

Enjoying a Sound Immersion

Turn off your cell phone and any other electronic devices. Even on vibrate, these things will disturb you as well as any others near you.

Get comfortable. Remove any metal that you might be wearing or carrying, such as large jewelry, belt buckles, car keys, etc. (Small, personal jewelry like wedding bands shouldn't be a problem.)

Settle in. Lie down on a yoga mat or zero gravity lounger, cover up with a blanket, warm socks, use pillows under your head and/neck, or an eye pillow...whatever makes you feel safe and comfy. Take a few nice deep breaths.

Be open to the experience. Feel free to set an intention, or just relax and enjoy. Sound immersion affects the physical body in much the same way as a “hands on” massage, but it does so in the cells at the molecular level. It affects not only physical tissues but it also does wonders for the neuropsychology of the brain. Sound moves stuck energy (and memories) in a gentle way and encourages wayward core vibrations to ease back into healthy resonance. Much like hypnosis, sound alters brainwaves, taking one from a state of hyperactive, sometimes chaotic thought patterns to states of deep calm and relaxation. Traumatic memories may be released, enjoyable memories may be recalled, new neuropathways may be created, physical aches and pains may be released and disappear. Some people report astral travel and other “out of body” experiences, some report seeing past lives, and some report receiving insights into problems they have been trying to solve. One thing that almost everyone reports is experiencing the benefits or rejuvenation and restoration from deep relaxation and disconnection from anxiety and stress. Just be open to whatever comes! If you feel like crying, cry. If you feel like laughing, laugh. If you fall asleep, you won't be the first. Or probably the last ☺ All are “normal”.

At the conclusion, take your time coming around. Experience and enjoy the sensations that return to your physical being. There's no rush. Start with wiggling your fingers and toes. Roll over, sit up, and stand as you feel ready and able. Grab a drink of water or juice. Eat a light snack if you like. Just ensure you are fully present and well grounded before attempting to operate motor vehicles, bicycles, or otherwise ambulating out into public areas.

When you go home, take a warm cleansing shower or bath. Epsom salts in a bath after a sound immersion is a wonderful way to release and cleanse.

Drink plenty of water for the next 24 hours as your physical system may be releasing unneeded and unwanted matter.

Take note of any changes in your sleep and dreams. Sound immersion eases the nervous system, and many people report alleviation of insomnia and better sleep, as well as more vivid dreams.

Remember, sound is a powerful force! After all, sound is life itself. A sound immersion can affect individuals in very different ways. It is extremely rare, however, should something come up that concerns you and you feel like you would like to talk about it, please feel free to contact me at 920-213-1468, or email me at soulfreqs@gmail.com .