

5 Somatic Keys to Coming Home to Your Body

*A Sacred Guide for the Woman Who Has
Lived from the Neck Up for Far Too Long*

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"THE BODY IS NOT THE OBSTACLE TO YOUR
AWAKENING. IT IS THE DOORWAY."

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THE 5 SOMATIC KEYS TO COMING HOME TO YOUR BODY

Welcome Beautiful Soul,

If you're reading this, I already know something about you.

You are brilliant. You are driven. You are deeply spiritual, profoundly intuitive, and wildly capable. You have done the reading, attended the workshops, listened to the podcasts, sat in the ceremonies, and whispered your prayers into the dark.

And still — something is missing.

There is a gap between who you know yourself to be and how you actually feel in your body on a Tuesday afternoon. Between the wisdom you teach others and the chaos that lives beneath your own skin. Between the light you hold for the world and the heaviness you carry in secret.

*You know things. You understand things. But you can't feel things. Not fully. Not safely. Not without the floor threatening to drop out from under you. **I know this place. I lived there for years.** I built an entire life from the neck up — intellectualizing my emotions, spiritually bypassing my pain, performing a version of wholeness while my body quietly screamed for attention I refused to give it.*

*The breakthrough didn't come from another book. Another modality. Another teacher telling me to "just be present." **It came when I finally stopped trying to heal my body with my mind — and started letting my body lead.***

*That's what this guide is about. These 5 Somatic Keys are the foundational practices I teach every woman I work with. They are simple. They are powerful. And they will begin to change your relationship with your body from the very first time you use them. This is not about becoming a different person. This is about **coming home** to the one you already are — the one who's been waiting beneath the armor, the performance, and the years of beautiful, necessary, exhausting survival. Your body has been holding everything for you. It's time to hold it back. Welcome home.*

With love and sovereignty,

Kristi Lynn Rosenheart

Founder, The Krystic Field



BEFORE WE BEGIN — THE TRUTH NO ONE TOLD YOU

Why You Feel Disconnected from Your Body (And Why Its Not Your Fault)

Here is what I need you to understand before we go any further:

Your disconnection from your body is not a failure. It is a survival strategy. And at one point in your life, it saved you.

When the world was too much — when the pain was too loud, the environment too unsafe, the emotions too overwhelming — your brilliant nervous system made a decision: We're going upstairs. We're leaving the body. We're going to live in the mind where it's safer.

*This is called **dissociation**, and it exists on a spectrum. For some women, it looks like total numbness. For others, it looks like living life through a pane of glass — present but not really here. For many high-functioning, spiritually attuned women, it looks like this:*

- ***You can talk about your feelings eloquently, but you can't feel them in your body.***
- *You go through the motions of daily life without being truly present for any of it.*
- *You oscillate between feeling too much (overwhelmed, anxious, on the edge of tears) and feeling nothing (flat, foggy, detached).*
- *Meditation feels impossible — your mind races, or you simply "go blank."*
- *You carry chronic tension in your jaw, shoulders, hips, or belly that no massage or yoga class fully resolves.*
- *You have a complicated relationship with rest. You don't actually know how to do nothing. Stillness feels dangerous.*
- *You tend to intellectualize or spiritualize your emotions rather than simply feeling them.*
- *You've been told you're "so strong" — and you are — but the strength costs you everything.*



Sound familiar?

If so, you're not broken. You're not doing it wrong. You're not "not spiritual enough." You are a woman whose nervous system learned to protect her by disconnecting her from the very thing that holds her deepest wisdom, her clearest truth, and her most profound power: **Her body.**

The Science Behind the Disconnection

Modern neuroscience confirms what healers and mystics have always known: trauma lives in the body, not just the mind.

Dr. Bessel van der Kolk's landmark research demonstrated that traumatic experiences are encoded in the body's tissues, muscles, and nervous system — often completely independent of conscious memory. Your body literally holds what your mind has tried to forget.

Dr. Stephen Porges's Polyvagal Theory reveals that your autonomic nervous system operates in three distinct states:

State: ● Ventral Vagal (Safe & Connected)

What It Feels Like: Calm, curious, open, present, playful

What Your Body Does: Heart rate is steady, breathing is easy, muscles are relaxed, you can think clearly.

State: ● Sympathetic (Fight or Flight)

What It Feels Like: Anxious, irritable, restless, hypervigilant, overwhelmed

What Your Body Does: Heart races, muscles tighten, breath becomes shallow, mind spins

State: ● Dorsal Vagal (Freeze & Shutdown)

What It Feels Like: Numb, foggy, collapsed, disconnected, exhausted, hopeless

What Your Body Does: Body feels heavy, thinking is slow, motivation vanishes, you "go blank"



Most women I work with are cycling between sympathetic activation (anxious, on edge, "too much") and dorsal shutdown (numb, flat, "nothing at all") – with very little access to the ventral vagal state where true presence, connection, creativity, and healing actually happen.

The 5 Somatic Keys you're about to learn are designed to bring your nervous system back into ventral vagal safety – gently, gradually, and at your body's own pace.

Because here's the profound truth:

"You cannot think your way back into your body. You cannot meditate your way back into your body. You cannot even pray your way back into your body. You must FEEL your way back. One sensation at a time. One breath at a time. One moment of presence at a time."

