

## Your Commitments This Week:

You are now actively reclaiming what was once stolen by artificial light, processed food, and domesticated living. Week 9 is about pushing into new environmental thresholds—building your skin's solar intelligence, deepening your relationship to water and cold, and letting movement become fully alive.

### Light



Continue building your **solar callus**—midday sun exposure should now be routine. Minimal clothing, working toward being comfortable naked in a safe space, minimum face, arms and legs bare, 60 min MINIMUM.



Add **sunset anchoring**: spend 10+ minutes outside at dusk. No screens. Let your body feel the descent of light into darkness.



After sunset, your home becomes a **sanctuary of darkness**. You're reading, bathing, relaxing only in red light or firelight.

### Movement



**Rotational movement should be getting more complicated**: think crawling, twisting, rolling, spiraling. If walking is linear, this is spiral. Make it fun.



Add a "**wild movement**" session—climb, jump, squat, balance. Anything primal.



**Keep sprinting**: work this toward your main way of "working out"

### Cold



Natural water immersion now extends to **15+ minutes** or an extra session per week. Cold is flowing electrons more evenly and thoroughly through your body. It is changing the mechanics of your biology. Making you more powerful, more efficient. Making your immune system better at its job.



**Breath awareness** is essential during cold—calm the inhale, extend the exhale.

### Food



You now eat 2 meals a day, mostly local, mostly seasonal. Breakfast remains protein-dominant.



You are experimenting with eating lighter at night—or even **fasting through dinner** when the body feels ready.

### Circadian



Screens off by 2 hours before bed is non-negotiable.



Consider **listening to a podcast or reading** by red light at night to deepen the calm.