

SOMATIC AXIS – MINI GUIDE

The Science of Embodied Clarity for Real Life

INTRODUCTION

The Somatic Axis Method™ reorganizes your internal structure so your body, emotions and mind move in coherence. This is somatic clarity — presence applied to real life.

WHAT IS THE SOMATIC AXIS?

The Somatic Axis consists of three internal centers: Base (body), Chest (emotional field) and Mind (cognitive system).

THE THREE CENTERS

- 1 — Base (Body): stability, truth, grounding.
- 2 — Chest (Emotional Field): neutrality, reflection.
- 3 — Mind (Cognitive System): structure, execution.

THE GOLDEN RULE

Body decides. Chest confirms. Mind executes.

THE THREE ROOT COMMANDS

Down — drops the system. Slow — reduces internal rhythm. Here — fixes presence.

THE 12 DAILY COMMANDS

1. Down. Nothing is happening. The body holds. 2. Stillness first. Then truth. Then action. 3. Neutral. No meaning. Let it pass. 4. Not now. Back to the body. 5. Here. Only here. Everything else is noise. 6. No control needed. Presence is enough. 7. I stay. He aligns. No chase. 8. Base first. Chest quiet. Mind last. 9. Drop. Weight. Now. 10. Closed. Not mine anymore. 11. Move slower than the mind. 12. I'm here. I hold me.

PROTOCOLS

Morning: "I wake through the body." Pause, exhale, weight. Night: "The day is over. Not now. Down." Stress Reset: Down → exhale → weight. Decision: "Stillness first. Then truth. Then action."

APPLICATIONS

Business: clarity, leadership, communication. Body: emotional stability, end of cycles.
Relationships: truth, boundaries. Spaces: coherence, flow.

FINAL MESSAGE

Presence is clarity. Clarity is structure. Structure is flow. — Ana Barbosa