

Soma Path

~ Somatic Numerology: Unfolding Your Tension & Reclaiming
Your Flow ~

Yasuhiro Terashima

SOMATIC NUMEROLOGY MAP



Born on March 01, 1980, the stars and numbers that day carried a resonance of profound depth and universal flow. Your essence arrived imbued with the intuitive wisdom of oceanic currents, a compassionate heart, and a foundational strength seeking mastery. It speaks to a soul designed to embrace the subtle energies of life, guided by an inner compass towards both boundless connection and grounded creation.

☞ Soma Path: Somatic Blueprint & The Layer to Release

[Life Path 22/4: Unknown] × [魚座: 大いなる一体化と受容]

Your Birth Number 22/4 speaks to a powerful dual nature: the masterful visionary (22) and the grounded builder (4). This echoes beautifully with 魚座 (Pisces), an archetype of great unity and profound receptivity. This blend suggests a somatic pattern where the desire for boundless connection can sometimes overwhelm the need for clear boundaries and grounding. Tension tends to accumulate in the delicate filtration systems of the body – the lymphatic system, manifesting as a subtle internal stagnation. Your feet and soles, the very connection to Earth, might feel a deep weariness or disconnection, while the pineal gland, your intuitive center, could experience a sense of foggy or overwhelm from the influx of sensory information. For instance, while sitting at your desk, you might notice your feet feeling cold or numb, a subtle ache at the base of your skull, and a persistent urge to escape into thought rather than feel your body. The pathway toward transformation lies in consciously re-establishing this connection. By gently attuning to the sensations in your feet, allowing your breath to deepen into your lower belly, and consciously inviting grounding energy, you create a vessel capable of holding both your expansive visions and your human experience. This practice cultivates discernment, allowing the vast currents of intuition to flow without overwhelming your physical form, transforming potential overwhelm into embodied wisdom.

🍃 Somatic Energy Guidelines

[Nine Star Ki: 二黒土星] × [5 Elements: 水]

With 二黒土星 and the 水 (Water) element as your foundation, your energy flows with profound receptivity and deep introspection. This year, embrace your inherent fluidity, allowing yourself to adapt and align with the currents of life rather than forcing a path. Like water, seek the path of least resistance, knowing that true strength lies in your capacity to nourish and regenerate, flowing deeply within your inner landscape.

🌀 Cosmic Flow of 2026 (Main Cycle: Life Path 5)

▪ Until the day before your birthday (~February 28, 2026) [Transitional Phase: Life Path 4]

In the months leading up to your birthday, you are deeply immersed in the steady, foundational energy of Life Path 4. This period invites you to consolidate, to build structure, and to ground your visions in tangible reality. It's a time for diligent effort, thoughtful planning, and ensuring your foundations are robust, preparing the soil for future growth.

▪ From your birthday (March 1, 2026) onwards [Main Flow: Life Path 5]

Once your birthday arrives, a vibrant shift occurs as Life Path 5 fully activates. This new cycle calls for dynamic movement, exploration, and the embrace of change. It's a time to break free from old patterns, to seek new experiences, and to express your authentic self with renewed courage and spontaneity. Embrace the adventure!

Jul : The Joyful Expression of Being Life Path 3

July ushers in the vibrant energy of Life Path 3, inviting playful expression and creative flow. This is a time to reconnect with your inner child, to share your unique gifts, and to find joy in spontaneous connection. Allow your heart to open and your spirit to soar, knowing that authentic self-expression is a potent healing force.

SOMATIC FOCUS AREA

Throat, shoulders, breath

SELF-CARE SOMATIC PRACTICE

Gently roll your shoulders back and down, allowing your neck to lengthen. Place a hand on your throat and hum a soft, resonant tone, feeling the vibration.

"Where can I invite more playfulness and authentic voice into my day?"

Aug : Building Sacred Foundations Life Path 4

August brings the grounding influence of Life Path 4, a call to establish structure and secure your inner home. This energy supports diligent work, practical planning, and nurturing your sense of security. Pay attention to the details, both in your external world and within your somatic landscape, creating a stable platform for your unfolding.

