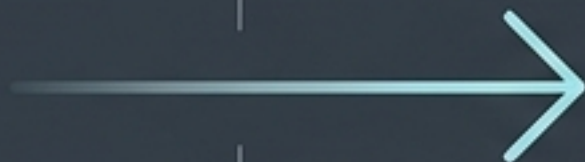
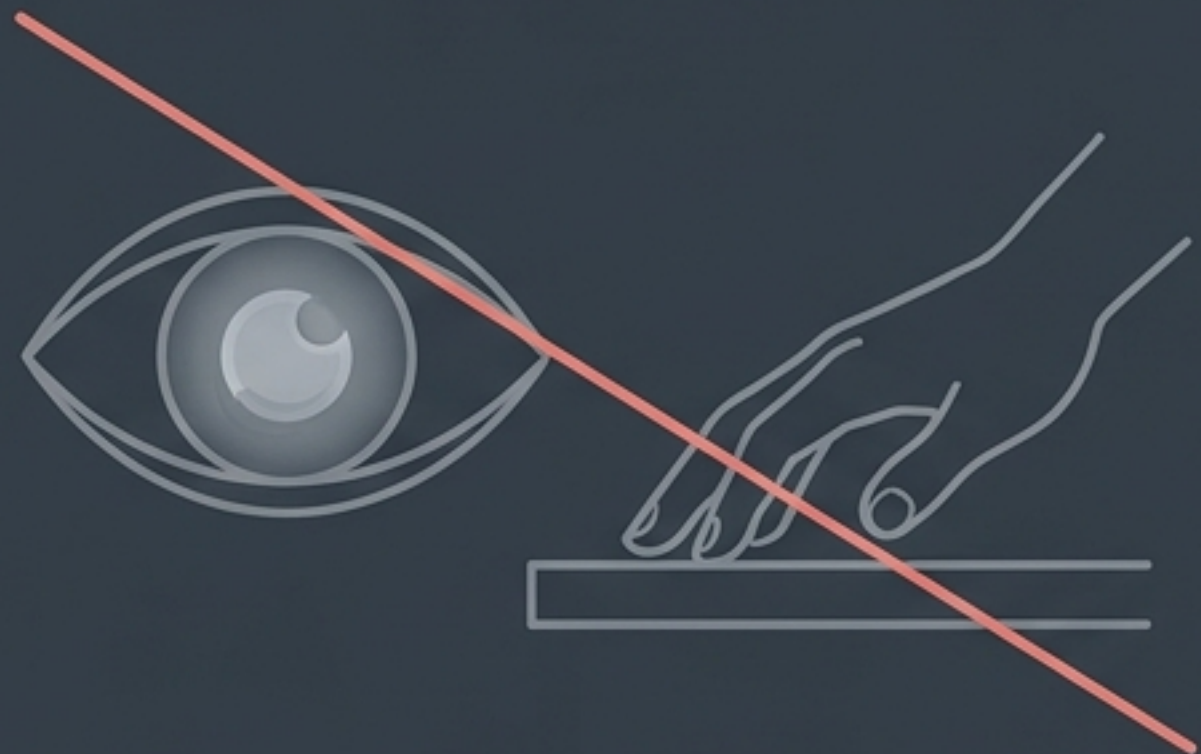


The Somatic Blueprint

A visual diagnostic guide to Body Sense, accumulated stress, and the Rest Assess.



Shutting down the external to map the internal.



External Senses

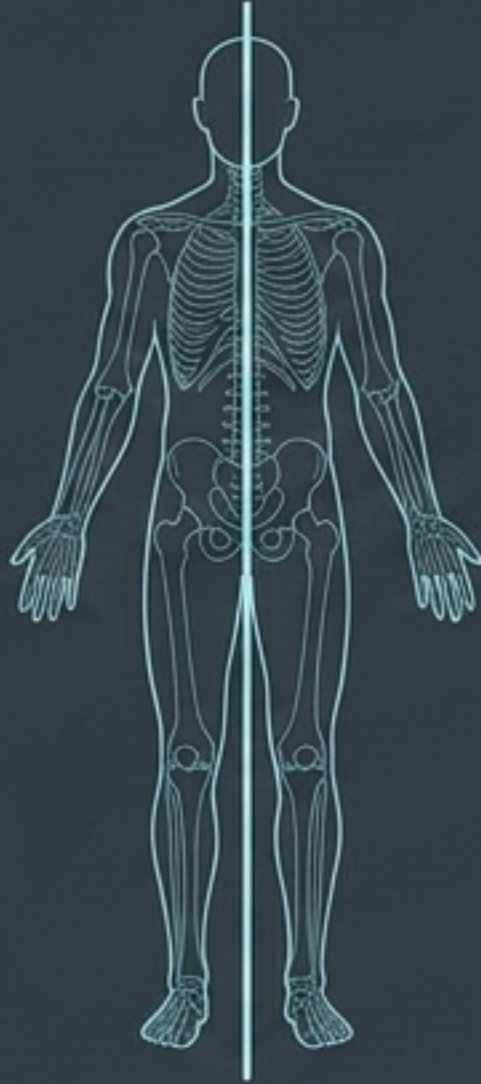
Common sense tools like vision and touch focus outward, providing data about the environment.

Internal GPS

Body Sense requires closing the eyes and remaining completely still. It is the act of tuning into the nervous system's internal state to map tension and imbalance without physical movement.

