

SOILTAP

A Somatic Composting Practice

S — Sense the Surge

“Ah, the old voltage.”

Welcome the aliveness without acting on it.

O — Open the Channel Downward

Breathe into your belly. Soften your gaze. Let the energy descend.

I — Inhabit the Field

Place a hand on chest, belly, or thigh.

Anchor yourself as part of the room—not its centre.

L — Listen Sideways

Notice who or what is being overlooked.

Offer attention as reverence, not extraction.

T — Touch Without Taking

Let your presence bless, silently.

No interruption. No need to be seen.

A — Anchor with a Phrase

“We don’t need to be seen to be real.”

Let it settle in the soil of your body.

P — Pause Before Participation

If something still wants to rise,

Let it come from stillness, not urgency.

Use SOILTAP when the surge comes.

Tap the soil before the stage.

End in relation, not performance.