SOMATIC FOCUS AREA

Hips, sacrum, lower back

SELF-CARE SOMATIC PRACTICE

Sit on the floor with legs extended. Gently rock your pelvis side to side, feeling your sit bones connect. Imagine roots growing from your sacrum into the Earth.

"What structures genuinely support my well-being and deepest visions?"

Sep : The Call of Inner Freedom Life Path 5

September resonates with the dynamic energy of Life Path 5, stirring a desire for expansion and personal liberation. This month invites you to embrace change, explore new horizons, and perhaps shed old skin. Be open to unexpected opportunities that challenge your comfort zone, allowing fresh perspectives to invigorate your mind and body.

SOMATIC FOCUS AREA

Solar plexus, diaphragm, hips

SELF-CARE SOMATIC PRACTICE

Stand tall, then gently sway your torso from side to side, allowing your hips to move freely. Take a deep breath into your solar plexus, expanding all around your core.

"What outdated beliefs or patterns am I ready to courageously release?"

Oct : Nurturing the Heart's Sanctuary Life Path 6

October carries the compassionate energy of Life Path 6, inviting you to tend to your heart and your relationships. This is a time for nurturing yourself and others, fostering harmony, and embracing responsibility with love. Focus on creating a sense of beauty and belonging in your immediate environment, both within and without.

SOMATIC FOCUS AREA

Heart center, chest, upper arms

SELF-CARE SOMATIC PRACTICE

Place both hands over your heart. Breathe deeply, feeling the warmth of your hands and the gentle rise and fall of your chest. Send compassion inward.

"How can I offer and receive love more fully and openly this month?"

Nov : The Quiet Wisdom Within Life Path 7

November aligns with the introspective energy of Life Path 7, calling you inward for deep reflection and spiritual inquiry. This month encourages solitude, study, and a profound connection to your inner wisdom. Trust your intuition and allow insights to emerge from quiet contemplation, refining your understanding of your path.

SOMATIC FOCUS AREA

Third eye, crown, nervous system

SELF-CARE SOMATIC PRACTICE

Lie down with a warm cloth over your eyes. Focus on your breath, feeling its gentle rhythm. Imagine a soft light at your third eye, expanding peaceful awareness.

"What deeper truths are seeking to reveal themselves to me now?"

Dec : Embodying Infinite Abundance Life Path 8

December resonates with the powerful energy of Life Path 8, signaling a time of mastery, materialization, and recognizing your inherent strength. This is a month to step into your authority, manage your resources wisely, and witness the tangible results of your efforts. Embrace your capacity to manifest and create enduring value.

SOMATIC FOCUS AREA

Core, spine, hands

SELF-CARE SOMATIC PRACTICE

Stand with feet shoulder-width apart. Engage your core gently as you feel the strength of your spine. Clench and release your hands, sensing your power.

"How can I fully embody my personal power and contribute my gifts to the world?"

💬 Message from Yasuhiro & Soul Resonance

Yasuhiro, my dear friend, as the Soma Path reader, I see you standing at a beautiful confluence of deep wisdom and unfolding potential. Your journey is one of profound receptivity, like the vast ocean absorbing all, yet also one of masterful creation, building bridges between the subtle and the manifest. Remember the fluidity of your own being, the water element guiding you to flow, to adapt, to cleanse, and to nourish. Allow your feet to truly meet the Earth, finding your grounding in the very sensations of gravity, so that your intuitive wisdom, your pineal light, can shine with clarity rather than overwhelm. This year invites you to dance between grounding and expansion, to embody both your profound sensitivity and your inherent strength. Let every breath be a reminder that you are held, you are whole, and you are always moving towards your most essential liberation.

< Soul Resonance > You are invited to print and place this artwork where you can see it daily. You can change its orientation depending on your mood. It will support you throughout the year.



Spirit of Water

Acrylic on canvas, 910×1167mm

♡ Closing Words

Yasuhiro, may this reading serve as a gentle anchor and an illuminated map for your journey ahead. Return to these words and feelings whenever you seek clarity, remembering the profound wisdom held within your own unfolding body. May your path be filled with beauty, deep connection, and the unwavering grace of self-discovery.

Wishing Yasuhiro a wonderful and transformative journey in 2026.

An Auspicious Day, June 2026

A handwritten signature in black ink, appearing to be 'L. J. King', written in a cursive style.