



SELF SOUND HEALING EXERCISES FOR RECONNECTION.

WELCOME!

THANK YOU SO MUCH FOR DOWNLOADING A COPY OF THIS EBOOK. I HOPE THIS SERVES YOU IN FINDING RECONNECTION TO YOUR SELF, THROUGH THE EMPOWERMENT OF YOUR OWN VOICE.

THROUGH THIS EBOOK YOU WILL LEARN 3 TECHNIQUES WHICH ARE SO BEAUTIFULLY SIMPLE, YET POWERFUL. WHERE YOUR OWN VOICE, YOUR OWN VIBRATION, WILL ENABLE YOU TO RECONNECT TO YOUR BODY AND YOUR ENVIRONMENT, WHILST SOOTHING YOUR NERVOUS SYSTEM.

THERE ARE ADDITIONAL JOURNAL OR THOUGHT PROMPTS, WHICHEVER FLOATS YOUR BOAT, AT THE END OF THE EBOOK, TO FURTHER INTEGRATE AND BUILD THE CONNECTION TO YOUR BODY AND VOICE FOLLOWING THESE PRACTICES.

THIS EBOOK IS BORN FROM MY EXPERIENCE WITH BURNOUT AND CHRONIC FATIGUE; THESE 3 PRACTICES GUIDED ME TO FIND MORE PRESENCE, CALM AND REST, AND WHEN IMPLEMENTED ALONGSIDE OTHER TOOLS, ENABLED ME TO RECONNECT TO MY BODY AND FEEL LIKE MYSELF ONCE MORE.

AS WITH EVERY PRACTICE, IT IS JUST THAT, PRACTICE.

THESE ARE TOOLS TO BE ADDED TO YOUR TOOL BELT, TRY THEM OUT FOR A PERIOD OF TIME, SEE WHAT WORKS FOR YOU.

TAKE WHAT RESONATES, LEAVE WHAT DOESN'T.

ENJOY!

LAURA

WHY THE VOICE?

BEFORE YOU BEGIN YOUR EXPLORATION, I WANT TO TAKE A MOMENT TO EXPLAIN THE WHY BEHIND THESE PRACTICES.

FIRST OF ALL, THE VOICE IS A FREE TOOL WE ALL HAVE ACCESS TO.

SECOND OF ALL, YOUR VOICE IS THE MOST NATURAL FORM OF SOUND HEALING THAT EXISTS.

AND THIRD OF ALL, IT'S FUCKING POWERFUL.

YOUR VOICE, QUITE LITERALLY HAS THE ABILITY TO SOOTHE YOUR BODY, TO EASE STRESS, PANIC AND ANXIETY, AND WELL, THATS QUITE MAGICALLY REALLY ISN'T IT? THIS SUPER POWER THAT CAN BE ADDED TO YOUR TOOL BELT THAT HAS BEEN INSIDE OF YOU ALL THIS TIME, JUST WAITING TO BE AWAKENED.

BUT FIRST, I WANT TO ACKNOWLEDGE THAT YOUR JOURNEY TO CONNECTING TO YOUR VOICE MAY NOT BE AN EASY ONE; THE RELATIONSHIP WITH THE VOICE CAN BE A SENSITIVE ONE, SOMETIMES OF SHAME, FEAR, EMBARRASSMENT, LACK OF CONFIDENCE.

ITS A JOURNEY.

BUT I TRUST THIS EBOOK SERVES YOU IN HOLDING YOURSELF AS YOU BEGIN THIS JOURNEY.

THAT IS MY HOPE FOR YOU.

TO AWAKEN YOUR POWER WITHIN.

THE WORLD NEEDS YOUR FREQUENCY.

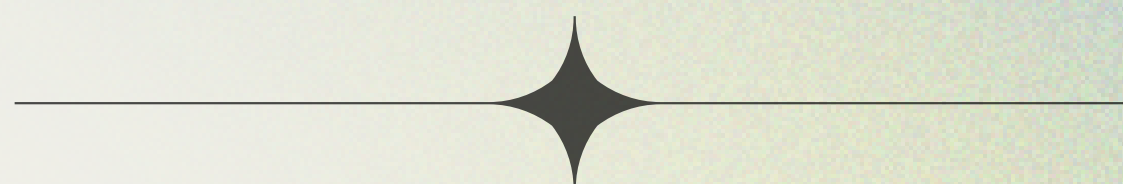
1.

HUMMING BREATH

ONE OF THE SIMPLEST BREATH TECHNIQUES TO STIMULATE CONNECTION BACK TO YOUR BODY AND ACTIVATE YOUR PARASYMPATHETIC NERVOUS SYSTEM (YOUR CALM STATE!)

THIS BREATH TECHNIQUE IS PERFECT FOR RECONNECTING BACK TO YOURSELF WHEN YOU FEEL AS THOUGH YOU ARE BEGINNING TO DRIFT INTO OVERWHELM.

