

THE MOVEMENT MATRIX

Daily Structural Maintenance & Recalibration

Your session with **Master V** unlocked the restriction; your daily habit locks in the restoration. This matrix ensures your "engine" stays tuned and your fascia remains fluid.

The Daily Routine

- 1. Priming:** Drink 16oz water with sea salt. Wait 15 mins.
- 2. Vagus Reset:** 3 deep belly breaths. Pull ears gently down/back.
- 3. Shearing:** Pin high-tension spots with a ball; rotate limb 5x.
- 4. Rebound:** Gently bounce on your heels for 60 seconds.

7-Day Consistency Tracker

Mark each box when completed. Focus on rhythm, not intensity.

| Requirement | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|-----------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Salt & Water Protocol | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Vagus Reset | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Fascial Shearing | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rhythmic Rebound | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| No Refined Sugar | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

The Healing Garden of Destiny

"Be water like the wind — move with heart and honor your rhythm."