

**10 MINS A DAY**

# SOMATIC EXERCISES

for Nervous System Regulation **101**

TRANSFORM STRESS  
& OVERWHELM  
INTO CALM &  
POWER

**28-DAY  
BEGINNER'S  
PLAN**

**55 EASY  
EXERCISES**



**VIDEO  
GUIDES**

**LINETTE CUNLEY**

## EXERCISE 30: SELF-MASSAGE

Whether you've finished exercising or just want some self-love, massaging yourself is a nice way to connect inward. Gentle, loving stimulation of the skin helps relieve stress and ease fears. Gentle squeezing massage also stimulates circulation and detoxification.

Suggested time: 3 minutes.



### INSTRUCTIONS

Alternate caresses and massages with gentle squeezes to as many parts of the body as you can reach with your hands.

### TIPS

Massage the neck, shoulders and back to help relieve tension. The jaw can accumulate a lot of anger, so focus on tenderly releasing any tension in the face and along the jawline.

### MEDITATION

Love every corner of yourself. If you notice any pain as you massage, meditate on its meaning. Breathe deeply and send pure energy to that zone, and the answer will arise.

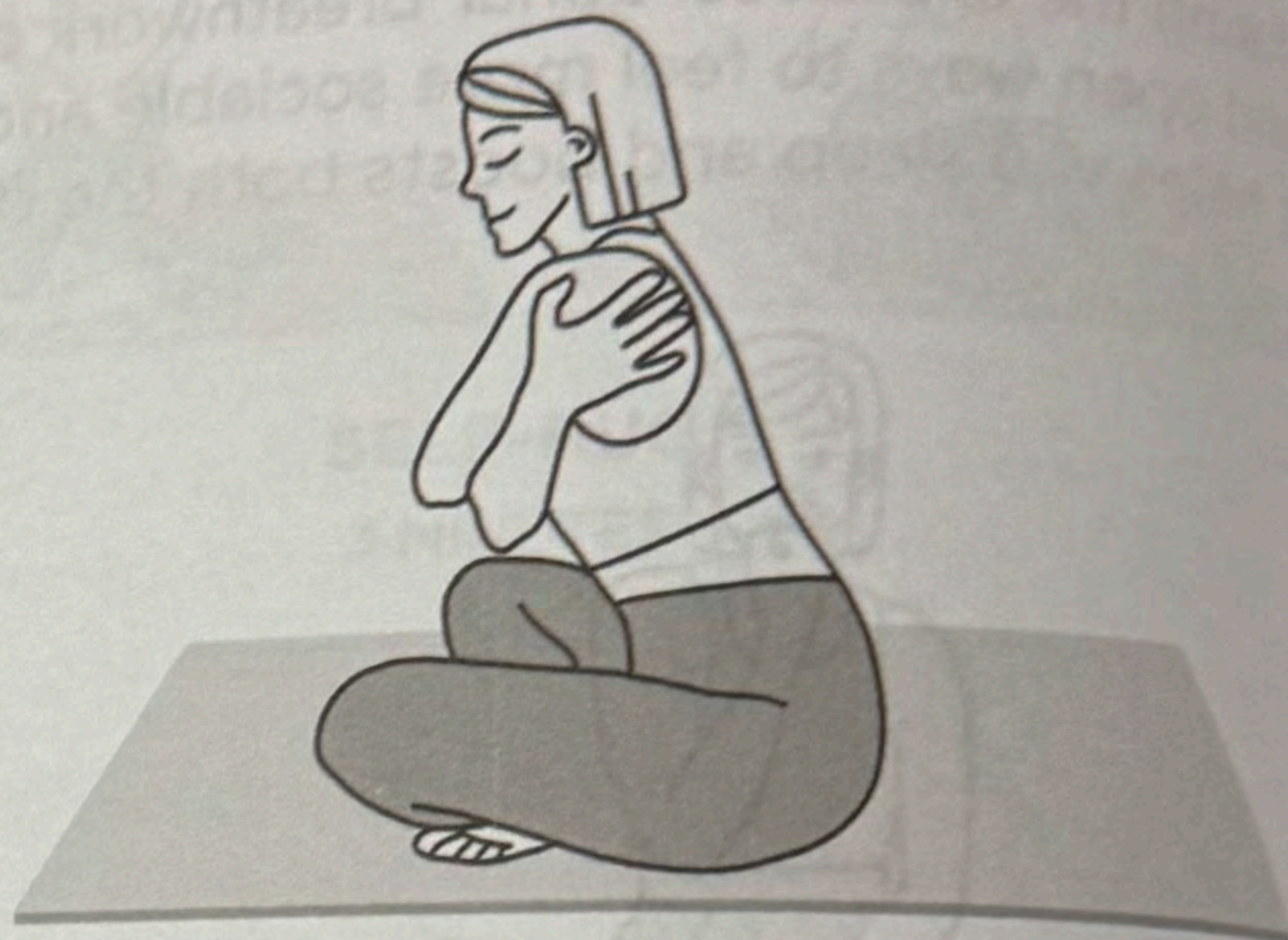
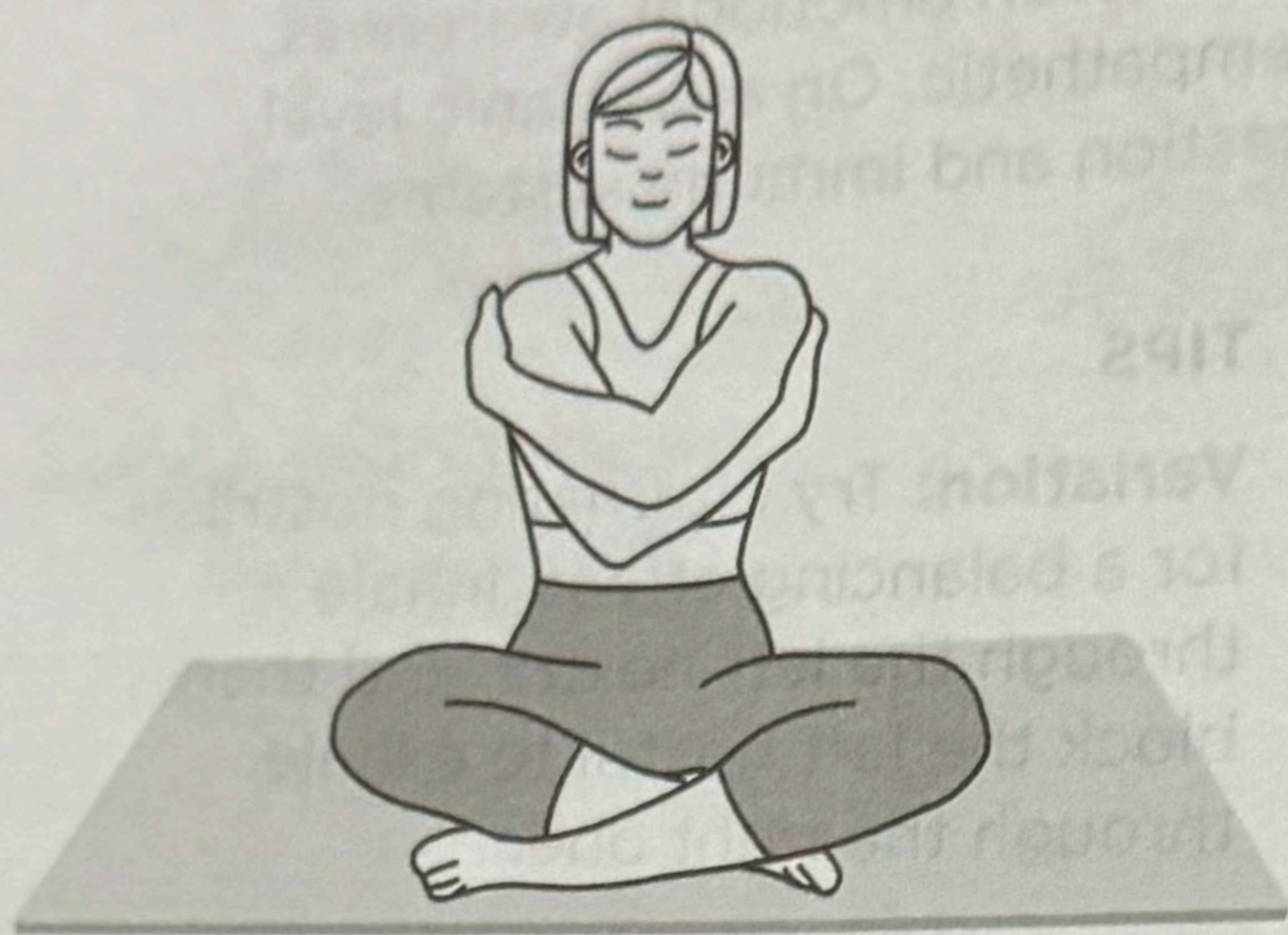
### APPLICATIONS