That's what we're going to do together. Right now.
How to Use This Guide

Each of the 5 Somatic Keys includes:

- 📖 *The Teaching – what this key is and why it matters*
- 🧘 *The Practice – a specific, guided exercise you can do right now (5–10 minutes each)*
- 📝 *The Reflection – journaling prompts to deepen your experience*
- 💡 *The Deeper Truth – the mindset or belief shift this key activates*

My invitation: Don't rush through this. These are not ideas to consume. They are experiences to embody. Read slowly. Pause often. Do the practices. Let your body lead.

Ready? Take a breath. Place your hand on your heart. Feel it beating.

You're already beginning.

THE ARRIVAL

Learning to Land in Your Body Without Trying to Fix It

H📖 The Teaching

The first and most radical act of embodiment is simply arriving. Not fixing. Not healing. Not transforming. Not clearing energy. Not raising your vibration. Not releasing trauma. **Just... arriving.** Being here. In this body. In this moment. Without an agenda. For most women who have spent years living in their heads — analyzing, planning, strategizing, spiritualizing — the simple act of being present in the body (rather than thinking about the body) is revolutionary.

Here's why this is so important:

Most embodiment practices fail because they start with trying to change the body before you've even made contact with it. Imagine walking into a room where a frightened child is hiding in the corner. What would you do? Would you immediately tell her to stop being afraid? Would you hand her a list of affirmations? Would you tell her to breathe differently? No. You would get down on her level. You would sit with her. You would let her know you're here. You would wait. You would be patient. You would let her decide when she's ready to come closer. **Your body is that child.** She's been waiting for you — not for another technique, not for another "fix" — but for your presence. Your willingness to simply be with what is. This is the practice of **compassionate contact** — the foundation upon which all somatic healing is built.

🧘 The Practice: The 3-Point Arrival

Time: 5–8 minutes

Position: Seated or lying down. Eyes can be open or softly closed — choose what feels safest.

Step 1: Ground (1–2 minutes)

Feel the places where your body makes contact with a solid surface.

If you're sitting: notice your feet on the floor. Notice the weight of your thighs on the chair. Notice your back against the seat.



SOMATIC KEY # 1

THE ARRIVAL

If you're lying down: notice the full length of your body being held by the surface beneath you. Don't try to relax. Don't try to feel anything in particular. Simply notice the physical reality of gravity holding you. Silently say to yourself: "I am here. I am supported. The earth is holding me." Stay here for 5–10 breaths.

Step 2: Scan (2–3 minutes)

Now, slowly — very slowly — begin to scan your body from the top of your head to the soles of your feet. Move your attention like a warm, curious searchlight.

As you scan, you might notice:

- Tightness or tension
- Warmth or coolness
- Tingling or buzzing
- Heaviness or lightness
- Numbness or blankness (this counts — it IS a sensation)
- Emotion (sadness, anger, anxiety — whatever arises)
- Nothing at all (this is completely okay)

Your ONLY job is to notice. Not to fix, not to release, not to change anything. Just notice.

If your mind starts narrating ("Oh, that's my shoulder tension from stress" or "That's my trauma from childhood"), gently bring your attention back to the physical sensation itself — not the story about it. Sensation, not story. Body, not biography.

Step 3: Acknowledge (1–2 minutes)

After scanning, choose ONE area of your body that called your attention — the place that felt the most alive, the most tense, the most numb, or the most curious. Place your hand there if it feels right. And simply say — out loud or silently: "I feel you. I'm here. You don't have to change. I'm just here." Breathe.

Stay with this for 5–10 breaths, or as long as it feels natural. Then gently let your hand come away. Open your eyes. Look around the room. Notice three things you can see. Two things you can hear. One thing you can touch. You have just arrived in your body. Welcome home.

SOMATIC KEY # 1

THE ARRIVAL

 The Reflection

After the practice, take 5 minutes to journal on these prompts:

- What did I notice in my body during the scan? Be specific — where was it, and what did it feel like?
- What was it like to be with my body without trying to fix or change it? Was this easy? Difficult? Unfamiliar?
- If the area of my body I placed my hand on could speak, what would it say to me?
- On a scale of 1–10, how "at home" do I typically feel in my body during an average day?

 The Deeper Truth

Old Belief: "I need to fix my body / heal my trauma / release my blocks before I can be present."

New Truth: "My presence *IS* the healing. The moment I arrive in my body without an agenda, the healing has already begun."

The body doesn't need you to be its project manager. It needs you to be its companion. Its witness. Its friend.

You spent years leaving your body to survive. Now you're learning to stay. That is not a small thing. That is everything.

THE BREATH BRIDGE

Using Your Breath as the Bridge Between Mind and Body

 The Teaching

If the body is a house you left long ago, your **breath** is the bridge that leads you back. Your breath is the only function in your body that is both **involuntary** (it happens without you thinking about it) and **voluntary** (you can consciously control it). This makes it uniquely powerful — it is literally the bridge between your unconscious nervous system and your conscious mind.

Here's what that means practically:

When you change your breath, you directly change the state of your nervous system. This isn't a metaphor. It's neuroscience.