Your body's internal GPS: The Autopilot

Efficient Autopilot



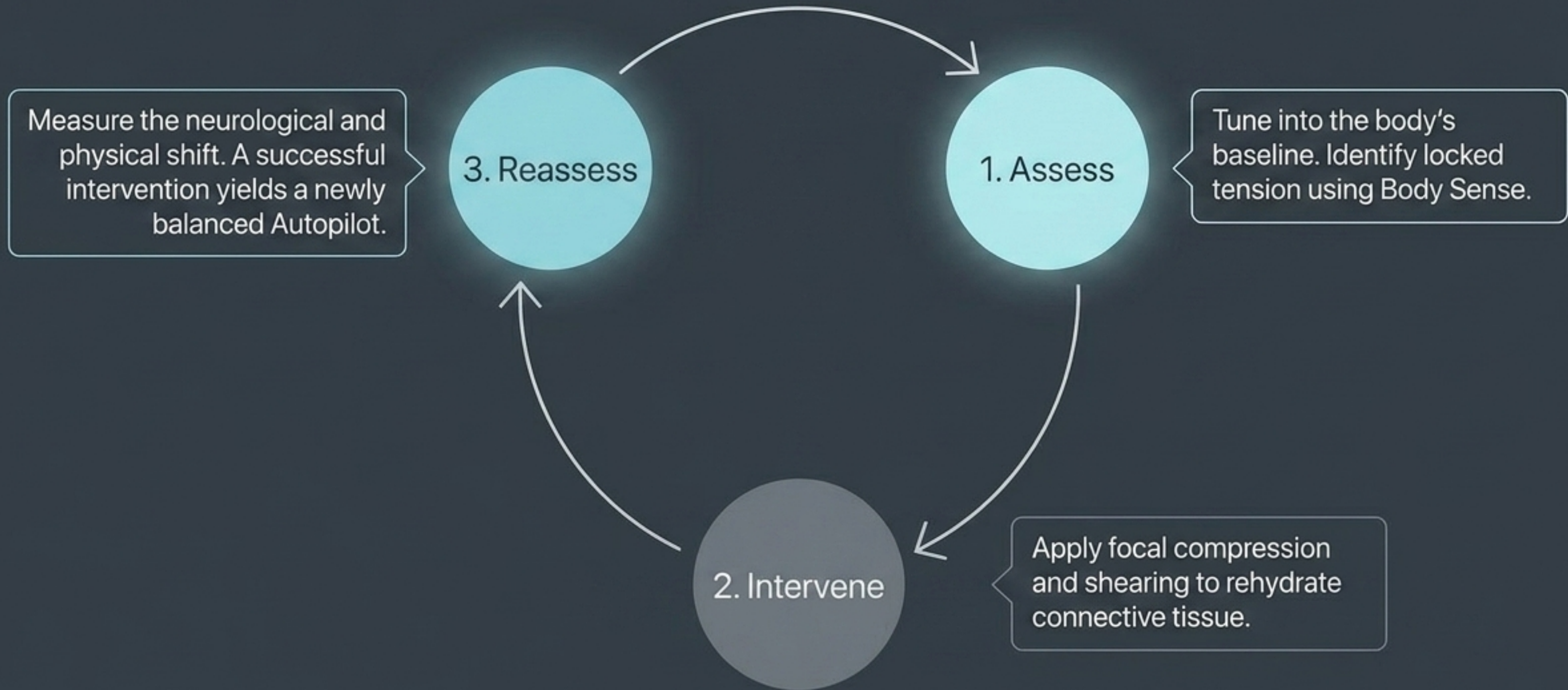
Maintains center of gravity effortlessly.
Joints feel open, fluid, and grounded.

Inefficient Autopilot

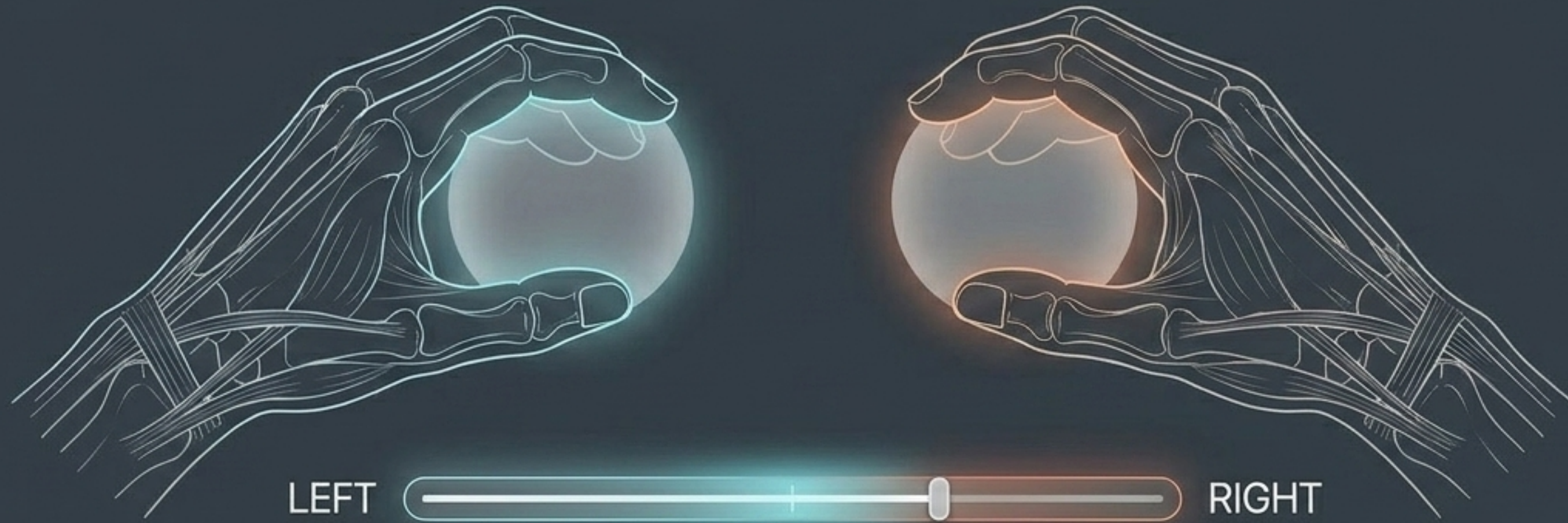


Disconnected from the center of gravity. The nervous system works overtime, creating staggering compensation and joint compression just to remain upright.

