



How to integrate Sound Therapy for best outcome

1. Sound Therapy has an effect on our mind, body and spirit. Our intent is to heal our conscious and subconscious unease for our highest good. Sound therapy can be a calming and pleasing, sometimes uneasy process. It has potential to transform our lives. Most feel it as a deep meditative experience.
2. Sound therapy is about engaging oneself in the healing process with sound acting as a facilitator. Later you can reflect about any thoughts and emotions that came in during or after the sound therapy session. You are the one who will heal yourself from within. Sound and Therapist are just mediums to facilitate this process.
3. Use the best time of the day when your energy levels are high for a sound therapy session.
4. During a sound therapy session before the session starts, do call into mind the Intention that is positive, specific and state it clearly and concisely. E.g. "My back is returning to natural health, wellbeing and function". Give strength to your intention by adding deep breathing. Visualize intention as an established fact.
5. Approach this process with compassion and unconditional love for yourself and others.
6. In sound therapy, we don't label emotions/feelings/sensations as good or bad. These are just energies. We let it run its course. We stay with whatever arises and over time energy that is stuck in the moment will come through and we let it go. Intention is always loosely kept in mind for the body to be restored to its natural state of balance.
7. For some, sound therapy can be overwhelming at first. Do let the therapist know of any discomfort and know that the power of stopping the sound healing session or taking a needed break is always in your hands and do request that if needed. At the same time, do not attach to any particular outcome. Attachment can create barriers. Let go and trust.

Although most times Sound Therapy is calming and meditative, occasionally, it can be an emotional experience. If you experience any undesired effects, please consult with your primary care provider or mental health professional.