- **Lengthening your exhale** activates your vagus nerve, which sends a direct signal to your brain: "We're safe. Stand down." Your heart rate slows. Your muscles soften. Your thinking clears.
- **Short, shallow chest breathing** does the opposite — it signals your nervous system that something is wrong, keeping you locked in fight-or-flight.
- **Holding your breath** (which many women do unconsciously throughout the day — notice if you're doing it right now) tells your body: Danger. Freeze. Disappear.

Most women I work with are **chronic breath-holders**. They unconsciously restrict their breathing dozens of times a day — while reading emails, during difficult conversations, when they feel anxious, when they're trying to "hold it together." Over time, this creates a chronic state of low-grade suffocation that the body interprets as constant, unrelenting threat. No wonder you feel disconnected. No wonder you feel on edge. No wonder you feel exhausted.

Your body has been running on emergency oxygen for years.

The Breath Bridge practice teaches you to use your breath not as a performance (not as breathwork, not as pranayama, not as another thing to do "right") — but as a **gentle, ongoing conversation** between your mind and your body.

SOMATIC KEY # 2

THE BREATH BRIDGE



The Practice: The Breath Bridge (4-7-8 Variation for Sensitive Nervous Systems)

Time: 5–7 minutes

Position: Seated or lying down. One hand on your heart. One hand on your belly.

Important: *If at any point this practice feels too intense — if you feel dizzy, panicky, emotional, or like you want to stop — **stop**. Return to normal breathing. Look around the room. Feel your feet on the floor. You are safe. You can always come back to this practice later. This is not a test. There is no failing.*

Step 1: The Listening Breath (1–2 minutes)

Before you change anything, just listen to your breath as it is.

Notice:

- *Where does your breath land? High in the chest? Low in the belly? Somewhere in between?*
- *Is it shallow or deep?*
- *Fast or slow?*
- *Smooth or jagged?*
- *Is there a pause between inhale and exhale?*

Just observe. This is data, not a diagnosis. Whatever you find is perfectly okay.

Now notice: does the hand on your belly move when you breathe? Or is it mostly the hand on your chest?

If only your chest moves, you're in shallow breathing — this is extremely common and is a hallmark of chronic stress. We're about to gently shift that.

Step 2: The Belly Breath (2 minutes)

On your next inhale, imagine you're breathing DOWN into your belly — as if your belly is a balloon gently inflating.

- *Inhale through your nose for a count of 4, directing the breath toward the hand on your belly. Feel your belly rise.*
- *Pause at the top for a count of 1.*
- *Exhale slowly through your mouth (a gentle, soft exhale — like fogging a mirror) for a count of 7.*
- *Pause at the bottom for a count of 1.*



SOMATIC KEY # 2

THE BREATH BRIDGE

The pattern: IN for 4 → PAUSE for 1 → OUT for 7 → PAUSE for 1

If a count of 7 on the exhale feels too long, start with 5 or 6. The key is that the exhale is LONGER than the inhale — this is what activates the vagus nerve.

Repeat this cycle 5–8 times.

What you might notice:

- A yawn (this is your nervous system releasing — let it happen!)
- A sigh (same thing — let it out)
- Warmth spreading through your hands, feet, or belly
- A softening in your jaw, shoulders, or chest
- Emotions rising — tears, anger, sadness (this is normal — the breath is unlocking what's been held)
- A feeling of calm that seems almost "too easy"

Step 3: The Anchor Breath (1–2 minutes)

Now, let go of the counting. Just breathe naturally — but keep one element: Make your exhale slightly longer than your inhale. This is your Anchor Breath — a breathing pattern you can return to any time, anywhere to signal safety to your nervous system.

Standing in line at the grocery store. Sitting in traffic. Before a difficult conversation. During a sleepless 3 AM. While scrolling your phone and feeling the anxiety creep in. The Anchor Breath is your secret tool. No one can see it. No one needs to know. But your nervous system will FEEL it — and it will respond.

As you breathe, silently say: "I am breathing myself home."

SOMATIC KEY # 2

THE BREATH BRIDGE



The Reflection

- *What did I notice change in my body between the beginning and end of this practice?*
- *When during my day do I catch myself holding my breath? What is usually happening in those moments?*
- *What would it mean to give my body permission to breathe fully — not just during practices, but all day long?*
- *If I committed to using the Anchor Breath 3 times a day for one week, what do I think would shift?*

The Deeper Truth

Old Belief: *"Breathwork is 'woo' — or it's just a relaxation technique."*

New Truth: *"My breath is the single most powerful tool I have for regulating my nervous system, changing my emotional state, and bridging the gap between my mind and my body. Every conscious breath is a message to my body: 'I am here. We are safe. You can let go.'"*

You don't need a 2-hour breathwork ceremony to begin healing. You need 10 conscious breaths. Right here. Right now. Every day.

SOMATIC KEY #3

THE FELT SENSE

Moving from Thinking About Your Feelings to Actually Feeling Them

The Teaching

There is a moment in every woman's healing journey where she realizes the devastating truth: **She has been thinking about her feelings for years — but she hasn't actually been feeling them.** She can name her emotions with extraordinary precision. She can analyze their origin, trace them back to childhood, connect them to attachment styles and ancestral patterns and past lives. She has the vocabulary of a poet and the insight of a seasoned therapist. But ask her: "Where do you feel that in your body right now?" And she goes blank. This is the gap between **cognitive awareness** and **somatic experience** — between knowing and feeling. And for many spiritually attuned women, this gap is a canyon.