The Diagnostic Loop



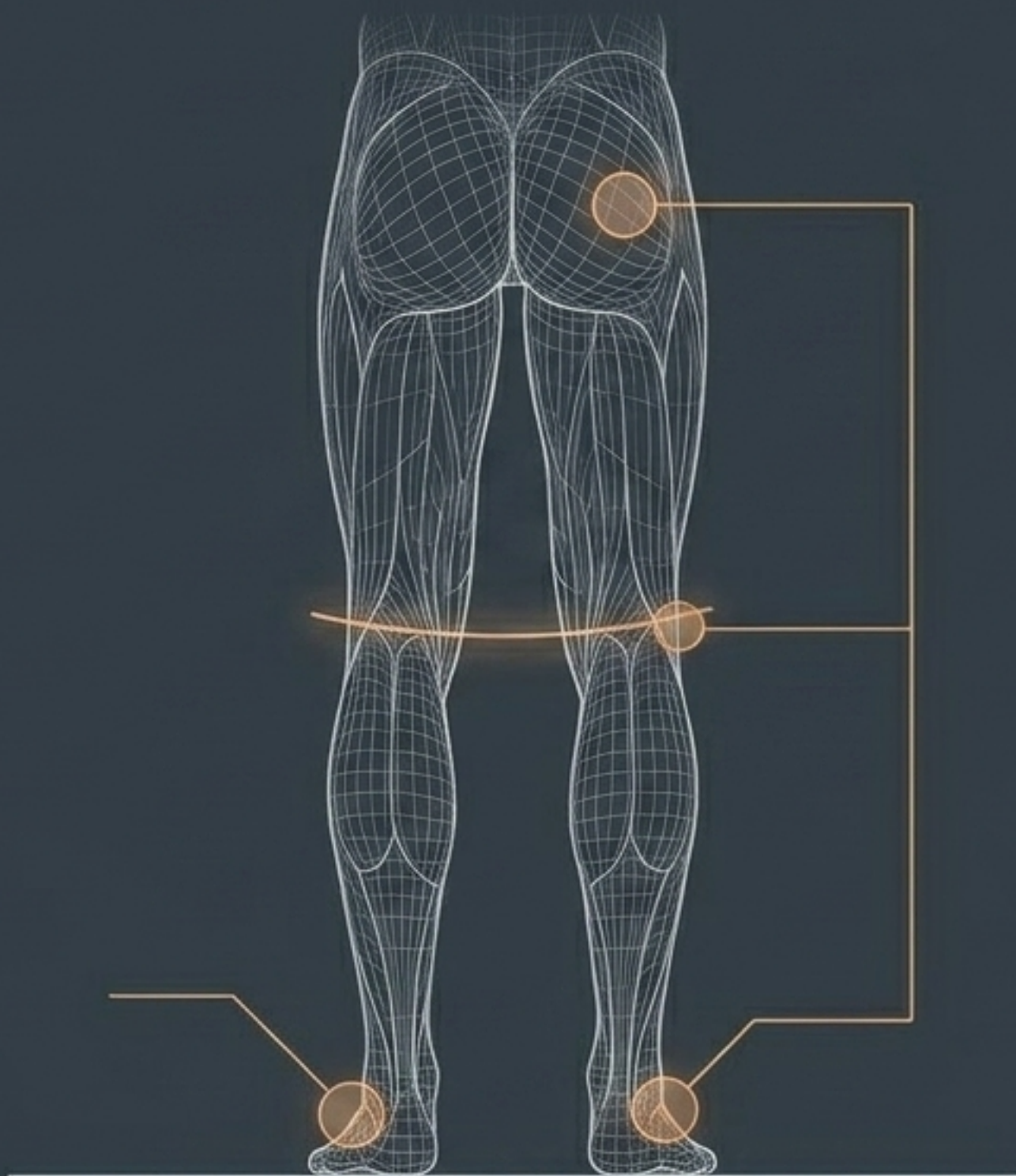
Localized Assessment: The Grip



Diagnostic Steps

- Squeeze a soft object 3-4 times in the left hand, then the right.
- What to measure: Evaluate balance. Does one hand feel significantly stronger or more stable?
- Diagnostic value: Grip imbalance is a direct indicator of downstream tension in the neck and upper back.

Localized Assessment: The Stance



Setup:

Stand with feet side-by-side. Arms at sides. Eyes closed.

The Floor Contact

Does weight favor one foot? Do you feel pressure heavily on a specific region (e.g., outside left foot, right heel)?

The Stagger

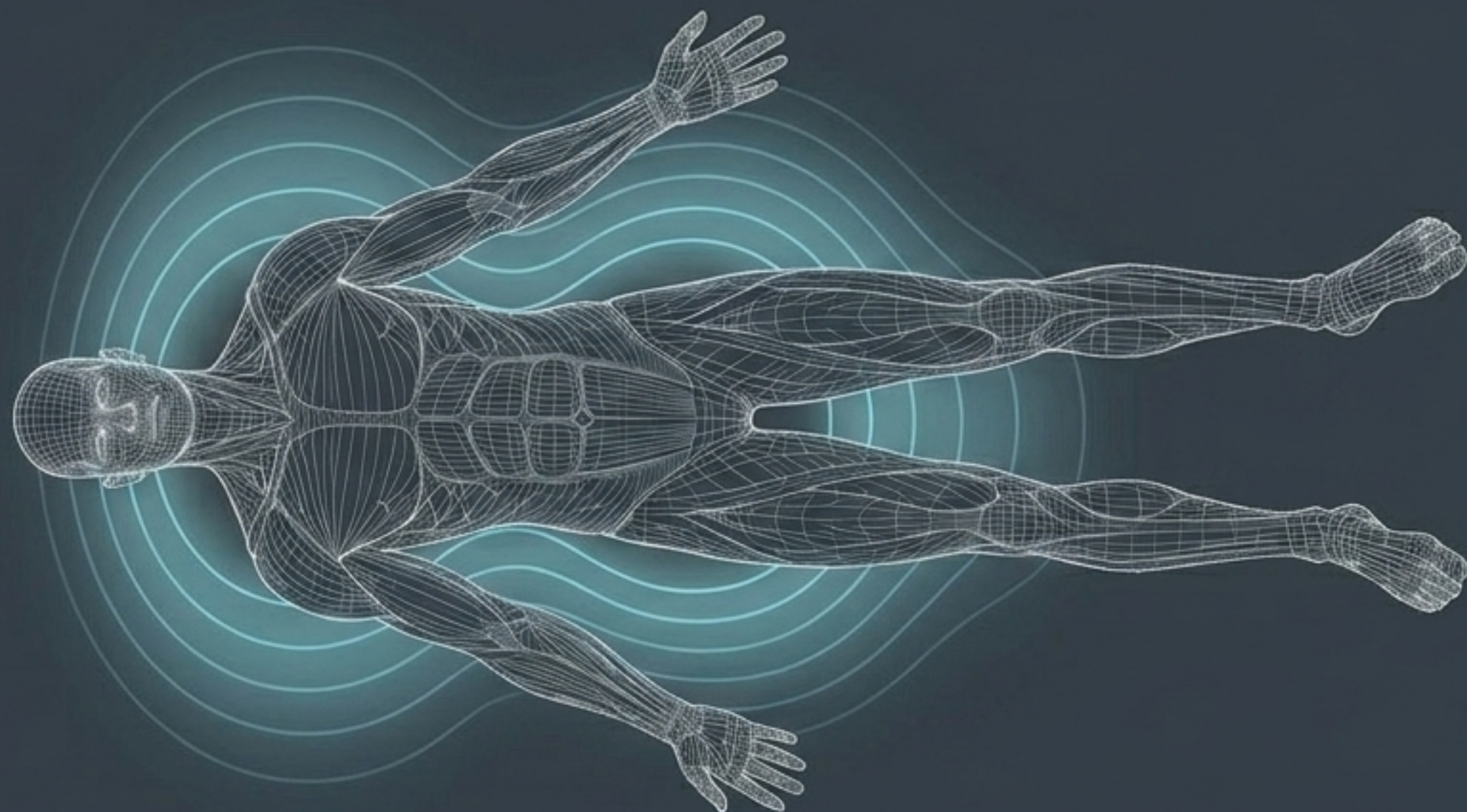
Even with feet perfectly parallel, does one foot feel like it is stepping in front of the other?

