

Sea of Sound

Guide to Creating Your Personal Sound Healing Practise

1. Start with Intention:

Begin by setting a positive intention for your sound healing practice. Whether it's relaxation, stress relief, or promoting inner peace, clarifying your purpose enhances the effectiveness of the experience. Energize your intention by speaking it aloud - ***“my intention for today’s practise is...”***

2. Choose Your Sounds: (less is more!)

Experiment with your voice - *humming, mantra, toning* - or different sound instruments like tuning forks, singing bowls, chimes, or nature sounds. Select sounds that resonate with you and evoke a sense of calm. ***Remember to leave space, silence is a texture.***

3. Create a Sacred Space:

Find a quiet and comfortable space where you won't be disturbed. Headphones can be a nice option if there's other sounds you can't block (avoid bluetooth - extra EMFs close to your brain!) Consider adding elements like candles, cushions, or crystals to create a serene atmosphere.

4. Mindful Breathing:

Incorporate deep, mindful breathing into your practice. Inhale positivity, exhale tension. Choose a pattern that works for you. ***My favorite is: Inhale 4 counts-hold for 2 -exhale 6 counts - hold for 2***

5. Use Guided Sessions:

Explore guided meditation or sound bath sessions available online. Many platforms offer recordings or live sessions led by experienced practitioners, making it easy to follow along. ***I love Healing Vibrations crystal bowl journeys on Youtube & for Meditations - Insight Timer is my favorite.***

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6. Regular Practice:

Consistency is key. Set aside a few minutes each day for your sound healing practice. This regularity enhances the cumulative benefits over time. ***tip Keep instruments handy and ready to grab anytime of the day! (I have tuning forks everywhere! Bedside, bathroom, desk, purse...)**

7. Combine with Other Practices:

Integrate sound healing with other self-care activities like meditation, yoga, or journaling. **Sound is a GREAT ally to any practice or healing modality!** This synergy amplifies the overall impact on your well-being.

8. Reflect and Journal:

After each session, take a moment to reflect on how you feel. Consider keeping a journal to track your experiences and observe any changes in your mood or mindset. ***tip Choose a special-to-you notebook for this. I love something with SPARKLES on it!**

9. Stay Open-Minded:

Be open to different sound frequencies and instruments. Your preferences may evolve, so allow your practice to adapt to your changing needs. ***remember to think of sound as nutrition and choose wisely**

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10. Seek Professional Guidance:

If you're new to sound healing, consider attending sessions led by experienced practitioners. They can provide guidance and deepen your understanding of the practice.

****Have I peaked your curiosity? Wonderful! [Book a free chat](#) with me to discuss your new journey to wellness with SOUND.***

BIO - Narissa Young

*Speaker, facilitator, professional vocalist, multi-instrumentalist, songwriter and Canadian recording artist Narissa Young began studying Sound Therapy formally in 2014. Having known the power of music to instantly transform, she yearned for a more intentionally focussed way to connect and contribute. **The completion of her 500+hrs Associate's Degree in Sound Therapy through the Globe Institute in Sausalito, California & special certification in Vibroacoustic Therapy (VAT) paved the way and she's been making waves ever since.** <https://www.seaofsound.ca/>*

Sea of Sound on Vancouver Island, BC, Canada

Studio sessions for 1 or 2 people

[Tuning Fork Workshops](#) - in person & online

Custom group sessions - locally or internationally

[Sound Healing Retreat in GREECE](#)

Sea you soon,

Narissa