YOU CAN DO THIS PRACTICE ANYWHERE, ANY TIME.



READY?

FIND YOURSELF EITHER IN A COMFORTABLE SEAT WHERE YOUR SPINE CAN BE TALL OR EXPLORE THIS LYING DOWN IF THAT IS BETTER FOR YOUR BODY.

LET YOUR BREATHE SETTLE, AND INVITE IN FULL BREATHS, IN THROUGH THE NOSE AND OUT THROUGH THE MOUTH, TAKING AS MANY AS YOU FEEL YOU NEED.

THEN LET THE BREATH SETTLE ONCE MORE.

NOW WE BEGIN....

TAKING AN INHALE IN THROUGH THE NOSE, AND ON YOUR EXHALE WITH THE MOUTH CLOSED MAKE A HUMMING SOUND FOR THE DURATION OF YOUR EXHALE.

REPEAT FOR 10 ROUNDS OF BREATH.

COME BACK TO YOUR NATURAL BREATH PATTERN.

NOTICE HOW YOU FEEL.

2.

AFFIRMATIONS & MIRROR WORK

NOW TO BEGIN THIS MAY FEEL A LITTLE (OR A WHOLE LOT!) EMBARRASSING OR SILLY BUT, STAY WITH ME.

GIVE IT A SHOT.

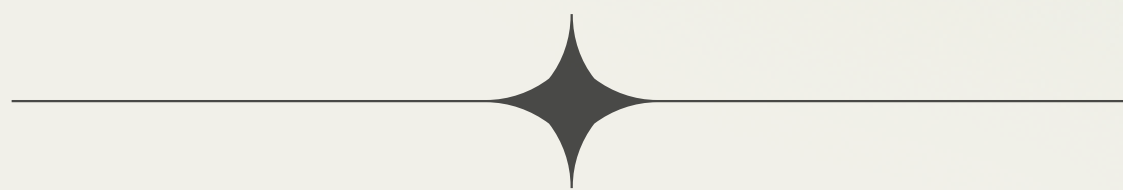
THE WORDS YOU SPEAK CREATE A FREQUENCY AND VIBRATION (JUST LIKE THE HUMMING BREATH), BUT OFTEN WE DON'T PAY AS MUCH ATTENTION TO HOW WE SPEAK TO OURSELVES BECAUSE IT IS AN UNCONSCIOUS ACTION THAT WE MOVE THROUGH EACH DAY.

HOWEVER, WHEN YOU PAIR CONSCIOUSLY SPEAKING WORDS WITH LOOKING AT YOURSELF IN A MIRROR, A HUGE SHIFT CAN TAKE PLACE.

THE WORDS YOU NORMALLY SPEAK OUT INTO THE AIR WITH NO FEEDBACK, ARE NOW SPOKEN TO YOURSELF. YOUR IMAGE. YOU AS FEEDBACK.

YOU CAN PHYSICALLY SEE HOW THE WORDS LAND.

THEIR POWER.



FIND YOURSELF A MIRROR / OR THE FRONT FACING CAMERA OF YOUR PHONE IF YOU DON'T HAVE A MIRROR CLOSE BY.

FEEL INTO WHAT POSITIVE AFFIRMATION YOU WISH TO SPEAK INTO EXISTENCE;
BEGINNING 'I AM...' OR 'I CHOOSE...'

(A PERSONAL FAVOURITE OF MINE IS SIMPLE 'I CHOOSE TO BE KIND TO MYSELF TODAY'.)

LOOK INTO YOUR EYES AND REPEAT YOUR AFFIRMATION 3 TIMES.

3.

VOCAL TONING

OR SIMPLY PUT, VOWEL SOUNDING, TO MAKE IT LESS INTIMIDATING!

VOCAL TONING HAS NOTHING TO DO WITH WHETHER THE SOUND ESCAPING YOUR MOUTH SOUNDS 'GOOD' OR 'BAD', IT IS SIMPLY ABOUT MAKING THE SOUND OF THE VOWEL AND LETTING IT TRAVEL THROUGH YOUR BODY.

VOCAL TONING IN THE CONTEXT YOU WILL EXPLORE HERE, IS LINKED TO THE 7 MAIN CHAKRAS (OR ENERGY CENTRES) IN THE BODY, WORKING FROM YOUR ROOT TO CROWN.

FOR THE FULL EXPRESSION OF THIS EXERCISE YOU WOULD STAY AT EACH CHAKRA, I.E. THE ROOT, AND MOVE THROUGH 7 ROUNDS OF THE VOWEL SOUND BEFORE THEN MOVING TO THE NEXT CHAKRA FOR 7 ROUNDS OF ITS VOWEL SOUND, AND SO ON.

