

Your Commitments This Week:

Light



Sunrise remains sacred.

- First light = first charge. No sunglasses, no window glass, no distractions. Let it hit your skin and eyes.
- Morning light builds the solar callus that allows you to stay out in afternoon sun longer. The infrared and red light of morning allows more UV later in the day. This is how you start stacking health. Not only is morning light the healthiest health factor in the world, it also allows you more exposure to another incredibly beneficial modality (UV light) and access to vitamin D production.
- Continue spending as much of your day outside as possible. You should be spending an hour a day out there.



Add in dusk light.

- Ten minutes outside at sunset with no phone, no tasks. Just **light into skin and retina** as the day closes.



Begin sungazing (safely):

- Eyes opened intermittently, only at early sunrise, look directly at the sun quickly. Look away, then back at the sun. Back and forth. You're training your system to receive charge and entrainment.

Movement



Sprint 5 times as far as you can, 3 times this week.



Full-body movement that twists, spirals, and rolls.

- Crawl, bounce, rotate, stretch. Avoid machines. Be fluid.
- Spend 5 minutes barefoot on natural terrain—outside only.

Cold



Keep working on your natural cold plunges. Push it to twice a week if you like. Keep at the cold showers. Connect to your breath, to your mindset, to your gratitude for the practice.



Follow cold with light.

- Let yourself dry in the sun or remain outside after the cold. You are building **redox power** through this sequence.

Food



Protein & sunlight remain the morning ritual.

- Keep carbs seasonal and minimal. No snacking. Water only.
- Eat at least one meal **outside** this week—even if it's cold. You're training your system to digest in nature's context.



AM Life Water

- Add a tablespoon of very high quality sea salt to 16 ounces of warm water and drink this first thing in the morning.

Circadian



No screens 2 hours before bed.

- You should be fully transitioned to a red light environment by now. If not, now is the time.
- If needed, set alarms to remind you: when screens OFF, when lights OUT.



Track sleep and dreams.

- Keep a notebook or note in your phone to jot down dream recall. You're beginning to restore REM and deep cycles. Dreams are the signal.