The Tension Chain

Scan upward. Are the knees locked? Are the thighs or glutes subtly clenching?

The Master Diagnostic: The Rest Assess

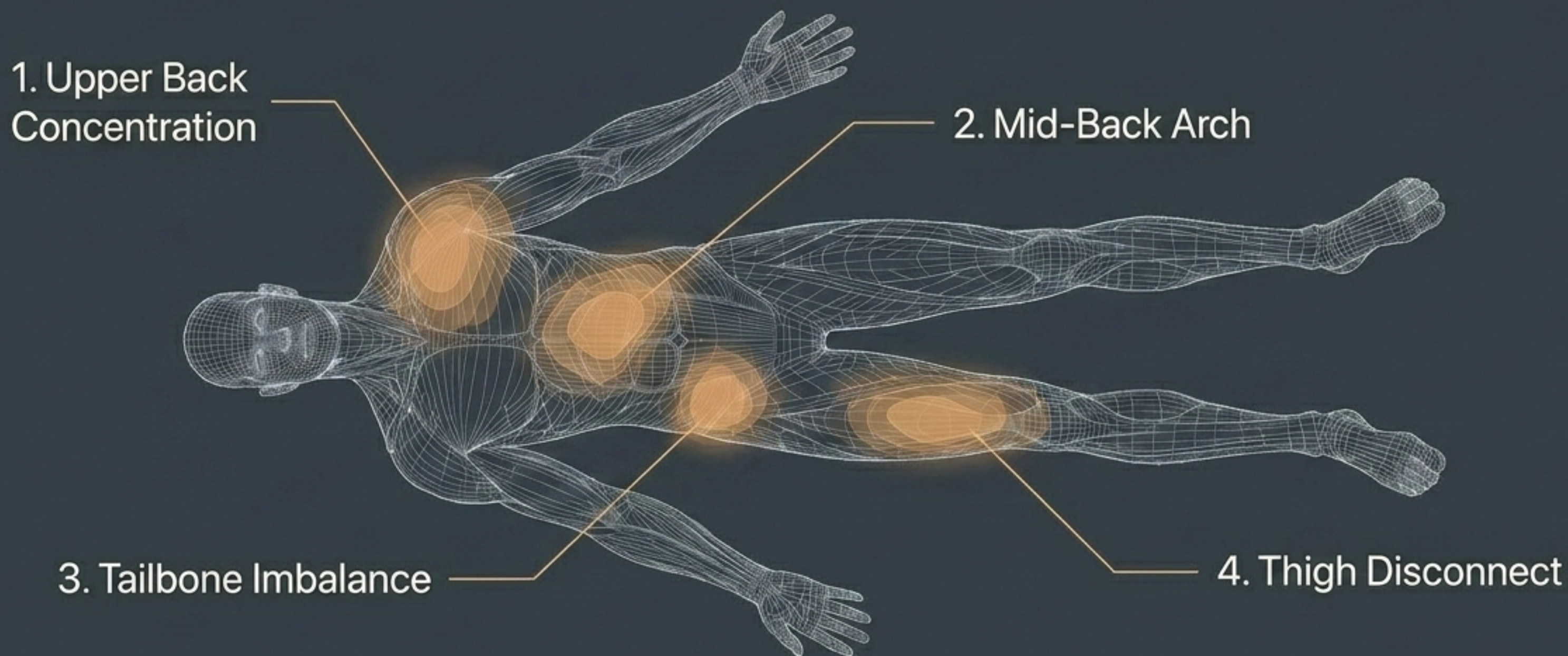
Lie flat on your back with palms facing up. Use Body Sense to evaluate the physical relationship between the body and the floor.



