

Somatic Exercise — Mind Descent & Receiving Mode

Exercise Purpose

This exercise supports the nervous system in exiting mental control and returning to the body as the center of safety, reception and decision-making.

When to Use

Use this exercise at the beginning of the day, before important decisions, during anxiety or overthinking, and before sleep.

1. Somatic Posture

Place one hand on the lower belly and one hand on the chest. Simply rest your hands. Do not force.

2. Regulating Breath

Inhale through the nose for a count of 4. Exhale through the mouth for a count of 6. Repeat for 3 cycles, allowing the body to descend.

3. Somatic Command

The mind descends.

The body leads.

I do not do — I receive.

Nothing needs to be solved now.

The field works for me.

I am safe in my body.

What is mine finds me.

4. Body Anchor

Relax the jaw, soften the shoulders, and release the belly.

Exercise Closing (Today Integration)

Today, I do not wait. Today, I inhabit.

My body knows how to receive.

The field is already in motion.

I stay. I receive. It is done.