The concept of the **Felt Sense** was developed by philosopher and psychologist Eugene Gendlin. He discovered that clients who made the most progress in therapy weren't the ones who could best analyze their problems — they were the ones who could **pause, go inward, and describe the vague, hard-to-name physical sensation** that accompanied their experience.

The Felt Sense is that fuzzy, not-yet-verbal, body-level knowing that lives beneath your thoughts and before your words. It's the tightness in your stomach before a difficult meeting. The flutter in your chest when something excites you. The heaviness in your limbs when something is wrong, even though you "can't explain it." The "something's off" feeling you've been ignoring for months.

Your Felt Sense is your body's own language. It's how your body communicates truth before your mind has a chance to edit, rationalize, or spiritually bypass it. Learning to access your Felt Sense is like developing a new sense organ. Suddenly you have information you never had before — information that is more honest, more immediate, and more trustworthy than anything your thinking mind could produce.

This is the key that changes everything.



SOMATIC KEY #3

THE FELT SENSE



The Practice: The Felt Sense Inquiry

Time: 8–12 minutes

Position: Seated comfortably. Eyes closed if it feels safe; softly open if closed eyes feel too vulnerable.

Step 1: Arrive (1 minute)

Use the 3-Point Arrival from Key #1. Ground. Scan. Acknowledge. Take 3 Anchor Breaths (long exhale, remember?).

Step 2: Choose a Situation (1 minute)

Think of a situation in your life that feels emotionally "charged" right now. Not the most traumatic thing you've ever experienced — something mid-range.

Something you've been thinking about, worrying about, or avoiding.

It could be:

- A relationship that feels off
- A decision you can't seem to make
- A conversation you've been avoiding
- A pattern you keep repeating
- A desire you keep suppressing
- A resentment you've been carrying

Got it? Good. Hold it lightly in your awareness — like holding a bird in your open palm. Don't squeeze. Don't analyze. Just let it be there.

Step 3: Drop Into the Body (2–3 minutes)

Now — and this is the key — stop thinking about the situation and start **FEELING** it.

Ask yourself: "When I bring this situation to mind, what do I notice in my body?"

Scan from the inside:

- **Throat:** Is there a lump? A tightness? A choking feeling? A sense of words being stuck?
- **Chest:** Is there heaviness? Constriction? A flutter? Emptiness? Aching?
- **Stomach/Belly:** Is there a knot? A sinking feeling? Nausea? Butterflies? A sense of dread?

SOMATIC KEY #3

THE FELT SENSE

- *Shoulders/Back: Is there tension? Bracing? The feeling of carrying something heavy?*
- *Pelvis/Hips: Is there a sense of clenching? Holding? Emptiness? Disconnection?*
- *Hands/Arms: Are they tight? Restless? Tingling? Do they want to push away? Reach out?*

Find the spot where the sensation is STRONGEST. The place your body is "speaking" most loudly about this situation. Stay with it. Don't move away. Don't analyze it. Don't try to release it. Just be with it.

Step 4: Give It a Quality (2 minutes)

Now, ask the sensation: "If I had to describe you, what would I say?" This is NOT an emotion label. Don't say "I feel sad" or "I feel angry." Go deeper. Go vaguer. Go more physical.

The Felt Sense often speaks in qualities like:

- *"It feels like a tight knot of black rope"*
- *"It feels like a cold, grey heaviness sitting on my chest"*
- *"It feels like a vibrating ball of heat in my stomach"*
- *"It feels like a hollow space where something used to be"*
- *"It feels like a small animal curled up, hiding"*
- *"It feels like I'm bracing for an impact that never comes"*
- *"It feels like a scream stuck in my throat"*

Let the description come from your body, not your mind. Let it be strange. Let it be poetic. Let it surprise you.

When you find the right description, something remarkable happens — you'll feel a subtle shift. A tiny "yes." A sense of relief. An almost imperceptible softening. Gendlin called this a "felt shift."

That tiny shift is your body saying: "Finally. Someone is listening."

SOMATIC KEY #3

THE FELT SENSE

Step 5: Dialogue (2–3 minutes)

Now — and this may feel unusual — ask the sensation directly:

"What do you need me to know?"

And wait. Be patient. The answer may come as:

- A word or phrase
- An image
- A memory
- A wave of emotion
- A physical movement impulse (your hands might want to push, your body might want to curl in, your head might want to shake "no")
- Nothing at all (which is also fine — the question itself is the medicine)

Whatever comes, receive it without judgment. This is your body speaking its truth. It doesn't need to make logical sense. It doesn't need to fit your spiritual narrative. It just needs to be heard.

Step 6: Thank and Close (1 minute)

Place your hand on the area of your body that spoke to you.

Say: "Thank you. I hear you. I'll keep coming back."

Take 3 Anchor Breaths. Open your eyes. Look around. Feel your feet on the floor.

