

ICOS / FOUNDATION: COHERENCE



COURSE HANDBOOK

ICOS Foundation: Coherence

Online · Self-paced · Six modules · Assessed

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How to use this handbook

This handbook is the official description of ICOS Foundation: Coherence. It tells you what the programme is, what it is not, how it is taught, how it is assessed, and what each module is for.

Lectures, readings and assessments live in the Hub. This document is the map. The Hub is the room.

Read Sections 2–6 before you start Module 1. Use Sections 7–8 as you work through the programme. Section 9 explains how assessment and progression work.

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About ICOS

The Institute for Coherent Organising Systems (ICOS) is an Institute of The Accord, delivered through the Sael'ariën Hub. It is where the work is studied as structure, not consumed as atmosphere.

Each programme combines recorded lectures with directed reading, applied examples and assessed understanding. Programmes are self-paced. Each module builds on the last.

ICOS Foundation: Coherence is the first programme. It establishes the framework you will use throughout the Foundation. Later ICOS programmes may extend that framework into larger fields of application.

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Programme at a glance

PROGRAMME	ICOS Foundation: Coherence
INSTITUTE	Institute for Coherent Organising Systems (ICOS)
LEVEL	Foundation
MODE	Online, self-paced, through the Hub
DURATION	6 modules, taken in order
RELEASE	Module 1 is available immediately. Modules 2–6 are released every three weeks, with the full programme complete by January 2027.
DELIVERY	Recorded lecture, directed reading, applied study, Myth Break, assessment
ASSESSMENT	Automatically marked knowledge checks on every module. Modules 5 and 6 also use structured case items scored against published criteria.
PASS MARK	80% on each module assessment
PRICE	£397

Release schedule

MODULE	TITLE	RELEASE
01	What Is Coherence?	Available now
02	How Coherence Operates	Monday 19 October 2026
03	What Coherence Is Not	Monday 9 November 2026
04	Distortion and Incoherence	Monday 30 November 2026
05	Recognising Coherence	Monday 21 December 2026
06	Applied Coherence	Monday 11 January 2027

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Official definition used in this programme

This programme uses The Accord definition of coherence, as taught by ICOS:

The parts of a system can exist together without requiring distortion. What is perceived, known, said, valued and done can sit in one structure. Feedback can enter. Reality can correct the model.

Coherence is a structural principle. It is not a feeling, a belief, a personality trait, a spiritual identity, or a regulated nervous system.

This definition anchors every module in the programme.

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Scope of the Foundation

What this programme covers

Systems examined in the Foundation

A person	Claims, behaviour, decisions and inner contradiction.
A relationship	What is said and what is done.
A group	Agreement, culture and shared story.
Leadership and organisations	Function and presentation.
Information environments	Claims, narratives and feedback.

You will work with these systems across Modules 2, 5 and 6.

What this programme does not cover

Planetary networks, cosmological architecture, DNA strand work, Field cosmology as doctrine, and later ICOS programmes sit outside this Foundation.

These areas sit beyond the scope of the Foundation. The programme stays with systems you can examine directly while you learn what coherence is, how it works, what can imitate or disrupt it, and how to recognise and apply it.

The Foundation gives you the core framework before any later work with larger systems.

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Purpose, outcome and learning outcomes

Purpose

This programme introduces coherence as a structural principle operating across individuals and the collective systems named in Section 5.

You will examine what coherence is, how it functions, how it becomes disrupted, what can imitate it, and how it can be recognised and applied.

Outcome

By the end of the programme, learners will understand what coherence is, how it operates, what disrupts or imitates it, and how to recognise and apply it across individual and collective systems as defined above.

Learning outcomes

On successful completion, you will be able to:

1. Define coherence and explain its core structural principles.
2. Explain how coherence operates within individual and collective systems.
3. Distinguish coherence from states and signals commonly mistaken for it.
4. Identify mechanisms that produce or maintain incoherence.
5. Recognise and evaluate coherence within behaviours, claims, relationships and systems.
6. Apply coherence principles to practical situations, decisions and systems.

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How the programme moves

1. What is it?
2. How does it work?
3. What gets mistaken for it?
4. What disrupts it?
5. How do I recognise it?
6. How do I apply it?

Each module takes the next step: definition, mechanism, false equivalents, disruption, recognition and application.

Coherence versus regulation is taught in Module 3, once the definition and mechanics of coherence are established.

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Modules

Module 1 — What Is Coherence?

What actually makes something coherent?

In this module, you will establish what coherence means, what it does not mean, and why coherence concerns the relationship between parts rather than whether something appears positive, calm or desirable.

