

THE LANDING A SOMATIC ALCHEMY PRACTICE

— from bracing to embodied presence.



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YOU ARE HOLDING SOMETHING.

Maybe you've been holding it for a while — the tension in your jaw, the shallow breath, the feeling of being on without ever fully landing.

This is not a self-help guide. There are no hacks here, no quick fixes, no performance.

This is an invitation into your body.

Somatic Alchemy is the practice of working with your nervous system — not against it, not around it — until the body remembers what it already knows: how to settle, how to breathe, how to feel alive without bracing.

What you are holding in your hands is a complete practice. Four phases. Fifteen minutes. A journey from contraction into expansion — from the tightness of holding to the spaciousness of presence.

You don't need to be broken to benefit from this. You don't need to be in crisis. You just need to be willing to arrive.

Love,, Astrix





THIS IS NOT A TECHNIQUE. THIS IS A JOURNEY.

In the next 15 minutes you will move through four phases — each one building on the last — until your nervous system remembers what it already knows: how to settle, how to breathe, how to feel alive without bracing.

After this practice you will feel:

- More regulated
- Clearer
- More connected to your body
- Anchored in your own presence

The breath deepens.

The body settles.

Vitality circulates again.

PREPARING YOUR SPACE

Your nervous system responds to its environment before you even begin. A few minutes of intentional preparation is itself part of the practice.

What you need

- 15 minutes of uninterrupted time — phone on silent, notifications off
- A space where you can stand up and shake freely
- Bare feet if possible — direct contact with the floor grounds you faster than anything
- Something to write on for the journaling phase — a notebook, loose paper, your phone

Optional but supportive

- A blanket or cushion for the final phase
- A glass of water nearby — shaking and breathwork can be dehydrating
- Soft lighting — avoid overhead fluorescent light if you can
- Gentle background sound — slow music, nature sounds, or complete quiet

What to leave outside the room

Your to-do list. Your performance. The part of you that wants to do this correctly.

This space is not a productivity practice. It is a return.





HOW TO USE THIS WORKBOOK

This is designed to be experienced, not just read. Move through the four phases in order — each one prepares your nervous system for the next. The sequence is the medicine.

There is no right way to feel. Regulation is often quiet — a slightly deeper breath, a small release in the shoulders, a moment of stillness. That is enough.

If something feels too intense at any point: slow down, open your eyes, feel your feet on the floor. You are always in charge.

You can use this guide alone or alongside the audio. Both work. Return to it as many times as you need.

THE JOURNEY

4 phases. 15 minutes. One complete cycle.

PHASE 1 ARRIVE

Bilateral Tapping & Color Orientation
You land in your body. In this room. Right now.

PHASE 2 FEEL

Sensation Hunting — Finding Your Way In

PHASE 3 RELEASE

Somatic Shaking & 4-7-8 Breathwork
Your body releases what words cannot reach.

PHASE 4 EMERGE

Body-Awareness Meditation & Journaling
You witness what has shifted. You anchor the new.

You don't move through these phases with your mind.
You move through them with your body.

PHASE ONE

Arrive

ORIENTATION THROUGH THE SENSES

Before anything else — arrive. Not in your head.
In your body. In this room. Right now.

Bilateral Tapping and Color Orientation

1. Sit comfortably. Both feet flat on the floor. Spine long, jaw soft. Take one breath in — and let it go.
2. Begin to tap. Left hand on your left thigh. Right hand on your right thigh. Alternate slowly. Left. Right. Left. Right. Feel the rhythm beneath your palms. Let it anchor you.
3. Keep tapping. Now let your head begin to move — slowly, with curiosity. Turn to the left... take in what is there. Now to the right... notice what you see. Look up... what is above you? Look down... the floor, your feet, your hands still tapping.
4. You are orienting. Your nervous system is scanning for safety — and finding it. Keep tapping. Keep breathing.

Still tapping — follow the rainbow /

Find something YELLOW in the room. Let your eyes land on it softly.
Now ORANGE.
Something RED.
Something PURPLE.
Something GREEN.
Something BLUE.
Something TURQUOISE — or the closest thing to it.

5. Let the tapping slow now. And stop. Rest your hands on your thighs. Close your eyes for a moment.
6. Notice — what has shifted? In your breath. In the weight of your shoulders. In the quality of the space around you.

You are here
now. The room
is real.
You are in it.



PHASE TWO

Feel

SENSATION HUNTING

You don't need to feel anything specific.
You don't need to feel anything profound.
You just need to become a detective — curious, patient, without
agenda.

Step 1 — Set your anchors

Three points of contact. Guaranteed sensations.
Everyone can feel these.

1. Press your feet into the floor. Feel the resistance pushing back.
2. Rock gently left and right on your sit bones. Feel the chair beneath you.
3. Place your hands on your thighs. Feel the warmth of skin meeting skin.

Step 2 — Hunt for sensations

Close your eyes. Move your attention slowly through your body. We go together.

Feet and toes
Warmth? Coolness? Tingling? Pressure? Nothing?
Calves and shins?
Heaviness? Pulsing? Aliveness — or absence?
Knees and thighs
Where does the weight collect?
Hips and pelvis
Often the most held place. Just notice.
Belly / Bauch
Does it move when you breathe? Or is it held still? /
Bewegt er sich beim Atmen?
Chest and heart
Open or closed? Wide or tight?
Throat and jaw
Can you soften just 10%? Not fully — just slightly.
Hands and fingers
Tingling? Warmth? The memory of the tapping still there?

You are in a
body.
It is here.
You just made
contact.



Step 3 — Name what you found

Whatever you noticed — that is your data. Tightness is data. Warmth is data. Numbness is data. Nothing is data.