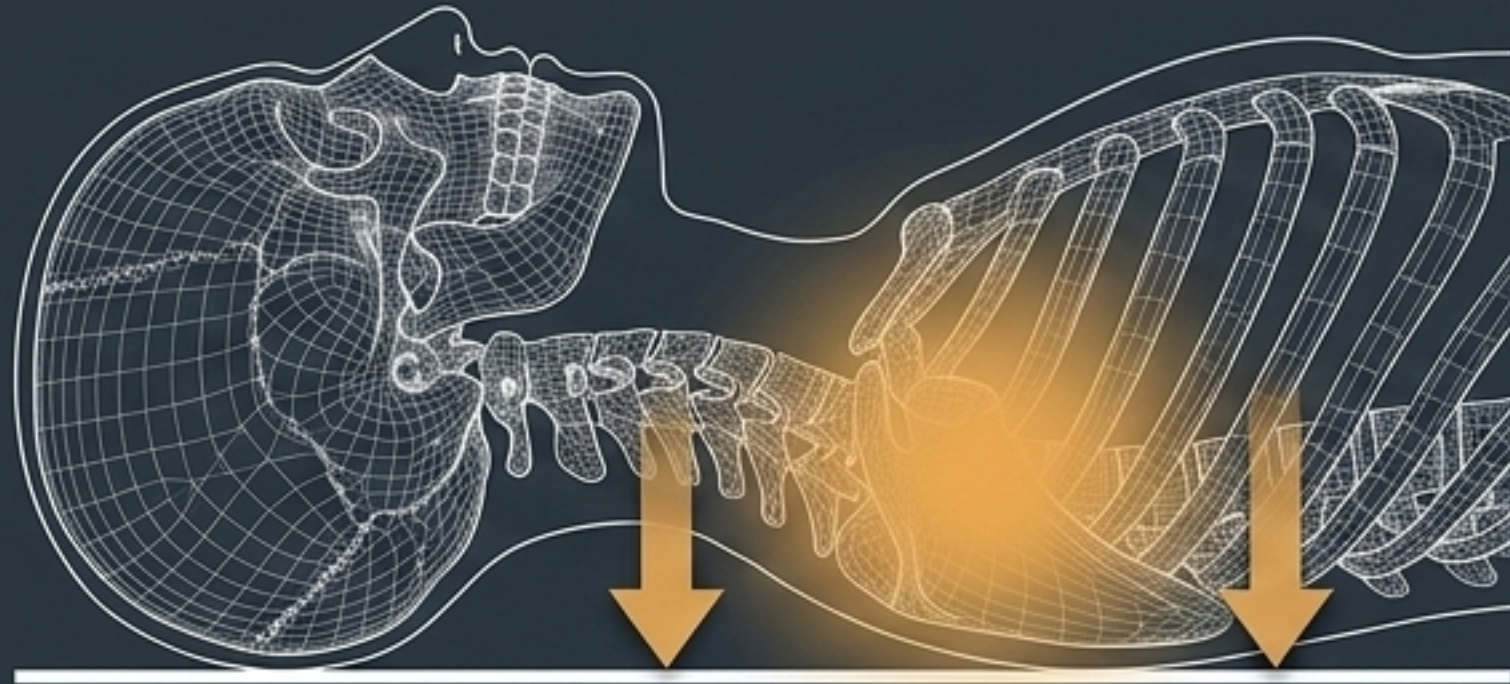
- **Masses**
Heavy, dense areas.
Accumulated stress pushes these areas heavily into the floor.
- **Spaces**
Lifted, rigid areas.
Accumulated stress arches these areas away from the ground, indicating spinal compression.

Mapping the 4 Zones of Accumulated Stress

These four primary imbalances drive compression along the entire spine, manifesting as neck and lower back pain.

