

# SOMATIC AXIS — PREMIUM COMMAND CARD

The Essential Commands for Embodied Clarity

## CORE RESET

Down. Slow. Here.

## 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.

## ADVANCED COMMANDS

Masculine:

"Base stays. Chest still. I receive clean."

Public Spaces:

"Inside. Weight. Closed field."

Quick Decisions:

"Still → True → Go."