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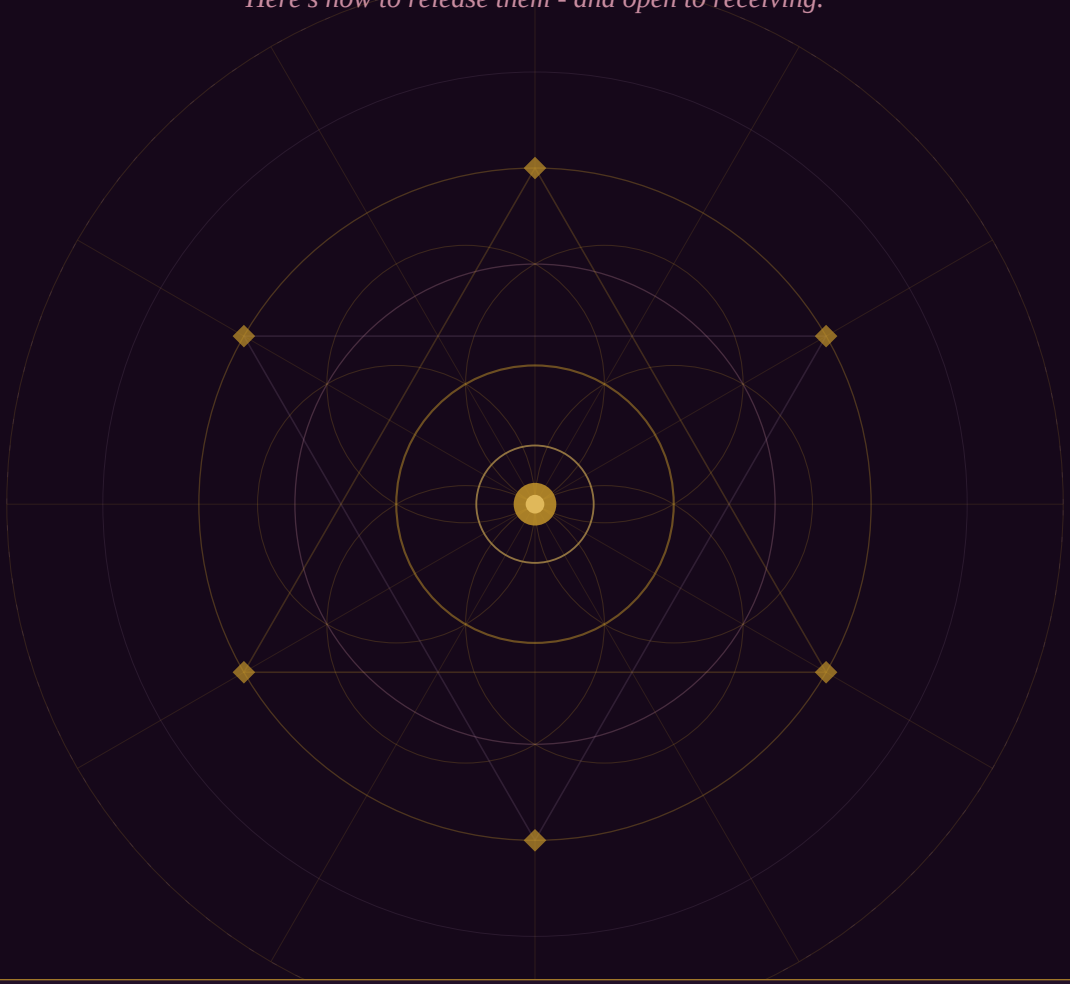
SOMATIC GUIDE

Somatic Shifts

to Rewire Your Money Nervous System

Your blocks aren't mindset. They live in your body.

Here's how to release them - and open to receiving.



INSIDE THIS GUIDE

- 5 body-based practices you can do in under 5 minutes
- The neuroscience behind why affirmations alone don't work
- How to train your nervous system to hold abundance

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SHIFT 01

Reset the Freeze

Your body is not broken. It is protecting you from a threat that has already passed.

WHY THIS MATTERS

When money feels unsafe - when an invoice triggers panic, a big opportunity feels terrifying, or receiving feels wrong - your nervous system has gone into freeze. This is a survival response, not a character flaw. The body is holding a pattern of contraction it learned was protective. Until you shift it somatically, no amount of mindset work will stick.

THE NEUROSCIENCE

The dorsal vagal freeze state (Polyvagal Theory, Dr Stephen Porges) is the body's oldest survival response - it activates when threat feels overwhelming. In freeze, the prefrontal cortex (rational thought and decision-making) goes offline. You cannot think your way out of a freeze state. You have to move your way out.

YOUR SOMATIC PRACTICE - SHAKE & SETTLE

1. Stand with feet hip-width apart. Soften your knees so they have a slight bend.
2. Begin to gently shake your legs - let the vibration travel up through your hips, belly, and chest. Shake for 60-90 seconds.
3. Stop. Stand still. Place one hand on your heart and one on your belly.
4. Take 3 slow, full breaths - inhale for 4 counts, exhale for 6. Feel your body settle.
5. Say aloud: 'It is safe to receive. I am safe right now.'

FREQUENCY ANCHOR - SPEAK THIS ALOUD:

My body is safe. Money flows to a nervous system that is open.

SHIFT 02

Soften the Fist

Scarcity lives as tension. The body that cannot relax cannot receive.

WHY THIS MATTERS

If you grew up where money was scarce, unpredictable, or the source of conflict, your body learned to brace. That bracing - in your jaw, shoulders, belly and hands - is still there, running in the background every time money is in your awareness. A clenched body is a closed system. Receiving requires openness.