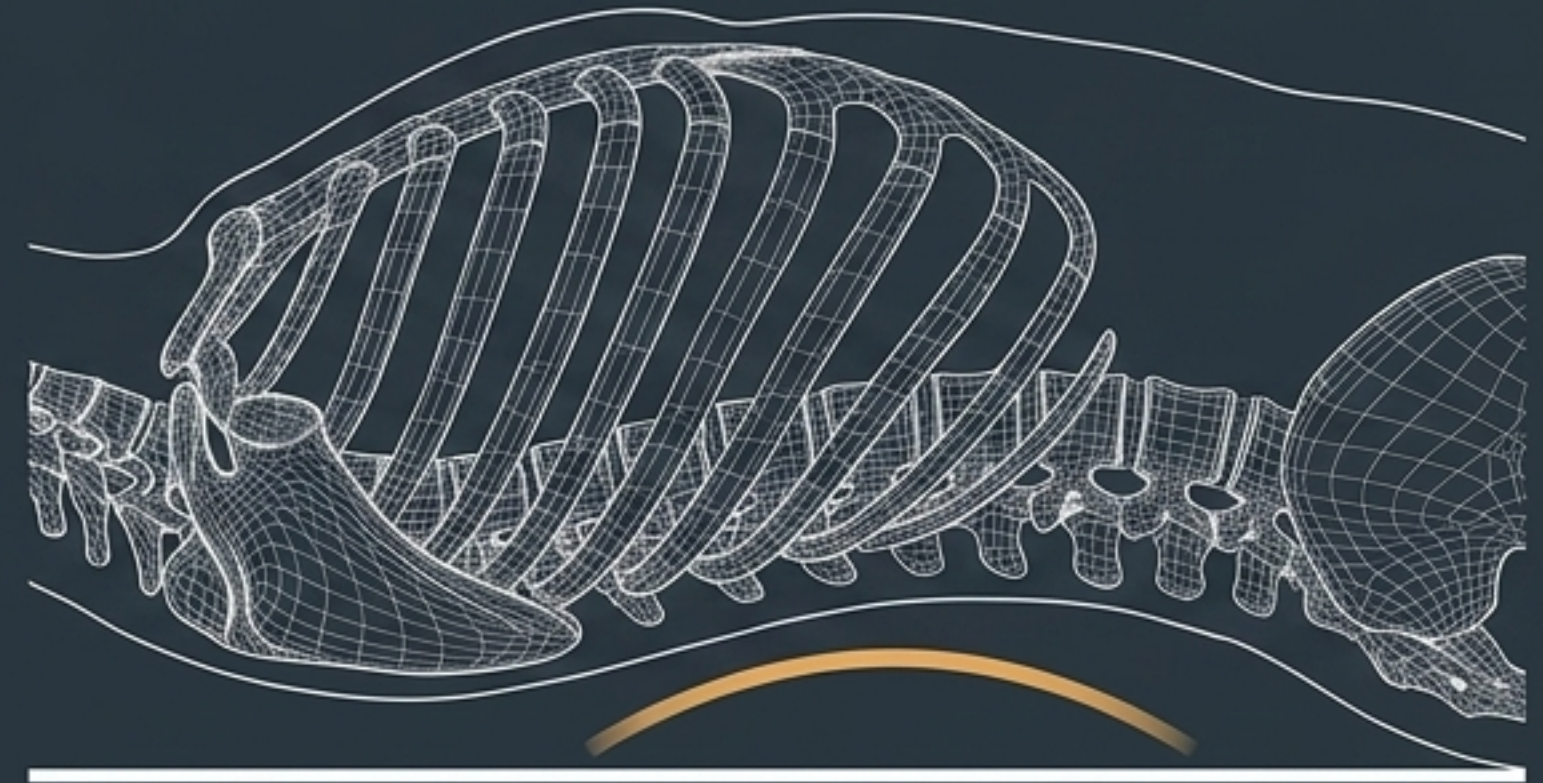


Spinal Compression: The Upper Torso



Diagnostic 1: The Upper Back Mass

Does it feel like all your upper body weight is concentrated exclusively on the top one-third of your back?



Diagnostic 2: The Mid-Back Space

Is your mid-back distinctly arched and lifted off the floor? (A primary indicator of spinal compression forcing the ribs upward).

The Lower Body Disconnect: Pelvis & Thighs



Diagnostic 3: The Tailbone Mass

Does your tailbone feel significantly heavier and more weighted to the ground than your butt cheeks?

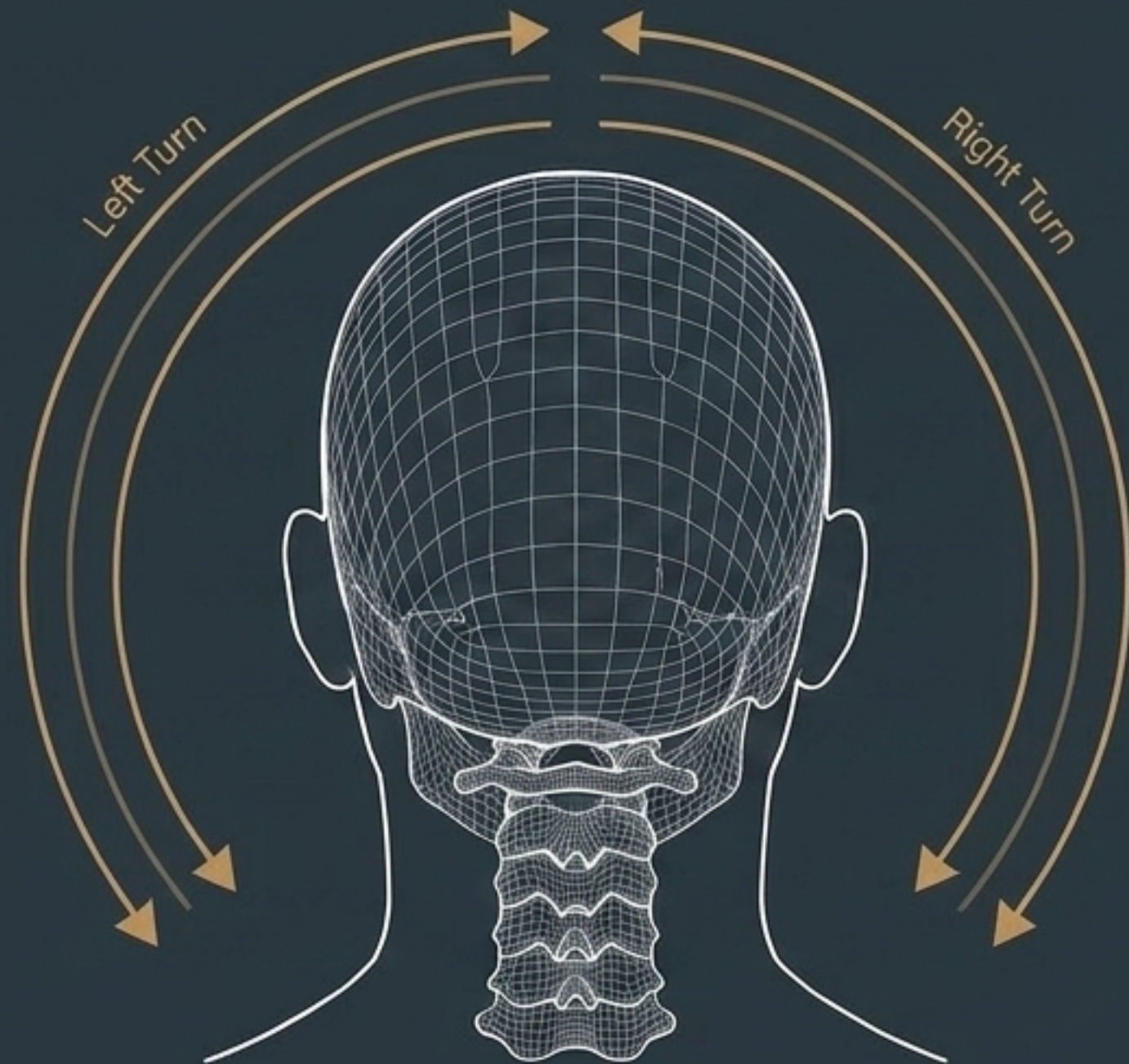


Diagnostic 4: The Thigh Space

Are the backs of your thighs hovering lifted off the floor rather than resting flat?

