

# Posture & Presentation

**Ad astra per aspera:** Latin for “*To the stars through difficulties*”.

*Proper posture is an inherent mastery for all wanderers. There are no downsides to maintaining proper posture—there are only upsides.*

## Posture

Ears over shoulders, shoulders over hips, hips over knees, knees over ankles.

**"The golden thread above my head pulls me to the stars"**

Imagine a golden thread on top of your head pulling you to the sky. You are a puppet controlled by your spirit by a thread attached to the heavens above.

This will keep your posture in line.

Your core must be lightly braced and pulled in as well. Your spirit thread pulled taut will lightly brace your core.

## Presentation

Present yourself as a professional on and off the path— a little less professional off the path, but not less enough where the wanderer makes a fool of themselves and loses reputation with themselves, or amongst peers or their community.

You should appear impressive at all times. Accomplish this with proper body and facial posture.

Avoid touching your face and other sensitive areas of your body, like the inside of your nose or mouth, or your genitalia. Everything you interface with gets passed to the areas of your body you touch. Wash your hands before you touch sensitive areas.

Touching your face or other intimate areas can be physical manifestations of nervousness, fear, or other negative, omega emotions. When you allow your body to indulge in these negative emotional self-touches, you give the negative emotions more power. Instead of self-touching, be still.

Do not wear your feelings on your face unless you are with trusted allies. Practice having a “still face”, which is a relaxed face, with no tension. Allowing others to read your mind through your face is a vulnerability that others may take advantage of.

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Revision #4

Created 2025-11-26 04:54:46 UTC by The Andreia Philosophy

Updated 2025-12-30 22:48:36 UTC by The Andreia Philosophy