Numbness and dissociation are not failure — they are your nervous system doing exactly what it learned to do. We are not here to judge it. We are here to meet it.

Step 4 — The color scan

With the map of your body fresh — one last question.
Mit der frischen Karte deines Körpers — eine letzte Frage.

If the places of tension, holding, tightness had a color — what color would they be?

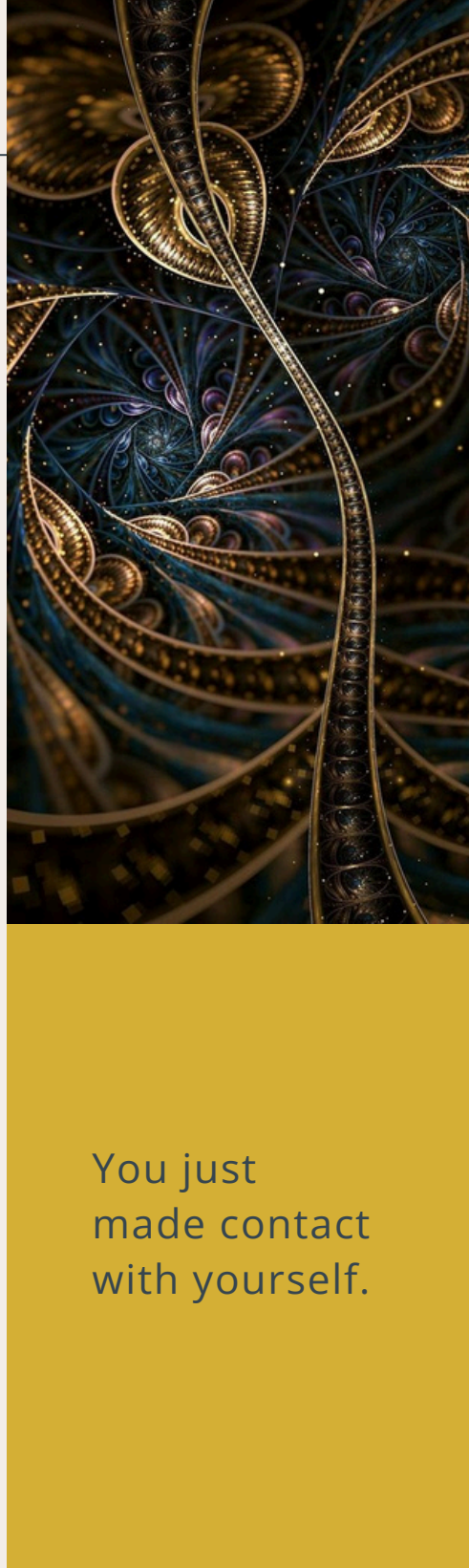
Wenn die Orte der Spannung, des Haltens, der Enge eine Farbe hätten — welche Farbe wäre das?

And the places of ease, warmth, openness — what color lives there?

Und die Orte der Leichtigkeit, Wärme, Offenheit — welche Farbe lebt dort?

You don't need to understand it. You don't need to explain it. Just let the color come.

Du musst es nicht verstehen. Du musst es nicht erklären. Lass die Farbe einfach kommen.



You just
made contact
with yourself.

PHASE THREE

Release

SHAKING & BREATHWORK

This is where the alchemy happens. The body knows how to release
— we just need to get out of the way.

Part A — Somatic Shaking

1. Stand up if possible. Feet hip-width apart. Knees soft — not locked.
2. Begin to shake your hands. Then your arms. Let it travel into your shoulders.
3. Soften your knees and let the shaking move into your whole body — hips, belly, chest.
4. Open your mouth. Let sound come if it wants to — a sigh, a hum, anything.
5. Stay with the shaking for 3 minutes. Your nervous system is completing what it started.

Part B — 4-7-8 Breathwork

Sit or lie down. Shift from activation to restoration.

Inhale 4 counts · Hold 7 counts · Exhale 8 counts
Repeat 3–4 rounds. Feel your system downshift.



The body just
released what
words could
not.

PHASE FOUR

Emerge

MEDITATION & JOURNALING

You have arrived. You have felt. You have released.
Now — witness what is new.

Body-Awareness Meditation

1. Lie down or sit comfortably. Close your eyes.
2. Scan your body slowly from feet to crown. No agenda. Just noticing.
3. Place one hand on your heart. One hand on your belly. Feel your own warmth.
4. Stay here. Breathe. Let the practice land.

Journaling Prompt

Write for 2 minutes without stopping. No editing. No perfecting. Just let the body speak.

"What has shifted — in your body, not your mind?"



You are not
who you were
15 minutes ago.

DATE

"What has shifted — in your body, not
your mind?"

YOUR INSIGHTS

I am glad you are here.

YOU JUST EXPERIENCED SOMATIC ALCHEMY.

Maybe you feel clear. Maybe you feel quietly undone. Maybe something shifted that you don't yet have words for.

All of it is welcome here.

This is what regulation feels like when it's real — not performance, not fixing, not achieving. Just the body remembering. Just the system landing.

Drink some water. Move slowly today.

What you just did was real work — even if it felt gentle.



If something in you wants to go
deeper —

CURA

is a 2 - 3 hour individual somatic immersion. No agenda. No clock pressure. Just your nervous system, held at depth, given space to fully complete what it has been carrying.

It is not a treatment. It is a return.

1:1 Alchemy Mentorship — for those ready to work with their nervous system over time, building capacity from the inside out.



Thank you

Thank you for trusting your body today. That trust —
however small it felt — is where everything begins.

I am glad you are here.

Love Astrid — Ástriðúr
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