The Aligned Evolution

A 6-SESSION INTEGRATIVE BLUEPRINT

Cognitive behavioral tools · Somatic awareness · Human Design mechanics
Group cohort · Six sessions · Ninety minutes

"Most of what runs your day was installed, not chosen."

Conditioning is not a flaw. It is efficiency — the system learned what earned safety and kept running it long after the context changed.

Six sessions, ONE ARC

SESSION	CORE FOCUS	PRIMARY METHODOLOGY
1	Foundations & Reframing	SOAR Framework & Deconditioning
2	Alignment & Core Values	Values Mapping & Strategy / Authority
3	Energy Dynamics & Expression	Center-Based Communication Audit
4	Radical Deconditioning	Belief Clearing & Parts Integration
5	Energetic Goal Attainment	Motor Center Mapping & Support Circles
6	Integration & Trajectory	Momentum Vision & Chronological Timeline

Six agreements FOR SIX WEEKS

1

Confidentiality

What is said here stays here. What you learn can leave — with no name attached.

2

Depth is a choice

"I'll pass" is a complete answer and needs no explanation.

3

No cross-coaching

We do not fix, advise, or interpret each other. Witnessing is the job.

4

Speak from your own experience

I-language. No speaking for the group or for someone else's chart.

5

Cameras optional in somatic work

Presence is not performance.

6

Time is shared

Share-outs are timeboxed. I will cut warmly, and always.

What this is —
AND WHAT IT ISN'T

Coaching

WHAT WE ARE DOING

Forward-facing, and it works with what is live in you now.

Behavioral, somatic and design-mechanical tools.

You choose your depth every single time.

Not therapy

WHERE THE LINE SITS

No diagnosis, no trauma processing, no crisis work.

If something surfaces that deserves clinical support, I will say so directly.

That is this program working correctly — not failing.

Referrals are ready before we begin. Naming the boundary is part of the method.

Foundations *& Reframing*

I

SOAR Framework & Deconditioning Breakthroughs

Container · Baseline · First reframe

What today *produces*

1

The container is set

Six agreements, named out loud and agreed to by everyone in the room.

2

Your baseline is scored — and interpreted

Six numbers stop being a self-diagnosis and become a map.

3

One pattern is reframed live

You run a real friction through SOAR before you leave.

Bring: the completed audit, and one decision you are currently sitting on.

"A rule you can trace

is a rule you can put down."

An untraced rule does not feel like a rule. It feels like the truth.

Four steps, ONE HABIT

S

Situation

FACTS ONLY

What actually happened?

Strip the interpretation from the event.

O

Origin

WHOSE RULE IS THIS?

Where did it come from, and whose voice is it in?

Not for blame. For traceability.

A

Alignment

THE DESIGN LENS

Does this match how I am actually built?

Introduces mechanics over willpower.

R — Reframe: what is the truer, more useful read? That is the step that produces the shift.

PRACTICE | 8 MIN | SOLO

The Baseline Reframe Map

1. Choose one recurring friction — something that has happened more than twice this year.
2. Write S: the most recent instance, in facts only. No adjectives about yourself.
3. Write O: the rule you were following, and whose voice it sounds like out loud.
4. Leave A and R blank. We do those together.

Not your biggest problem. One that repeats.

BREAKOUT | 10 MIN | GROUPS OF 3

Witness only

1. Each person takes 3 minutes to read their S and O aloud.
2. Listeners do not respond, advise, interpret, or relate it back to themselves.
3. Your only job as a listener is to be a good mirror.
4. Timer visible. Rotate at 3 minutes even mid-sentence.

If you feel the urge to help — that is your conditioning talking.

Circle your two highest scores.

A 5 is not bad news. It marks where your system is working hardest — which is exactly where the leverage is.

Alignment *& Core Values*

2

Values Mapping & Strategy / Authority Optimization

Values · Compromise · Decision mechanics

What today *produces*

1

Five values, named and tested

Not aspirations. The ones you would protect at a cost.

2

Every compromise located precisely

A date, a room, a conversation — vague compromise stays uncorrected.

3

One operating rule, written

The single most-used artifact of these six weeks.

Invisible scripts surface here. Write them down when they do.

A value or
AN INHERITED STANDARD?

Value

YOU WOULD PROTECT IT AT A COST

Holds under pressure, with nobody watching.

Costs you something real and you pay it anyway.

Feels like relief when you act on it.

Inherited standard

YOU WOULD FEEL GUILTY VIOLATING IT

Collapses the moment the audience leaves.

Produces guilt, not conviction.