By the end of the module, you will understand the concept itself.

Module 2 — How Coherence Operates

How does coherence function within a system?

In this module, you will move from definition to mechanism: parts, relationships, information, feedback, internal consistency, adaptation, and the relationship between local behaviour and the whole.

You will look at people, relationships, groups, organisations and information environments. You will not be asked to analyse planetary or cosmological systems at this level.

By the end of the module, you will understand the mechanics of coherence.

Module 3 — What Coherence Is Not

What can look or feel coherent without actually being coherent?

In this module, you will examine the states and signals that can be mistaken for coherence, including the distinction between regulation and coherence.

You will distinguish coherence from resonance, certainty, agreement, calmness, confidence, surface consistency (a tidy story, a stable mood, a repeated message), positive emotion and shared belief.

A person can be regulated and incoherent. A group can strongly agree and be collectively incoherent. Something can resonate deeply and still be false. A position can be consistent on the surface and still fail to hold.

By the end of the module, you will understand why appearance is not evidence of coherence.

Module 4 — Distortion and Incoherence

What causes a system to stop accurately relating to itself or reality?

In this module, you will study how coherence breaks down: contradiction, fragmentation, suppression of information, rigid identity, self-protection, feedback failure, narrative maintenance, adaptation to distortion, and how incoherence can become stable.

Incoherence does not necessarily mean chaos. An incoherent system can look extremely organised.

By the end of the module, you will understand how coherence is disrupted and how distortion maintains itself.

Module 5 — Recognising Coherence

How can we actually tell whether something is coherent?

In this module, you will use a discernment framework. Instead of asking whether something resonates, whether you agree, or whether you trust the person, you will examine:

1. Do the parts contradict one another?
2. Does behaviour correspond with stated function?
3. Can the system incorporate corrective information?
4. What happens when reality challenges its internal model?
5. Does maintaining the structure require distortion or suppression?

This turns the framework into a usable analytical tool.

By the end of the module, you will understand how to assess coherence rather than merely perceive it.

Module 6 — Applied Coherence

What does coherence look like when it is actually lived and built?

In this module, you will integrate and apply the framework across self, relationships, groups, leadership, organisations and information.

You will work with case studies and identify coherence, apparent coherence and structural incoherence. This module is the Foundation integration assessment.

By the end of the module, you will understand how to use coherence as a practical framework.

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Assessment

Each module ends with an automatically marked assessment. You must pass each module at 80% before the next module unlocks.

Modules 1–4 assess your understanding of definition, mechanism, distinction and breakdown.

Modules 5–6 include structured case items. You are assessed on whether you apply the published criteria, not on whether a system “feels right.”

If you fall below 80%, you may resit the module assessment. Reviewing the lecture and reading first is recommended. You have up to three assessment attempts in each cycle. After three unsuccessful attempts, return to the lecture, complete the core reading to the end, and complete the application again. The attempt cycle then resets.

The programme is passed when all six module assessments are passed at 80%.

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How to study

Take the modules in order so that each distinction is established before you move into later application.

Each module follows the same shape:

Lecture	Recorded teaching on the central concept.
Core reading	Directed material that makes the key distinctions clear.
Application	A practice exercise applying the definition to a defined situation. Not marked.
Myth Break	A commonly repeated assumption examined and dismantled.
Assessment	Knowledge check before you move on.

Study is self-paced. Work through one module at a time and complete it before moving to the next.

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The Hub

The programme is delivered through the Sael'ariën Hub at saelarien.com. Course progress sits in ICOS within the Hub.

ICOS is a purchased programme. It remains in your library if Hub membership ends. Membership streaming (Memory Field, Live Sessions) is separate and is not required to complete this Foundation.

If a page fails to load, try refreshing the Hub or using another browser before trying again.

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Integrity

Submit your own work. The assessments are designed to test whether you can understand and apply the distinctions taught in the programme.

Where a question asks you to assess coherence, use the framework taught in the programme rather than resonance, agreement or a regulated state as substitutes for evidence.

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What this programme will not do

It will not make you calm. It will not certify that you are coherent. It will not replace later work on larger systems. It will give you a definition, a mechanism, a set of false equivalents, a map of distortion, a recognition framework, and practice using them.

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After Foundation

You complete the Foundation when you have passed all six module assessments and can use the framework across the systems introduced in Section 5.

Larger systems, including planetary or networked fields, belong in later programmes, if and when those programmes exist. They are an extension of this tool, not a missing chapter of it.