You just had a conversation with your body. For many of you, this may be the first real conversation you've had with her in years — or ever.

SOMATIC KEY #3

THE FELT SENSE



The Reflection

1. What was the Felt Sense I discovered? Describe it in as much detail as possible — location, quality, texture, color, temperature, weight.
2. When I asked "What do you need me to know?" — what came up?
3. Was there a moment of "felt shift" — even a tiny one? What did that feel like?
4. What does this sensation tell me about the situation I chose that my MIND hasn't been able to see?
5. If I made one decision this week based on my body's wisdom rather than my mind's analysis, what would that decision be?

The Deeper Truth

Old Belief: "My body doesn't have anything useful to tell me. It's just anxiety / tension / stress. I need to figure this out with my mind."

New Truth: "My body is the most honest compass I have. When I stop thinking about my feelings and start actually feeling them, I access a depth of wisdom that my mind alone could never reach. My Felt Sense is my soul speaking through my flesh."



SOMATIC KEY # 4

THE THAW

Gently Releasing What Your Body Has Been Holding

The Teaching

Your body is a record keeper.

Every unfinished emotion. Every swallowed word. Every time you said "I'm fine" when you were crumbling. Every boundary you didn't set. Every tear you didn't cry. Every scream that never left your throat. Every "no" that got swallowed into a compliant "yes." **It's all still in there.** Stored as tension. Compression. Chronic pain. A jaw that won't unclench. Hips that feel locked in concrete. Shoulders that live somewhere near your ears. A belly that is permanently braced for impact.

Dr. Peter Levine, the founder of Somatic Experiencing, studied how animals in the wild process traumatic events. After a gazelle escapes a lion, it doesn't go to therapy. It doesn't journal about it. It doesn't call a friend and process it for three hours. It does something remarkably simple: **It shakes.**

The gazelle literally trembles and shakes for several minutes — and then it gets up, shakes itself off, and walks away as if nothing happened. The traumatic energy has been completed and discharged. The body is done with it.

Humans have the same mechanism. But we override it. We suppress the shaking because it looks "weird." We swallow the tears because we need to "be strong." We clench against the trembling because we've been taught that losing control of our body is shameful or scary.

And so the energy stays. Frozen. Locked. Waiting.

This is what I call **The Freeze** — the accumulated layers of un-discharged survival energy that have crystallized in your body over years, sometimes decades.

The Thaw is the gentle, intentional process of **letting your body complete what it started.** Not forcing. Not catharting. Not re-traumatizing.

Just giving your body permission to finish the sentence it started speaking a long time ago.

SOMATIC KEY # 4

THE THAW

The Practice: The Somatic Thaw Sequence

Time: 10–15 minutes

Position: Standing or lying down. Make sure you're in a private, warm space where you feel safe. You will not be interrupted. Consider putting on soft, ambient music without lyrics.

 **Gentleness First:** This practice invites movement and release. It is NOT about forcing catharsis or having a dramatic emotional experience. If at any point it feels like too much, STOP. Place both hands on your heart. Feel your feet on the floor. Open your eyes. You are safe. You are in control.

Step 1: Warm the Container (2 minutes)

Stand with your feet hip-width apart, knees slightly soft (not locked).

Begin by gently rocking your body side to side — a tiny, almost imperceptible sway, like a tree in a light breeze. Feel the weight shifting from one foot to the other.

Then add a gentle forward-and-back rocking. Just a few inches in each direction. Let your whole body move as one fluid unit.

*This rocking activates your **vestibular system** — the inner-ear balance mechanism that has direct connections to your nervous system's safety circuits. Rocking is one of the most primal self-soothing mechanisms humans have. It's why we rock babies. It's why you unconsciously rock when you're distressed. Rock for 1–2 minutes. Let it feel good.*

Step 2: Shake (3–5 minutes)

*Now, keeping your knees slightly bent, begin to **shake**.*

Start with your legs. Let a gentle trembling begin in your thighs and knees. Then let it move up into your hips. Your belly. Your chest. Your arms. Let your hands and fingers shake. Let your jaw go loose and shake.

SOMATIC KEY # 4

THE THAW

The key: you are not performing shaking. You are ALLOWING shaking.

Start with a gentle, voluntary shake — and then see if the body wants to take over. If it does, let it. If it doesn't, that's okay too. Just keep the gentle tremor going.

You might feel:

- Warmth flooding through your limbs
- Tingling or buzzing
- Unexpected emotions — tears, laughter, anger, grief (all welcome)
- Your body wanting to make sounds — groaning, sighing, humming, crying, laughing (let them come)
- A desire to stop (notice if this is your mind's discomfort or your body's genuine signal — if you're unsure, slow down but stay with it)
- An involuntary deepening of the shake — as if the body is saying "FINALLY" and taking the reins

Shake for 3–5 minutes, or however long feels right.

Step 3: The Vocalization (2 minutes)

After shaking, stand still or lie down. Take three deep breaths.

Now — let sound come.

This is not singing. This is not toning. This is simply letting your body make whatever sound it wants to make.

Start with a long, low exhale: "Ahhhhhhhh."

