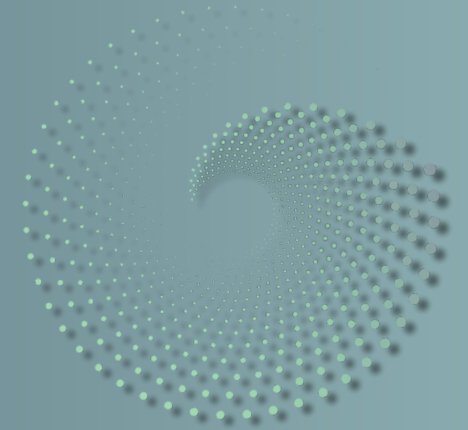


Precautions

Review Prior to Practice



- Avoid acute wounds with touch
- Avoid rapid, forceful movements
- Stop any method that elicits pain. mild discomfort is OK
- Do Not Rush! Go SLOW. SUBTLE. ENGAGED

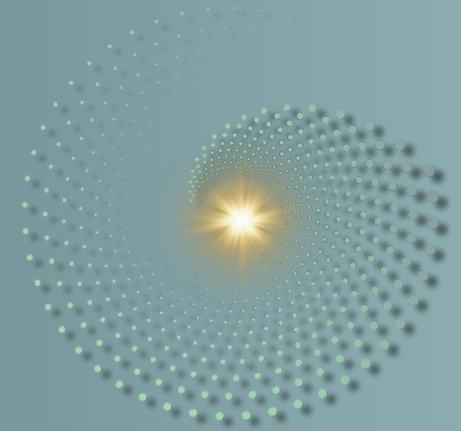




Integration Signs

What may occur...

- Emotional Release
- Vivid and/or Peculiar Dreams
- Enhanced Sensory Capacities (colours, details, light etc.)
- Feelings of Peace, Harmony, Wonder
- New Relations with Natural World
- Improved Mobility and Stability
- Lightness in the Body
- Pain Relief





Guidelines

Half the Speed and Effort
Twice the Depth of Breath and Feeling

Let The Field
Inform You

Move Slowly
Be Inspired
Stay Receptive

Give yourself time
to integrate

Reach for
support when
needed

Practice:
1x per week is good,
3x per week is very good,
Daily is excellent.

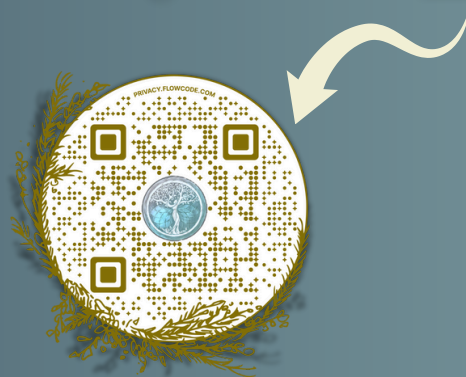


UNIFIED FIELDS

Integration and Support

We Are Here To Support Your Journey

- Become a Lifetime Member for \$10
- Monthly group calls with Ariane
- Spine regeneration guided audio track by donation
- Many other guided audio tracks to support growth and clarity
- Keep an eye out for our Upcoming Events at unifiedfields.io/live-events





What The Ancestors Have To Say About The Spine...



Daoist Tradition

"The spine is the column of Qi, the pathway to vitality and longevity."

The spine is considered the main **channel for the flow of Qi** (life energy). Blockages in the spine are thought to disrupt the harmonious flow of energy, leading to illness.

Tibetan Buddhism

"The spine is the axis of the wheel of life."

These teachings see the spine as the central axis through which the **energy of existence rotates**. Spiritual practices, such as meditation, focus on aligning the spine to channel energies upwards toward enlightenment.

Ancient Egyptians

"The spine is the tree of life, and the nerves that stem from it are the branches."

They believed the spine was the **axis through which life-force energy flowed**, signifying the connection between heaven and earth. The spine was also associated with resurrection and spiritual immortality.

Native Americans

"The spine is the sacred road; each vertebra a stepping stone to the Great Spirit."

Many of these traditions regard the spine as a **sacred pathway connecting the individual to the Great Spirit or Creator**, and maintaining harmony and alignment in the spine aids with spiritual connection and clarity.