



Sales Mastery Somatic Practices

What is Somatic Practice?

Somatic practices are **body-based techniques** designed to **release stored tension, trauma, and emotional energy** by engaging the nervous system. These practices include movement, breathwork, grounding exercises, and sensory awareness techniques that help regulate emotions and restore balance.

The Benefits of Somatic Practices While Performing Mindset Programming with EFT

When combined with EFT (Emotional Freedom Techniques), somatic practices **amplify healing and mindset transformation** by integrating physical and emotional shifts.

- ✓ **Releases Stored Stress & Trauma** – Movement and breathwork help clear **stuck emotions** from the body, making EFT more effective.
- ✓ **Deepens Emotional Processing** – Engaging the body allows you to **fully process and integrate** mindset shifts from EFT tapping.
- ✓ **Increases Nervous System Regulation** – Helps shift from **fight-or-flight mode** to a state of calm, making it easier to rewire limiting beliefs.
- ✓ **Enhances Mind-Body Connection** – Aligns thoughts, emotions, and physical sensations for **holistic healing**.
- ✓ **Speeds Up Transformation** – When the body feels safe and relaxed, new beliefs **take root more quickly**, leading to long-lasting changes.

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How to Use Somatic Practices with EFT for Maximum Transformation

For the next four weeks, **pick one different somatic practice per day** and make it part of your routine. **Healing is a layered process**, and as you engage your body, you'll notice shifts in your **mindset, emotions, and overall well-being**.

💡 **Best Practice:** Perform your **somatic practice first** to prepare your body for EFT and journaling. This helps you access deeper emotional layers and enhances results.

⚠️ **If a practice brings up strong emotions or triggers, seek support.** Contact **Dr. Gigi, a therapist, or a trusted source** for guidance.

🌿 ✨ **Your body holds the key to healing—listen to it, move with it, and embrace transformation.**

Somatic Practices

1. **Grounding Exercise:** Stand firmly with your feet shoulder-width apart, feeling the support of the ground beneath you. Take deep breaths, envisioning roots growing from your feet into the earth, anchoring you in the present moment.
2. **Body Movement:** Engage in gentle movement, like stretching or dancing, allowing your body to express itself freely and release any tension held within.
3. **Breathwork:** Practice deep, intentional breathing. Inhale deeply for a count of four, hold for four, and exhale for six, focusing on releasing any tension as you breathe out.
4. **Affirmation Dance:** Play uplifting music and dance while repeating your affirmations, allowing your body to feel the joy of being confident in sales.
5. **Mirror Exercise:** Stand in front of a mirror, look into your eyes, and affirm your worth and abilities in sales aloud. Embrace your potential.
6. **Creative Visualization:** Spend a few moments visualizing your sales success. Picture yourself confidently closing deals and celebrating achievements.
7. **Self-Compassion Ritual:** Dedicate time to self-care, creating a peaceful environment for relaxation and honoring your needs as a salesperson.