Then let it shift into whatever wants to emerge:

- A hum
- A moan
- A sigh
- A growl
- A keening wail
- A whispered "no"
- A roaring "ENOUGH"

SOMATIC KEY # 4

THE THAW

Your throat is the bridge between your body and your voice. For many women, this is where the deepest freeze lives — all the things unsaid, unscreamed, unsung. Vocalization begins to thaw this frozen expression. Let sound move through you for 1–2 minutes. Trust what comes.

Step 4: The Stillness (3–4 minutes)

*After the shaking and sounding, lie down. Let your body be completely still. Place both hands on your belly. And simply **feel**.*

This is the integration phase. Your body has just moved tremendous energy. Now it needs to settle, reorganize, and absorb the shift.

You might notice:

- Waves of warmth or tingling
- A feeling of spaciousness inside your body that wasn't there before
- Deep, spontaneous breaths (your body is recalibrating)
- Tears (gentle, relieving tears — not re-traumatizing tears)
- A feeling of lightness, softness, or tenderness
- Sleepiness (your nervous system is shifting into deep rest mode)
- A surprising sense of calm

Stay here for as long as you need. There is nowhere else to be.

SOMATIC KEY # 4

THE THAW



The Reflection

1. What happened in my body during the shaking? What did I notice?
2. What sounds wanted to come out during the vocalization? Was it easy or difficult to let them?
3. What emotions moved through me during this practice?
4. How does my body feel now, compared to before I started?
5. What has my body been holding that it was finally able to begin releasing?

The Deeper Truth

Old Belief: "If I start to let myself feel and release, I'll never stop. I'll fall apart. It will be too much."

New Truth: "My body knows exactly how much to release and when. When I give it permission to complete what it started, it doesn't fall apart — it comes alive. The energy that was frozen in survival becomes available for living, creating, loving, and leading. What I was most afraid to feel is exactly what sets me free."



SOMATIC KEY #5

THE SOVEREIGN RETURN

Reclaiming Ownership of Your Body as Sacred Ground

The Teaching

The first four keys taught you to arrive, breathe, feel, and release.
This fifth key is the one that changes your life permanently.

Key #5 is about deciding — with every cell of your body — that you are never leaving again.

Not when it gets hard. Not when it gets overwhelming. Not when someone crosses your boundary. Not when the grief comes. Not when the old patterns call you back to the familiar comfort of dissociation, numbing, overworking, or spiritual bypassing.

This is the key of Sovereignty.

And sovereignty, in the somatic sense, means something very specific:
Sovereignty is the lived, embodied experience of inhabiting your body as your OWN — fully, unapologetically, without apology or explanation — and making all your choices from this place of felt, full-bodied presence.

A sovereign woman:

- **Feels her "no" in her gut** before it reaches her lips — and she trusts it
- **Feels her "yes" as a full-body opening** — an expansion, a warmth, a leaning forward — and she follows it
- **Sets boundaries** not from anger or resentment but from the quiet, rooted clarity of a woman who lives inside her own skin
- **Speaks her truth** not because she rehearsed it in her journal but because she can feel the words pressing against her throat, asking to be born
- **Rests** without guilt, because she can feel when her body says enough
- **Moves** through the world with a presence that others can feel — not because she's performing confidence, but because she is genuinely, somatically here



SOMATIC KEY # 5

THE SOVEREIGN RETURN

This is the woman you came here to be.

Not a woman who understands embodiment intellectually.

A woman who lives it. In her posture. In her voice. In her eyes. In her walk. In the way she takes up space. In the choices she makes at midnight when no one is watching.

The Sovereign Return is not a one-time event. It is a daily practice. A daily vow. A daily coming home — again and again and again — until home becomes the only place you know how to live.

The Practice: The Sovereign Embodiment Ritual

Time: 10–15 minutes

Position: Standing. In front of a mirror if possible (full-length is ideal, but any mirror works). Environment: Private. Sacred. Maybe light a candle. This is a ritual, not just an exercise.

Step 1: The Stand (2 minutes)

Stand in front of the mirror.

Plant your feet firmly on the ground, hip-width apart. Feel the full weight of your body pressing into the earth.

Straighten your spine — not rigidly, but with dignity. Lift the crown of your head toward the sky. Drop your shoulders down and back. Open your chest.

Let your hands rest at your sides, palms open, fingers soft.

Look at yourself. Not at your flaws. Not at the parts you've judged. Not through the lens of anyone who ever made you feel like your body was wrong, too much, not enough. Look at yourself the way you would look at something sacred.

Because you are.



SOMATIC KEY #5

THE SOVEREIGN RETURN

This body — this exact body, in this exact moment — survived everything that came before this. It carried you through every heartbreak, every betrayal, every loss, every impossible day. It kept breathing when you forgot to ask it to. It kept your heart beating while you were busy trying to earn your worth.

This body is not your project. It is your temple. Your home. Your sovereign ground.

Stand here. Breathe. Look. Feel.

Step 2: The Reclamation (3 minutes)

*Place your right hand on your heart. Place your left hand on your belly.
And speak these words — out loud — to the woman in the mirror:*

"I am here.

I am in my body.

My body is my home, and I am never leaving again.

I reclaim my right to feel — everything. The joy and the grief. The pleasure and the rage. The power and the tenderness.

I reclaim my right to take up space — fully, unapologetically, without shrinking.

