



The Detachment Pattern

YOUR BODY

The nervous system holds chronic tension even when there is no active threat. Somatic trembling — the body's natural discharge mechanism — releases stored stress faster than any stretch. A reset nervous system is a flexible nervous system.

YOUR PATTERN

Aquarius does not always feel like they belong in the system — or in the body. Dissociation, detachment, living slightly outside the physical — the nervous system stays in low-grade activation because landing fully feels unsafe.

YOUR PRACTICE

- 01 Bridge + Shaking — let the trembling happen. 2 minutes.
- 02 Standing Shake — whole body, 90 seconds.
- 03 Floor Rest — 1 minute of stillness after the shake. Then Butterfly. Notice the difference.

YOUR QUESTION

What would it feel like to land — fully, completely — in your own body?

