



UNDERSTANDING AND PREPARING FOR YOUR SOUND BATH

I look forward to sharing space together. It's important to honour self and a sound bath is a wonderful way to deepen self-care and growth in your journey. You will find information on sound medicine on our website www.sacredearthsounds.ca, but here are some things to know and prepare for your sound bath:

What is a sound bath?

- In a sound bath we afford space to our well-being. Sound has a long history of therapeutic use and science shows how it can move us from a sympathetic state (the state of fight or flight and heightened cortisol) to a parasympathetic state (mental and physical calm and lower cortisol), how vibration and frequency address the health of the cells and organs of the physical body, and how sound working on the endocrine system will lower anxiety and boost the immune system.
- All matter vibrates. A healthy body and mind is one that vibrates in harmony. Sound healing uses intention, instruments, harmonics, rhythms and/or voice to release energetic blockages. It induces ease and harmony by restoring the normal vibratory frequencies of the cells in our body. Through sound and vibration, we commonly address the nervous system, the chakras, the busy mind, and allow space for the innate medicine of our bodies to do the work of healing and calming imbalances.
- A sound bath synchronizes brain waves, inducing a quiet mind in meditation. Sounds, rhythms and intervals promote balancing, harmonizing, and the deepening of self-awareness, self-care, and a meditation and spiritual practice.
- While spiritual belief is not necessary to receive the physical and mental benefits, a sound bath will also

provide guidance, grounding and growth in a spiritual practice.

What a sound bath is not?

- A sound bath is not psychological therapy. However, if you are working with a therapist, you should find that you are better able to make the intellectual and emotional shifts necessary to healing, as your body and mind are healthier and calmer.

How do I prepare for my sound bath?

- Be gentle with yourself. Note how you feel in body and mind. What would you prefer to let go of? What would you like to replace it with? We will set a group intention based on this. It is important to set intention in positive terms (ex. if you feel anxious, your intention might be for calm or peace).
- Be prepared to lie down comfortably and let go. This time is for you. If it is an online sound bath, you will need a pair of good headphones to get the full benefits of the session. I recommend you lie on your back on a yoga mat or on your bed with a bolster beneath your knees, cover your eyes with a scarf, and have a blanket for warmth.
- If we are connecting online, make sure to close your other tabs and windows. Email notifications will disrupt the space you are giving yourself. Also, be prepared to adjust your volume to a comfortable level. You will feel vibrations, intervals and frequencies through your body, but you must be sure to protect your ears.

What will happen in the sound bath?

- If we are a small group, we will chat briefly about intention, then we will set an intention for the group, you will lie down and relax and focus on it or your variation of it. Alternately, the intention may be set in advance (ex. heart-opening). You will hear sounds and vibrations, instruments and usually singing. There may

be a few pauses but simply stay relaxed in your intention, the sound will likely last about an hour. I will let you know clearly when the sound bath is finished and give you time (around 5 mins) to adjust back to sitting and engaging in dialogue. We will give gratitude and close the session.

- Once the session is closed, you may wish to leave or logoff immediately but if you wish to chat about your experience, you are free to do so at this point.

What should I do in the sound bath?

- Nothing! Be without expectation. Simply focus on your positive intention and receive the sound. The sound and body do not need our guidance to do the work. Intention, active listening, and openness are enough.
- Stay with your intention but don't be worried about other thoughts coming in. Meet them without judgment, thank them, and let them pass. They will fade.
- You may encounter a sound that makes you uncomfortable. This usually means it is bringing something to the surface. I suggest you breathe through it and meet your thoughts without judgment. Remember your positive intention. The discomfort will pass and you should feel better for it.
- You may see colours or images if you are a visual person. If you do, great, go with it, but don't look for it, not everyone is visual. Guidance and healing happen in many ways.
- You may receive guidance/direction or understand a lesson. As always, don't look for it, simply stay open and receive what is given. Lessons and clarity may also come later in your day or week.
- If it feels strange to have your eyes closed, know that my eyes will be closed or on the instruments throughout. If we are online, I don't need to see you when you lie

down. I will be focused on the intention and holding space for you throughout.

- Ultimately, there is no right way to experience a sound bath. The most important thing is to stay relaxed, open, with positive intention. The sounds and vibrations will do the rest.

How will I feel afterwards?

- You may experience an immediate perceptible shift or you might recognize it later. There is no fixed way that you should feel. Frequently, people will feel more present, balanced, calm and grounded. Occasionally, you may feel less so. The sound may bring something to surface that makes you more sensitive. Know that it's a process of healing and it will get better.
- Although you will usually feel a difference right away, it will take a series of baths/sessions to make sizeable shifts. Once you develop your understanding of working with sound medicine you are usually better able to get out of the way, stay with intention, and let the sound do its work.

My gratitude and honour to you. The work of healing and deepening practice and growth is one we must each actively engage with in ourselves. It is a process that takes time and self-knowledge. I look forward to holding space and providing intentional sound and energy so that you and your body can engage in self-healing and growth.

Any other questions, please feel free to email me at sacredearthsounds.fr@gmail.com

Much love,

Francesca