Often arrived in someone else's voice.

They feel identical from the inside — and behave completely differently under pressure.

If no one would ever know you upheld this, would you still?

A clear yes — value. Any hesitation — an inherited standard wearing a value's clothes.

PRACTICE | 6 MIN | SOLO

Values under pressure

1. Finalize your five values. Run each through the anonymity test.
2. For each: where am I compromising this? Name a date, a room, a conversation.
3. Then the invisible script — what belief makes the compromise feel necessary?

Abstractions collapse under specificity. That is what specificity is for.

4. Star the one compromise you would least like to say out loud.

BREAKOUT

15 MIN

GROUPS OF 3 · 5 EACH

Cost and purchase

1. Partners ask two questions only. Nothing else.
2. "What did that compromise cost you?"
3. "What did it buy you?"
4. Speaker answers. Listeners do not comment.

Every compromise purchases something. Naming the purchase makes the pattern choosable.

One sentence YOU WILL ACTUALLY USE

When I face a decision involving *[value]*

I will *[initiate / respond]*

and wait for *[my authority signal]*

before committing.

Knowing your values does not help if your decision process overrides them in real time.

Energy Dynamics *& Expression*

3

Center-Based Communication Audit

Head · Ajna · Throat

What today *produces*

1

Your pressure route, mapped

Where decision pressure lands in your body, and how fast you move to end it.

2

Your filtering pattern, named

The specific edit you make, and what it protects.

3

One unfiltered expression, practiced

In a contained setting, addressed to no one real.

Second Baseline Vitality Audit is due before today.

Three stations, THREE DIFFERENT JOBS

1

Head / Crown

INSPIRATION PRESSURE

The pressure to answer, solve, resolve.

Chronic mental noise about questions that were never yours to answer.

2

Ajna

CONCEPTUAL PROCESSING

Where pressure becomes framework and certainty.

Needing to be certain before you are allowed to move.

3

Throat

EXPRESSION

Where it becomes speech and action.

Speaking to fill silence — or filtering until nothing true gets out.

Most communication problems are timing problems — not content problems.

"You have said something true
and watched it fail completely."

That is usually not a content problem. You spoke to a room that had not asked.

SOMATIC

6 MIN

GUIDED · EYES SOFT

Pressure tracking

1. Bring to mind a decision currently pending. Do not solve it.
2. Find where the pressure registers first — chest, jaw, gut, temples.
3. Stay with the sensation. Texture, temperature, weight. Do not change it.
4. Then four minutes of silent writing, while it is still fresh.

If anything gets too loud, open your eyes and look at something in the room. That is not quitting — that is the skill.

BREAKOUT | 16 MIN | PAIRS · 8 EACH

The filtered voice

1. Minutes 1–3 — describe a time you altered your true voice to avoid friction.
2. Minutes 4–6 — say the unfiltered version aloud, to the empty chair. Not to your partner.
3. Minutes 7–8 — partner reflects back only what shifted in your body or tone.
4. Then swap.

You are not rehearsing a confrontation. You are finding out what your voice sounds like unedited.

What does your filter protect?

It is almost always one of four things — a relationship, an income, an identity, or a peace.

Radical *Deconditioning*

4

Subconscious Belief Clearing & Parts Integration

The deepest session — depth stays optional

What today *produces*

1

One inherited rule, identified

The one that feels like it belongs to someone else.

2

Its location in the body, found

Where it lives when you try to break it.

3

The part enforcing it, met

Without pathologizing it, and without trying to evict it.

Today the "pass" option matters more than usual. Choosing not to go somewhere is the skill we are practicing.

"Parts, not problems."

The pattern is not sabotage. It is a part of you doing a job it was assigned — usually young, usually under pressure, and usually it worked.

Three moves, IN THIS ORDER

1 **Name the rule**

"I must always be productive." "I can't need anything." "If I'm not useful, I'm not safe."

2 **Find its job**

Every rule was hired to prevent something. Ask what it protects against — not why it is wrong.

3 **Update the contract**

Not eviction. Renegotiation. The part keeps its seat; it stops driving.

You cannot decondition a part you are at war with. It will only hold on harder.

INQUIRY

28 MIN

SOLO · GUIDED TIMING

The rule-and-part inquiry

1. Round 1 (8 min) — write the rule that belongs to someone else. Whose voice is it?
2. Round 2 (10 min) — where does it live in your body when you try to break it? Stay 90 seconds without changing it.
3. Round 3 (10 min) — ask it directly: what are you protecting me from? Write the answer in its voice.

Blankness is a protective response too — and often the honest answer this week.