I reclaim my right to speak my truth — even when my voice shakes.

I reclaim my right to rest — without earning it first.

I reclaim my right to say no — without explaining.

I reclaim my right to say yes — with my whole body.

I am not who I was told to be.

I am not the performance I learned to give.

I am not the good girl. The quiet one. The one who holds it all together.

I am a sovereign woman.

Fully embodied.

Fully alive.

Fully mine.

And I am coming home."



SOMATIC KEY #5

THE SOVEREIGN RETURN

Feel these words in your body as you say them. Don't just recite them — let them land in your cells. In your bones. In the parts of you that have been waiting to hear this for your entire life.

If tears come, let them.

If your voice cracks, let it.

If you feel ridiculous, say it anyway.

The body believes what the voice declares.

Step 3: The Embodied Movement (3–5 minutes)

After the reclamation, put on a song that makes you feel powerful, alive, and deeply YOU. (You know the one.)

And move.

Not choreography. Not exercise. Not performance.

Sovereign, embodied, alive movement.

- *Roll your hips. Swing your arms. Shake your head.*
- *Take up space. ALL the space.*
- *Stomp your feet. Pound the earth.*
- *Raise your arms overhead. Open your chest wide.*
- *Move slowly and sensually if that's what your body wants.*
- *Move wildly and chaotically if that's what your body needs.*
- *Growl. Laugh. Hum. Scream into a pillow.*

*Move like a woman who has finally, after all this time, decided to **live inside her own body**. 3–5 minutes.*

Let the song carry you. Let the body lead.



SOMATIC KEY #5

THE SOVEREIGN RETURN

Step 4: The Seal (2 minutes)

When the song ends, stand still.

Both hands on your heart.

Breathe deeply 3 times.

Say: "I am home. And I'm staying."

Blow out the candle, if you lit one.

Your ritual is complete.



The Reflection

1. What was it like to look at myself in the mirror — not to judge, but to witness? What did I feel?
2. Which line of the Reclamation hit me the hardest? The one that made me cry, or catch my breath, or want to look away?
3. What did my body want to do during the movement? Did I let it?
4. What would it look like to live as a sovereign woman — not just in this practice, but in my relationships, my work, my daily choices?
5. What is ONE thing I will do differently this week because I am choosing to live as a woman who is fully in her body?



The Deeper Truth

Old Belief: "Healing is about getting rid of the pain, the trauma, the patterns. Then I'll finally be able to show up."

New Truth: "Sovereignty is not the absence of pain. It is the full, fierce, embodied presence of a woman who has decided to feel ALL of it — and to live anyway. Not from the neck up. Not from a safe distance. But from the center of her body, the center of her power, the center of her sacred, unbreakable self. **THIS** is what it means to come home."



YOUR 7-DAY INTEGRATION PRACTICE

*Reading this guide is not enough to change your life. Practicing it will.
Here is your 7-day integration plan to begin rewiring your nervous system,
rebuilding your relationship with your body, and laying the foundation for a
completely embodied life:*

Day 1

Key #1: The 3-Point Arrival

Morning Practice (10 min) - The 3-Point Arrival

Evening Practice (10 min) - Journal Reflection for Key #1

Daily Anchor - Set 3 phone alarms to pause and notice your body for 30 seconds

Day 2

Key #2: The Breath Bridge

Morning Practice (10 min.) - The Breath Bridge

Evening Practice (10 min.) Journal Reflection for Key #2

Daily Anchor - Use the Anchor Breath 5 times throughout the day — especially in moments of stress

Day 3

Key #3: The Felt Sense Inquiry

Morning Practice (10 min.) - The Felt Sense Inquiry

Evening Practice (10 min.) - Journal Reflection for Key #3

Daily Anchor - Before every meal, pause and ask: "What does my body actually need right now?"

Day 4

Key #4: The Somatic Thaw Sequence

Morning Practice (10 min.) -The Somatic Thaw Sequence

Evening Practice (10 min.) - Journal Reflection for Key #4

Daily Anchor - Let yourself make one uncensored sound today (a sigh, a hum, a groan)



YOUR 7-DAY INTEGRATION PRACTICE

How to Make These 5 Keys Part of Your Daily Life

Day 5

Key #5: The Sovereign Embodiment Ritual

Morning Practice (10 min) - The Sovereign Embodiment Ritual

Evening Practice (10 min) - Journal Reflection for Key #5

Daily Anchor - Set one boundary today from your body's "no" (not your mind's analysis)

Day 6

Morning Practice (10 min.) - Combine Keys #1 + #2 + #3 as one flowing practice

Evening Practice (10 min) - Free-write for 15 minutes on: "What is my body teaching me this week?"

Daily Anchor - Move your body for 10 minutes today with NO goal except pleasure

Day 7

Morning Practice (10 min.) - Full Sovereign Embodiment Ritual (Key #5)

Evening Practice (10 min) - Write a letter to your body. Thank it. Apologize to it. Promise it.

Daily Anchor - Spend the day noticing: When am I IN my body? When do I leave? What triggers the leaving?

✨ **Bonus: Your Daily Non-Negotiable**

If you do NOTHING else from this guide, do this one thing every single day:
The 60-Second Arrival.