- Stress, anxiety, and trauma
- Pleasure, joy, and sexual health

## EXERCISE 26: SELF-HUG

One indicator of a healthy day is that you can give hugs and share lovingly with others. However, it is also comforting to hug yourself and be at peace within. This practice strengthens your breathing capacity and inspires you to love, even in hard times.

Suggested Time: 3 minutes.



### TOOLS

Chair, zafu or cushion.

### INSTRUCTIONS

1. Sit either with legs crossed or on the edge of a chair. Open your chest, apply a chin lock, and close your eyes.
2. Embrace yourself so that you grab each shoulder blade with the opposite hand.
3. From this posture, tilt your body forward (about 30 degrees) with your spine straight. Breathe very deeply. Feel the counterforce produced by the embrace, and how your chest fully expands despite the pressure.

### TIPS

You may need a cushion to sit on for a crossed-legged posture without strain. If it's not comfortable, try sitting on the edge of a chair.

### PRECAUTIONS

Contraindications: Chest pain; arm injury; severe heart problems.

### MEDITATION

Learn to love and express love even in spite of adversities. Awaken the courage in your heart to fight for love and joy.

### APPLICATIONS

- Stress, anxiety, and trauma
- Pleasure, joy, and sexual health

## SET V. SELF-LOVE AND EMOTIONAL AWARENESS

*"If your emotional abilities aren't in hand, if you don't have self-awareness, if you are not able to manage your distressing emotions, if you can't have empathy and have effective relationships, then no matter how smart you are, you are not going to get very far."*

*Daniel Goleman*

We all have the ability to be intuitive and compassionate, and connect with our essence. However, despite this seemingly purely spiritual capacity, taking care of our body with these exercises helps to maintain and strengthen that sense. This intuition depends partly on your vagal tone, as well as knowing how to keep chronic inflammation at bay. Low grade inflammation has been shown to disrupt this capacity for introspection, causing problems with memory, concentration, and mood regulation.

One system closely linked to self-love and also chronic inflammation is the immune system, which is worn down by ongoing stress and ends up draining the body's energy. In case of autoimmune diseases, they mean that you might be living defensively or with resentment. Psycho-emotional causes of imbalance can include depression, lack of self-awareness, or unresolved trauma or bullying.

### **BENEFITS**

Somatic practices can strengthen the immune system, alleviate depression and mood disorders, increase peace of mind, self-esteem, and your ability to express love and empathy, as well as deepen your intimacy with your body and being.

### **TIPS FOR A HEALTHY LIFESTYLE**

- Reduce consumption of foods containing gluten, casein (dairy) and refined sugars.
- Dedicate at least 15 minutes a day for introspection and meditation.
- Take a walk in nature as often as possible.
- Attend psychotherapy.

## EXERCISE 25: LUNAR BREATHWORK FOR EMOTIONAL AWARENESS

The moon is associated with emotions and intimacy. It also sensitively connects us with the subconscious. We have both the solar and lunar qualities in us, and when we know the right resources, we can boost them when needed.

The following breath is really simple. It can be used as an introduction to any somatic practice, in order to fine tune your ability to listen inwardly during the exercises. Lunar breathwork can awaken emotional awareness, and open ways to feel more sociable and empathetic. On an organic level, it helps you sleep and boosts both the digestion and immune systems.



### INSTRUCTIONS

1. Sit comfortably with your chest gently open. Eyes focused on the tip of your nose.
2. Use the ring finger and little finger of your left hand to block your right nostril.
3. Breathe slow and deeply through the left nostril. Repeat ten times.

### TIPS

**Variation:** Try alternating nostrils for a balancing effect; inhale through the left nostril, and then block the left nostril to exhale through the right one.

Go slowly: hold the air in for two seconds, and then out for two seconds.

### PRECAUTIONS

Contraindicated for heart problems.

### MEDITATION

Imagine a full moon illuminating your inner being. Let it relax your mind and body. Let that full moon reveal and heal the shadows of your unconscious.