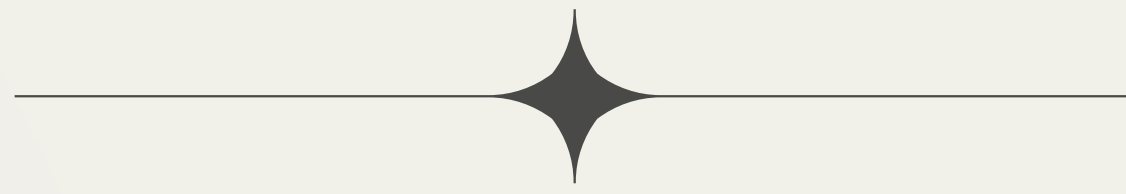
THIS CAN TAKE UP TO 30 MINUTES SO I INVITE YOU TO START WITH ONE ROUND AT EACH CHAKRA, AS THIS USUALLY TAKES 7-10 MINUTES IN TOTAL, AND BUILD IT UP IF THIS IS A PRACTICE THAT YOU CONNECT TO.

THE PURPOSE OF EACH VOWEL SOUND AT ITS ASSOCIATED CHAKRA, IS TO INCREASE AWARENESS TO THAT POINT, TO ACTIVATE, NOURISH AND AWAKEN THE ENERGY WHICH IS CONSISTENTLY MOVING THERE TO FLOW WITH EASE.

YOU MAY NOTICE SOME AREAS AND SOUNDS FEEL BETTER THAN OTHERS, THE SOUNDS MAY STIR UP EMOTIONS, PHYSICAL SENSATIONS.

JOURNALING AFTER THIS PRACTICE CAN BE REALLY POWERFUL TO NOTICE PATTERNS OF FEEDBACK FROM YOUR BODY AS YOU EXPLORE THIS PRACTICE REGULARLY.

IT'S TIME TO VOCAL TONE!



FIND YOURSELF IN A COMFORTABLE SEAT, BRINGING IN SUPPORT IF YOU NEED.

YOU MAY CHOOSE TO BRING YOUR HANDS ON EACH PART OF THE BODY AS YOU MOVE THROUGH THE SEQUENCE TO INCREASE AWARENESS AND CONNECTION.



BEGINNING AT THE ROOT (BASE OF THE SPINE) – INHALE IN, EXHALE 'UHH' (LIKE HUH)

MOVING TO THE SACRAL (BELOW THE BELLY BUTTON) – INHALE IN, EXHALE 'OOO'

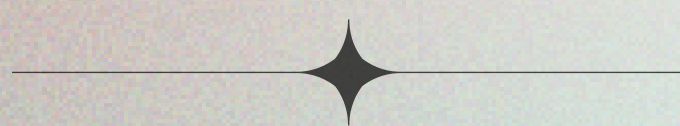
MOVING TO THE SOLAR PLEXUS (ABOVE THE BELLY BUTTON) – INHALE IN, EXHALE 'OH'

MOVING TO THE HEART – INHALE IN, EXHALE 'AH'

MOVING UP TO THE THROAT – INHALE IN, EXHALE 'EYE'

MOVING UP TO THE THIRD EYE (BETWEEN THE EYEBROWS) – INHALE IN, EXHALE 'AYE'
(LIKE MAY)

FINALLY LANDING AT THE CROWN – INHALE IN, EXHALE 'EEE'



LAND IN SILENCE AND JUST BE, FEEL ANY SENSATIONS WITHIN YOUR BODY, AND LET YOUR BREATH RETURN TO IT'S NATURAL PACE.

HOW DO YOU FEEL?

JOURNAL / THOUGHT PROMPTS

WHAT IS YOUR RELATIONSHIP TO YOUR VOICE?

IS THIS RELATIONSHIP SEPARATE TO THE ONE YOU HAVE WITH YOUR BODY?

WHAT RELATIONSHIP DO YOU DESIRE TO HAVE WITH YOUR VOICE? IS IT DIFFERENT
TO THE ONE YOU HAVE NOW?

WHAT FEELINGS/SENSATIONS AROSE BEFORE YOU BEGAN THE PRACTICE? AND HOW
DID YOU FEEL AFTER?

ARE THERE ANY ASPECTS OF YOUR LIFE WHERE YOU FEEL YOUR VOICE ISN'T BEING
HEARD?

WHAT ARE THE STORIES AND BELIEFS YOU HOLD AROUND YOUR VOICE?

AND FINALLY,

WRITE A LETTER TO YOUR VOICE AND BODY –

PERHAPS AFFIRMING THE DESIRES YOU HOLD FOR THIS RELATIONSHIP, WHAT YOU
WANT TO SHARE WITH THE WORLD THROUGH YOUR VOICE, WHAT YOU WANT TO
TELL THOSE YOU LOVE, WHAT YOU WANT TO CHANGE ABOUT THE WAY YOU
SPEAK TO YOURSELF.

LET IT JUST FLOW.

X

THANK YOU

I WOULD LOVE TO HEAR YOUR EXPERIENCE WITH THIS EBOOK AND HOW THESE PRACTICES LAND WITH YOU.

FEEL FREE TO REACH OUT TO ME ON INSTAGRAM – @LAURACHARLOTTETAYLOR