4. If nothing comes, write "nothing comes" and stay there.

One sentence:

what is your part protecting?

Volunteers only, six maximum. Passing is expected and completely fine.

"Name five things you can see."

You have been inward for an hour. Before you go back to your day, your system needs to know where you are.

Energetic *Goal Attainment*

5

Motor Center Mapping & Support Circles

Sacral · Will · Root

What today *produces*

1

Your goal, filtered

Authentic pull or mental "should" — decided in the body, not on paper.

2

The right fuel, identified

Which engine is actually powering this, and how it needs to be run.

3

A support structure, named

Four slots, four actual names.

Three engines, THREE DIFFERENT FUELS

CENTER	FUEL	SOUNDS LIKE	FAILURE MODE
Sacral	Life-force; responsive	"I want to do this" — a gut yes	Initiating from the mind; exhaustion without satisfaction
Will	Willpower in cycles	"I can commit to this" — a promise	Constant proving; worth tied to output
Root	Adrenalized; pulses	"I need to move on this" — urgency	Chronic pressure; urgency treated as permanent

"Goals fail from wrong fuel
far more often than from weak discipline."

A Will-fueled goal run on Sacral expectations burns out. A Root pulse treated as a permanent state produces chronic stress with no completion.

PRACTICE | 14 MIN | SOLO, THEN TRIOS

The goal filter

1. State your primary goal in one sentence.
2. Does your body expand thinking about it — or does it feel heavy? Answer physically.
3. Then: if no one ever knew you achieved this, would you still want it?

Some goals will not survive this. That is the purpose of the exercise, not a malfunction of it.

4. In trios, partners ask one question only — "What is underneath that?"

Four slots. NAMES, NOT CATEGORIES.

1

The Witness

NO AGENDA

Sees the effort and keeps no score.

Who watches without tallying?

2

The Peer

SAME SEASON

On the same road, right now.

Who is actually in it with you?

3

The Ahead

TWO STEPS ON

Has already done the thing.

Who can tell you what is survivable?

The Anchor — reminds you who you are outside the goal. The slot everyone skips, and the one everyone needs.

The goal I am keeping — and the one I am putting down.

Putting one down is a result. We will treat it as one.

Integration *& Trajectory*

6

Momentum Vision & Concrete Chronological Timeline

Six weeks, made structural

What today *produces*

1

Six weeks, measured

Three diagnostic scores, side by side. What moved and what did not.

2

A dated trajectory, built

From a long horizon back to the next 48 hours.

3

A self-facilitation structure

The part that outlives the program.

"A score that rose usually means you can finally see it."

Accurate self-assessment is the first real result of this work. Scores are delivered privately, never as a group leaderboard.

Motivation VERSUS MOMENTUM

Motivation

A STATE

Arrives and leaves on its own schedule.

Requires you to feel a certain way first.

Unreliable by design — that is what a state is.

Momentum

A STRUCTURE

A defined direction, in a real date.

A next action small enough to survive a bad week.

A support structure that notices either way.

VISION

10 MIN

GUIDED, THEN SILENT WRITING

The Momentum Vision

1. Your target date, spoken as a real date — month, day, year.
2. Where you physically are. What you are doing with your hands.
3. Who is beside you. What you can hear.
4. What is no longer present that was there in week one.

The last prompt does the heaviest work. Do not rush it.

From the horizon TO THE NEXT 48 HOURS

1. **The long horizon** — Five to ten years out. Vivid, populated, and specific enough to picture.
2. **The target date** — A real calendar date inside the next twelve months. "Next year" is not a date.
3. **30 days out** — What must already be true one month before the target.

A vision with no next action is a mood.

Your date, your 48-hour action, and one sentence on what you are taking.

Everyone speaks in this round — 75 seconds each.

Keeping this running WITHOUT THE GROUP

CADENCE	TIME	PRACTICE
Weekly	10 min	Re-run SOAR on one friction from the week
Monthly	20 min	Re-read your operating rule; test it against one recent decision
Quarterly	30 min	Re-score the Baseline Vitality Audit; compare to week one
When stuck	—	Ask the part what it is protecting, before trying to change anything

Six weeks, COMPRESSED

1. *A rule you can trace is a rule you can put down.*
2. *Every compromise buys something — name the purchase and it becomes a choice.*
3. *You cannot decondition a part you are at war with.*
4. *A vision with no next action is a mood.*

You would stop needing to be talked into it

THE ALIGNED EVOLUTION

Weekly · Monthly · Quarterly · When stuck

The point was never that you would need me for this.