



Somatic Center Challenges

Going Beyond the Baseline

A Re-Introduction

This page supplements the basic information on the somatic centers and how they can be opened. Being a student of human nature, I'd like to take this space we're in now to summarize what we've covered so you can continue your process. Review and practice all 6 self-tests below to improve your brain-to-body accuracy.

Breathe In/Think Up (Somatic Center #1)

1. Roll your tongue so it touches the roof of your mouth.
2. Breathe and feel the air fill in your entire chest
3. Repeat #1 and #2 standing with feet together and eyes closed.

Moving In/Move as you breathe in (Somatic Center #2)

1. Locate the "soft spots" on either side of the wrist on the non-dominant hand.
2. Apply steady pressure for one breath as you focus on the area between the eyebrows
3. Wait for the presence of a pulse in both areas of contact on the wrist

Sound on the Ground (Somatic Center #3)

1. Locate the depression in the left side of the rib cage between the 6th-7th rib
2. Apply steady pressure for one breath as you focus on the soles of the feet
3. Listen to any sound in the room and notice if you can stay aware of the both areas

Picture in Picture (Somatic Center #4)

1. Shift your weight to one leg and lower the shoulder on that side too
2. Turn your head in the opposite direction that you shifted your weight.
3. Notice if the pressure in the foot on the side you leaned on increases.

Vocal Local (Somatic Center #5)

1. Place your non-dominant hand on your chest and say, "Hello" out loud
2. Notice if your sense vibration in your hand over the area of contact.
3. Increase the volume until you can easily sense it over the area of contact.

Set Time Aside (Somatic Center #6)

1. Stand right heel to left foot and close the eyes and look straight to the left
2. Repeat with left heel to the right foot and close the eyes and look straight to the right.
3. Attempt # 1 and #2 with the eyes closed looking up and then down.

For best results, run through them all once a day at first.

After a week or so, just focus on one per day, then gradually add all of them in. 😊