

Somatic Centers, part 1

This page reviews the bodily components of *any* transition awareness. The best way to use this information is to *re-write* each section in your own words on an index card, a post-it or on a memo pad at home or work. Some people benefit from using a few key words that remind them to open a particular center. Others will use a simple diagram or they'll just write the name of the body part or activity of focus. Please enjoy the freedom to discover what works for you. OK, let's begin now...

Somatic Center #1



Activate it in yourself

Roll your tongue so it touches the roof of your mouth.
Breathe and feel the air fill in your entire chest

Notice it in others

This center is active when there are shifts in their breathing rhythm above or below the chest area

Develop a healthy behavior

See if you can consciously count 200 full breaths in a single day

Somatic Center #2



Activate it in yourself

Pinch the bridge of your nose or focus your mind's eye on the area between the eyebrows until it warms and relaxes the area

Notice it in others

This center is active when there's excessive or repetitive movement of their head and limbs – they are bodily aware of your presence

Develop a healthy behavior

Practice remaining perfectly still and emptying your mind of all images

Somatic Center #3



Activate it in yourself

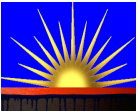
Use any outside sound or voice as a cue to focus on the soles of the feet

Notice it in others

This center is active when they show noticeable skin responses from itching to blushing to a loss of color of any kind

Develop a healthy behavior

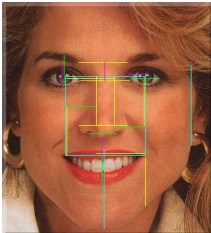
Take an epsom salt foot bath 2-3x/week to help support your "sole" ☺



Somatic Centers, part 2

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Somatic Center #4



Activate it in yourself

Align your chin such that you feel no tension in your neck or back.
Your eyes will become level with the horizon as you do this.

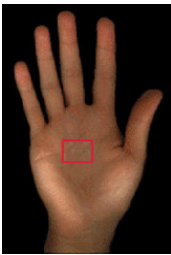
Notice it in others

This center is active when they have sudden or repeated shifts in their postural pattern of expression

Develop a healthy behavior

Try moving your eyes in the *opposite* direction you turn your head

Somatic Center #5



Activate it in yourself

Open both palms and allow your pulse to register and synchronize

Notice it in others

This center is active when you detect changes in their somatic boundaries from strangers to friendly to intimate distances

Develop a healthy behavior

Place your palms on the *opposite* inner thigh. Hold to balance your energy.

Somatic Center #6



Activate it in yourself

Drop your awareness down so all sensations are processed from the navel.
It may help to imagine an all-seeing eye peering out of it...

Notice it in others

This center is active when they show a sense of emptiness or fullness in their facial expression's tonality

Develop a healthy behavior

Activate somatic centers #1 to #5 and smile down inwardly to center #6