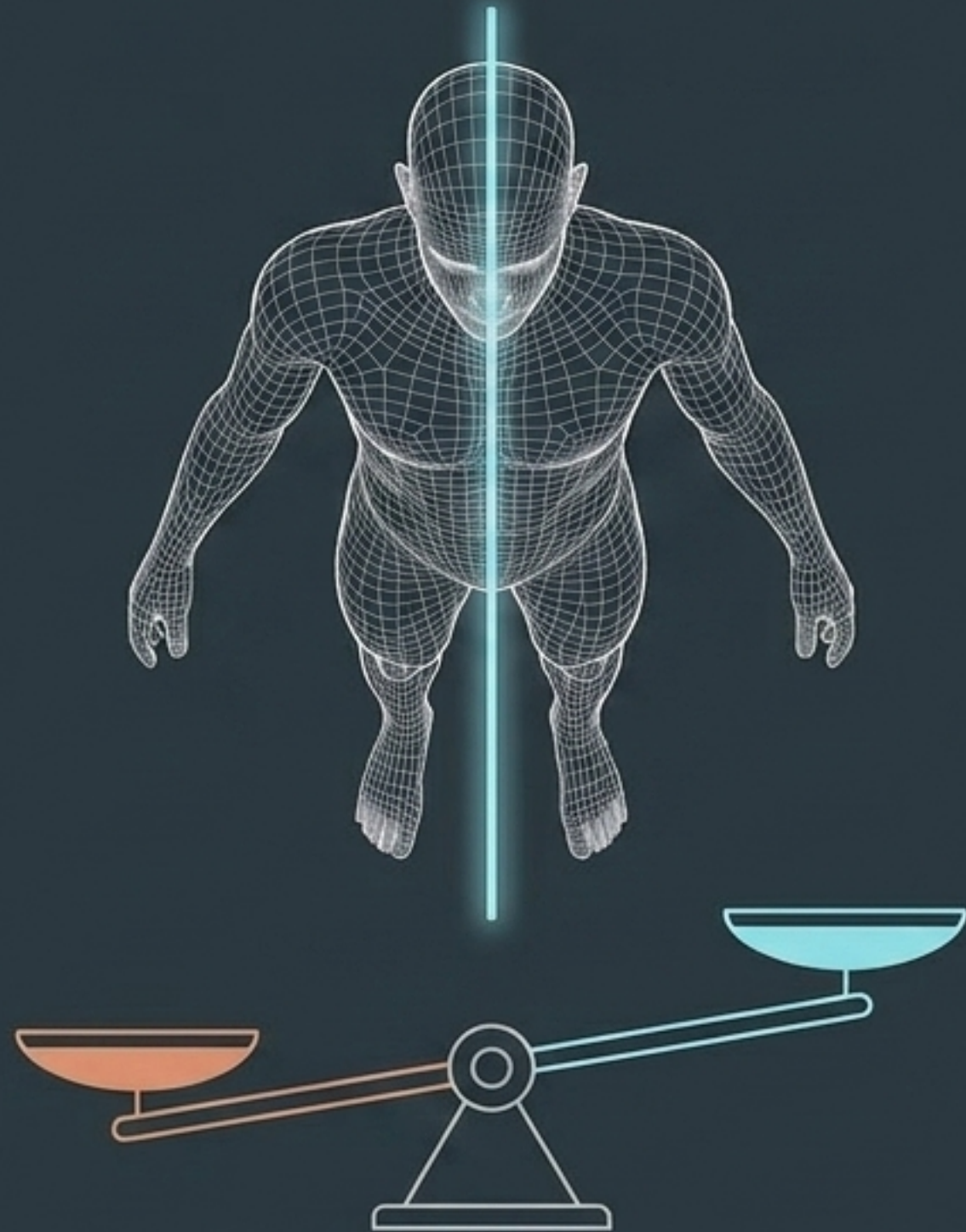
The Neck Turn Assess

Slowly turn the head left and right. Evaluate three distinct metrics:



- 1. Range Bias**
Do you naturally turn your head further to the left or the right?
- 2. End-Range Pain**
Is there pain or severe stiffness when you reach the limit of the turn?
- 3. Shoulder Compensation**
Do your shoulder blades shift, or do your shoulders lift off the floor just to allow the head to turn?

Autopilot Inefficiency: The Sagittal Divide



Diagnostic Focus

Divide your body mentally into a left half and a right half.

The Check

- Does one entire side of your body feel heavier or sink deeper into the floor?
- Does one leg physically feel longer than the other?