Three times a day — morning, midday, and night — stop whatever you're doing and:

1. Feel your feet on the floor (3 seconds)
2. Take 3 Anchor Breaths — long exhale (30 seconds)
3. Place your hand on your heart and say: "I am here. I am in my body. I am home." (10 seconds)
4. Notice one sensation — any sensation — in your body (15 seconds)

Total: 60 seconds. Three times a day. 3 minutes total.

That's it. Three minutes a day of consciously returning to your body will, over time, completely rewire your nervous system's default setting from survival mode to sovereignty.



WHAT COMES NEXT — YOUR INVITATION

You've Tasted It. Now Imagine Living It.

These 5 Keys are real. They work. And if you practice them faithfully, you will begin to feel a shift — in your body, in your relationships, in your sense of self, in the quiet moments when you're alone with your own skin and it feels, maybe for the first time, like a safe place to be.

But here's the truth I want to honor:

This guide is the doorway. It is not the whole house.

Coming home to your body after years — sometimes decades — of disconnection is not a 7-day project. It is a journey. And like all sacred journeys, it is immeasurably more powerful when you have:

- ✨ A guide who has walked this path herself and knows every twist, every pitfall, every dark night, and every breakthrough
- ✨ A community of women walking beside you — women who understand, who won't judge, who will hold space while you fall apart and rebuild
- ✨ A structured path that takes you from where you are now to where you know — in your bones — you're meant to be
- ✨ Accountability to keep going when the resistance gets loud (and it will)
- ✨ Depth you simply cannot access alone — the shadow work, the voice reclamation, the energetic clearing, the boundary rewiring, the full sovereign activation that transforms you from the inside out



WHAT COMES NEXT — YOUR INVITATION

*You've Tasted It. Now
Imagine Living It.*

Introducing: SOVEREIGN WHOLENESS

The 8-Week Embodied Awakening for Women Ready to Come All the Way Home

Sovereign Wholeness is my signature 8-week transformational program for spiritually attuned women who are done intellectualizing their healing and ready to feel it, live it, and become it.

Over 8 weeks, you will:

-  *Rebuild your nervous system's capacity for safety — so you can be present without being overwhelmed*
-  *Integrate your shadow — transforming the exiled parts of yourself into your greatest sources of power*
-  *Reclaim your voice — speaking your truth from your body, not just your mind*
-  *Rewire your boundaries — feeling your "yes" and your "no" as full-body experiences*
-  *Activate your sovereign embodiment — becoming a woman who lives, leads, and loves from the inside out*
-  *Alchemize your entire life — relationships, purpose, creativity, pleasure, rest, and self-worth — from the cellular level up*

This is not another course. This is not another set of concepts to understand. This is 8 weeks of guided, supported, embodied transformation that will fundamentally change how you live in your own skin.



WHAT COMES NEXT — YOUR INVITATION

*You've Tasted It. Now
Imagine Living It.*

💬 What Women Are Saying:

"I went from being completely numb from the chest down to feeling ALIVE in my body for the first time in 20 years. I didn't even know what I was missing until Kristi helped me find it."

"This wasn't just coaching. This was a complete recalibration of my nervous system, my self-worth, and my relationship with myself. I set my first real boundary in Week 3 — and the sky didn't fall."

"I've been to therapists, healers, retreats, and plant medicine ceremonies. Nothing — NOTHING — changed my life like the 8 weeks I spent in Sovereign Wholeness. Because for the first time, the change didn't just happen in my mind. It happened in my BODY."

🔥 Your Next Step

If these 5 Keys resonated with you — if you felt something shift, even slightly, while reading this guide — that is your body telling you she's ready for more. Trust her.

→ www.TheKrysticField.com/8-week-course-application
Limited to 8 women per cohort to ensure deep, personalized support.

Or, if you're not quite ready to apply but want to stay in my world:

→ Follow me on Instagram: @KristiLynnRosenheart
Facebook: The Krystic Field

→ Email: ContactKristiLynn@gmail.com
to join The Sovereign Woman's Circle — Free Community



CLOSING

A Final Word from Kristi

I want to leave you with something.

Before I found somatic embodiment — before I understood that my body was not just a vehicle for my brain but the seat of my soul — I was a woman who looked like she had it all together. Spiritual. Articulate. "Healed."

But my jaw was clenched. My hips were locked. My breath was shallow. My "yes" was automatic. My "no" was nonexistent. And at 3 AM, when no one was watching, I felt a hollowness that no amount of meditation, prayer, or positive thinking could fill.

I was a woman who had healed her mind but abandoned her body.

The day I stopped trying to think my way back to myself and started feeling my way home — that was the day my real life began. I don't want you to take 10 more years to get there. I don't want you to read 10 more books, attend 10 more retreats, or collect 10 more certifications before you give yourself permission to feel.

You have permission. Right now. Today.

Your body is not the obstacle.

She is the oracle.

She is the compass.

She is the way home.

And she's been waiting for you.

With fierce love and sacred reverence,

Kristi Lynn Rosenheart

Founder, The Krystic Field

Somatic Embodiment Guide • Shadow Alchemist • Sovereign

Reclamation Specialist

www.theKrysticField.com