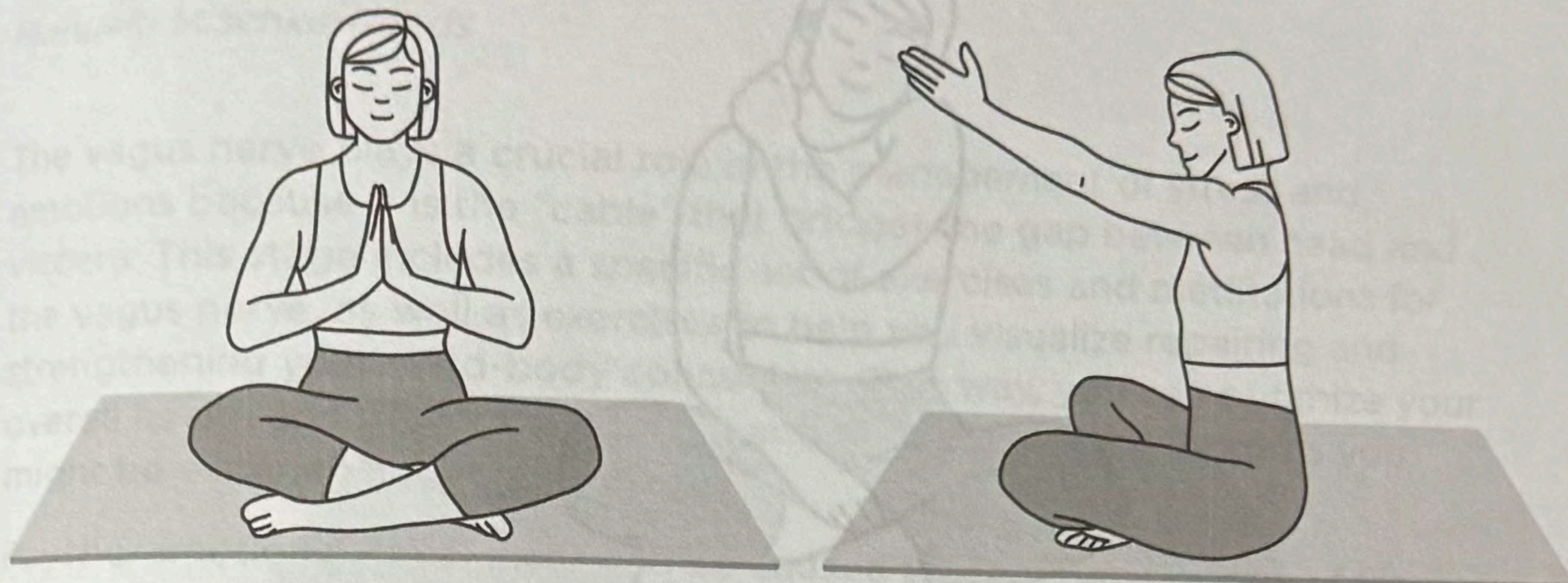
### APPLICATIONS

- Sleep, rest, and vitality
- Neuroendocrine and metabolic regulation
- Stress, anxiety, and trauma

## EXERCISE 29: MEDITATION ON HEART PROJECTION & PROTECTION

It is common to assume that your main protection comes from the physical body and tangible resources. However, your electromagnetic field has much more influence on safety and well-being than it appears. Empowering your heart and practicing self-love helps make that energetic projection more powerful and stable. In this way, you can increase your ability to be assertive, and your ability to attract others.

Suggested time: 3 minutes.



### INSTRUCTIONS

1. Sit comfortably and close your eyes. Apply a chin lock. Bring your hands together in a prayer pose in front of your chest.
2. Inhale, then exhale and stretch your arms with hands still together at a 45-degree angle. Imagine that your electromagnetic field is expanded and strengthened. Any shadows or imbalance in it are cut through with your hands.
3. Inhale as you bring hands back to the starting position, like absorbing renewed energies to empower your heart.
4. Repeat the cycle.

### TIPS

Mentally repeat positive and loving affirmations while performing the meditation. When you finish, stay for a few minutes in prayer posture, feeling the subtle energy of your heart.

### MEDITATION

Feel your heart getting stronger and overcoming the fears that make you doubt yourself. Trust that the powers of love and spiritual peace overcome adversity.

### APPLICATIONS

- Mindful focus
- Stress, anxiety, and trauma