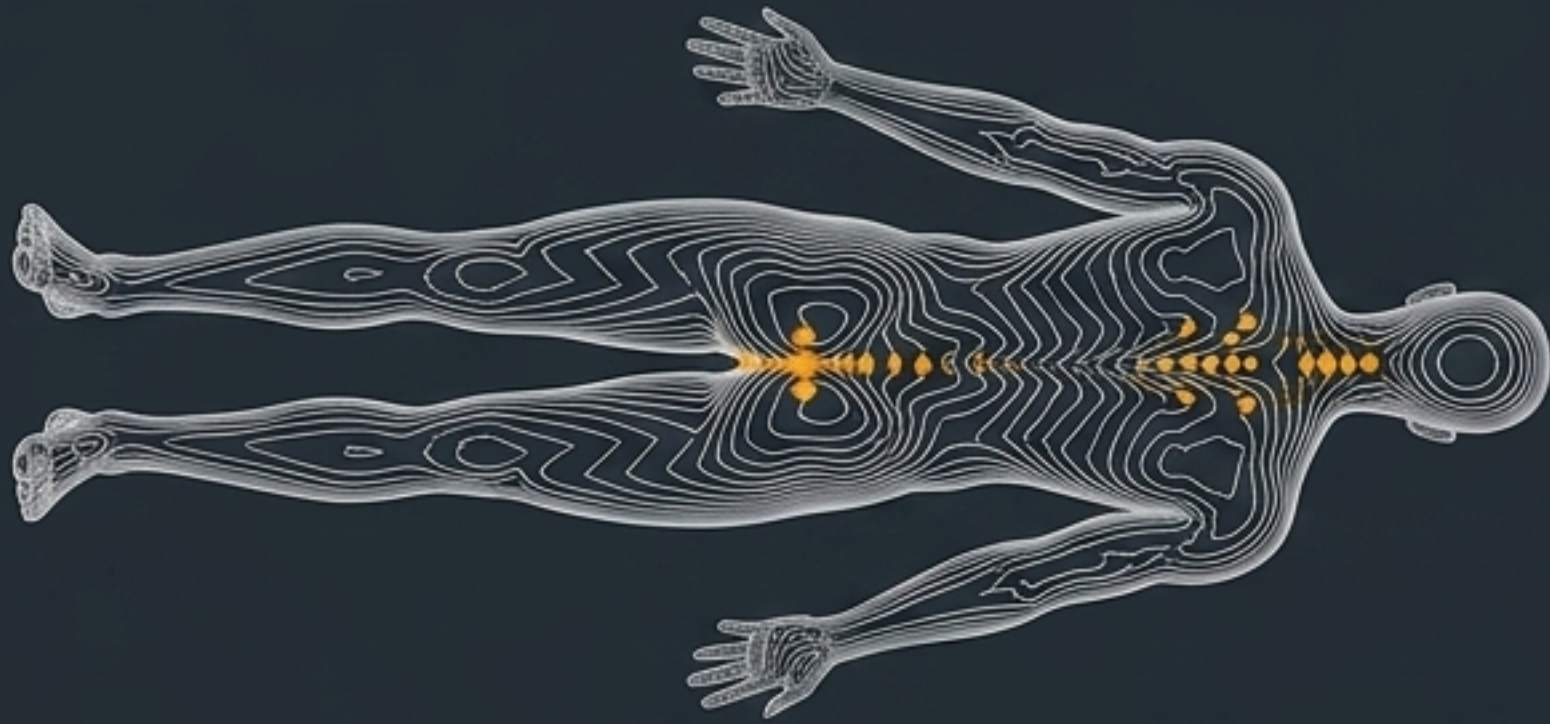
The Meaning

If the body feels asymmetrical at rest, your Autopilot is struggling to identify your true center of gravity, causing long-term structural wear.

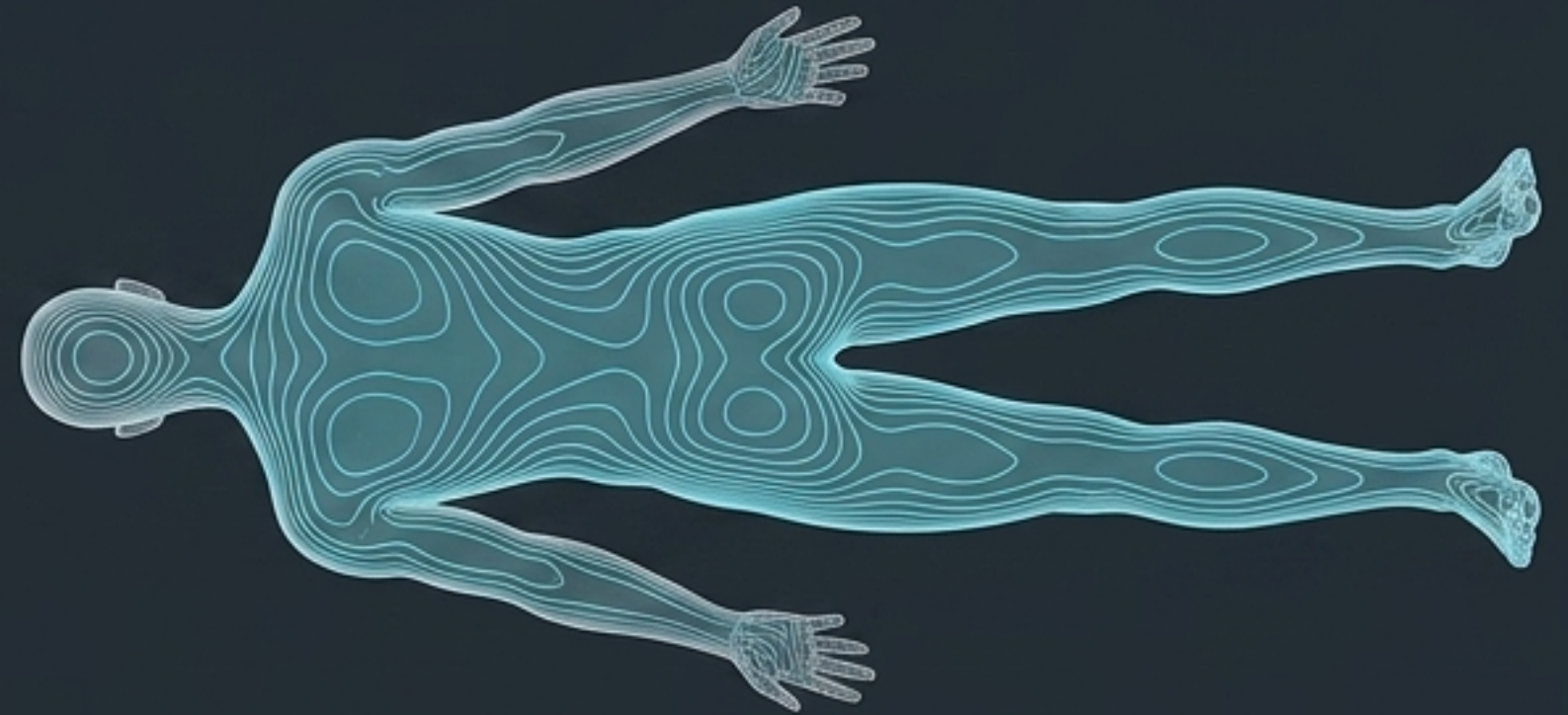
The Target Blueprint: The Reassess Profile

A successfully hydrated and rebalanced body yields an efficient Autopilot.

Inefficient



Melted



Success Metrics

- Mid-ribs have settled heavily to the ground.
- Pelvis is evenly weighted across the glutes (not just the tailbone).
- Backs of thighs rest fully on the floor.
- Neck space feels open, full, and decompressed.

The Body Sense Matrix

Assessment Type	The Physical Symptom (What to look for)	The Autopilot Translation (What it means)
Stance	Staggered feet / locked knees	Working too hard to maintain standing center of gravity.
Rest - Upper Torso	Upper back weight / Mid-back arch	Spinal compression; dehydrated upper tissue.
Rest - Lower Body	Tailbone heavy / Thighs lifted	Pelvic imbalance; seated dehydration.
Neck Turn	Shoulder movement during turn	Locked upper back causing compensation mechanics.
Left/Right Divide	One side heavier / longer leg	Severe Autopilot inefficiency; lost center of gravity.