



SPIRIT SOUL SISTAS

Using Sound TO HEAL

Experience the healing potential of sound through our easy 4-step guide and free sound clip

#01 GET SET UP & SET YOUR INTENTIONS

Find yourself a comfortable position where you can be still. Light a candle and call in your Angels and guides. Ask them to assist in your healing. Set your intention for the healing. This can range from increasing positivity, deepening meditation, to shifting a particular disease or illness.

#02 PREPARE YOUR BODY & PLAY THE CLIP

Have your palms facing upwards for receiving and close your eyes. Take some deep gentle breaths and allow your body to soften.

▶ Press play on our clip on the previous webpage

#03 THROUGHOUT THE SOUND

As the bowls play, breathe and feel into the resonance in your body. Allow the vibration to follow the breath through the body, all the while having your intention at the forefront of your mind. In your mind you can use the colour yellow to flow and follow the breath through the body. This will promote further regeneration, healing and joy.

#04 TO FINISH

When you are ready give thanks to your Angels and guides as you put out the candle.

WANT TO LEARN MORE? ➡➡➡

Return to our website to download a FREE e-Guide about using sound to improve your day to day life