THE NEUROSCIENCE

Chronic muscular tension activates the sympathetic nervous system (fight/flight), keeping cortisol elevated and the body in a state of resource-protection. Research by Dr Bessel van der Kolk (The Body Keeps the Score) shows that stored tension is not metaphorical - it is literal physical contraction that shapes perception, behaviour, and what the brain allows us to believe is possible.

YOUR SOMATIC PRACTICE - OPEN HANDS, OPEN FIELD

1. Sit or stand comfortably. Bring your hands in front of you, palms facing upward - the position of receiving.
2. Notice any tension in your jaw, neck, shoulders, hands. Do not try to fix it - just notice.
3. Take a deep breath in through the nose. As you exhale, consciously soften your jaw, your hands, your belly.
4. Repeat 5 times. With each exhale, let something go - a worry, a grip, a 'not enough'.
5. Stay in open hands for 2 minutes. Let this be your body's practice of availability.

FREQUENCY ANCHOR - SPEAK THIS ALOUD:

I release my grip. I trust the flow. I am open to receiving more than I can currently imagine.

SHIFT 03

Anchor Abundance Now

Your nervous system learns from what it feels - not what it reads.

WHY THIS MATTERS

Affirmations don't work in isolation because the brain cross-references what you say with what your body is feeling in that moment. If your body is in a contracted, stressed state while you repeat 'I am abundant', the nervous system files that as a mismatch and disregards it. The shift comes when you pair the belief with a genuine felt sense of expansion in the body - first.

THE NEUROSCIENCE

Dr Joe Dispenza's research on heart coherence and neuroplasticity shows that elevated emotion - not just positive thought - is the catalyst for new neural pathways. When the heart is in coherence (measured by HRV), the brain becomes highly plastic. New beliefs install in minutes. This is why somatic work accelerates mindset change: it puts the body into the optimal state for rewiring.

YOUR SOMATIC PRACTICE - ABUNDANCE BREATH

1. Find a quiet moment. Close your eyes. Bring to mind one thing you already have that makes you feel genuinely rich - love, safety, your children, the sun, your gifts.
2. Let that feeling grow in your chest. Breathe into it - inhale for 5 counts, exhale for 5 counts. This is heart coherence breath.
3. As you breathe, let the feeling of abundance - not the thought, the feeling - expand from your chest through your whole body.
4. Now, from inside that felt sense, speak your affirmation. Notice how different it lands.
5. Do this for 5 minutes each morning before checking your phone, your bank or your inbox.

FREQUENCY ANCHOR - SPEAK THIS ALOUD:

I already live in abundance. More is always flowing to me. I am a match to receiving.

SHIFT 04

Rewire the Root

Generational patterns are stored in the body. So is the liberation.

WHY THIS MATTERS

The money beliefs you carry are not all yours. Some were passed through your family line - through tone of voice, dinner-table conversations, the way money was never talked about, the way it was fought over, the sacrifices made around it. These patterns live in your nervous system as default settings. They can be updated. Your body is not a fixed system - it is a responsive one.

THE NEUROSCIENCE

Epigenetics research (Dr Bruce Lipton, The Biology of Belief) demonstrates that gene expression is shaped by environment and perception - not fixed at birth. The subconscious programmes installed in early childhood run 95% of our behaviour (Lipton). Somatic practices that generate a new felt experience literally signal cells to shift their expression. The body is the subconscious mind.

YOUR SOMATIC PRACTICE - ROOTS & WINGS

1. Stand barefoot on the ground if possible. Feel the floor beneath your feet - solid, supportive, real.
2. Take 3 deep breaths and say: 'I am supported. I am held. It is safe for me to have more than those before me had.'
3. Imagine a root of golden light growing from the soles of your feet down into the earth - grounding, stabilising, resourced.
4. Now imagine the same light rising from your heart upward - open, expansive, receiving.
5. Hold both - rooted and open - for 2 minutes. This is the somatic blueprint of regulated wealth.

FREQUENCY ANCHOR - SPEAK THIS ALOUD:

I break the pattern with love. I am safe to receive what my lineage could not. The cycle ends with me.

SHIFT 05

Become the Frequency

You do not attract what you want. You attract what you are.

WHY THIS MATTERS

Every system you have built so far - the shake, the soften, the anchor, the root - has been preparing your body for this: living from a regulated, expanded, abundant state as your baseline. Not as a practice. As your identity. The quantum field responds to frequency, not affirmation. When your nervous system holds abundance as its resting state, your actions, decisions, and energy become a match to receiving it.

THE NEUROSCIENCE

The HeartMath Institute's research on the heart's electromagnetic field shows it extends 3-5 feet beyond the body and influences those around us. When you are in a coherent, regulated, expanded state - you literally broadcast a different signal. Neuroscience confirms that identity-level change (who you are, not just what you do) is the most durable form of behavioural change. This is somatic identity installation.

YOUR SOMATIC PRACTICE - MORNING FREQUENCY SET

1. Before your feet hit the floor each morning, take 3 breaths and ask: 'Who am I today?' Answer as your future, regulated, abundant self.
2. Say aloud 3 times: 'I am a woman who receives with ease. Money flows to me naturally. I am safe, I am open, I am enough.'
3. Stand at your mirror. Look into your own eyes. Say: 'She is wealthy. She is regulated. She is already there.' Mean it.
4. Spend 5 minutes in heart coherence breath (inhale 5, exhale 5) while feeling the frequency of your future abundant self in your body.
5. Carry this frequency into your first action of the day - your body is now the signal.

FREQUENCY ANCHOR - SPEAK THIS ALOUD:

I Am the frequency of abundance. My nervous system holds wealth as its natural state. I am already her.