

Natural Systems for Greater Human Nature

Activation #2: MAKE SOUND ON PURPOSE FOR HEALTH

THE BASICS - What is Making Sound On Purpose?

1. Using our voice to stimulating vibration inside the body
2. The vibration strengthens the Vagus Nerve
3. This releases 'feel good' & health promoting chemicals
4. No need to sing in tune to get the best results

4 CORNERSTONES OF HEALING WITH SOUND USING YOUR OWN VOICE...even if you can't hold a tune!

1. Puts us in charge of our own well being
2. Creates a healing condition in the body
3. Supporting sleep - which is "Prime Time" for cellular repair
4. It's fast and it's free
5. The potency increases with repeated use

MAKING SOUND ON PURPOSE HAS BEEN SHOWN TO:

1. Clear brain fog and Improve mental clarity
2. Improve vagal tone to release "feel good chemicals"
3. Brings the nervous system from "fight& flight" into "rest & digest".
4. Reduces body tension, stress related blood pressure fluctuations and more

YOUR SAMPLE SOUND HEALING LESSON:

1. Notice how you feel; any pain, tension and your mood
2. Take one or two long deep breaths to get present.
3. Place one hand on the top of your head (optional)
4. Take another deep breathe in
5. Then, when breathing out, make the sound EEM for the whole out breath, adding the M for the last few seconds.
6. Repeat 4-8 times
7. Notice how you feel, especially in your head area.

Was this helpful? I'd love to hear your comments and invite you to email me at robyn@recreatingradiance.life

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