

# 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.*