STEP 13: INTRODUCTION TO AUDITORY SYSTEMS

**PREPARATION FOR SESSIONS**

By this session, it should be a standard practice for you to perform the Progressive Relaxation with integration of Deep Breathing and the Yawn and Sigh. Your skill in Mindful Body Scanning and Scanning of Internal and External Senses should be a standard component of your preparation. You have now added Vagal Nerve activation of Eye Rolls, Facial Exercises, Throat Support Muscles, Pelvic Exercises, Tongue & Mindful Eating, and Speaking on the Exhale. You have gained the skill of Mindful Movement, and can have the choice of what position you want to take during the session or during the tasks of the session.

If you do not take the time to do this preparation work, then the beginning of your session will consist of this preparation task.

When you start the session in this prepared “mind-state,” we will do a “quick-reset” to begin the session.

**TODAY’S SESSION**

Today, you begin a journey which leads us into the deep regions of our cellular structure, where “sounds” are being recorded as part of our energetic vibrational connection to our entire body, mind, and consciousness. For more information, please read attached document:

“Cellular Music”

We also “hear” through the bones in our head. For example, a recording of your voice seems “different” to you because you normally “hear your voice” through your skull bones. This vibrational transmission of your voice through your bones is also another reason why “vocal toning” is so healing for your body.

<https://www.imperial.ac.uk/news/153374/scientists-explain-more-detail-hear-bones/>

<https://en.wikipedia.org/wiki/Bone_conduction>

The “brain auditory” function is based upon vibrational resonance of the source of the sound with the vibrational ability of our “bones” whether the bones are in our body or our ears. Thus, all the IN SYNC exercises you have been performing are having an impact upon the “organic” ability to “hear” as we reduce “tension” which prevents vibrational resonance. Today, we increase your “mindful awareness” of the hearing function.

For the exercises we will perform today, please watch this video and read the text script:

<https://youtu.be/LbiIDuwOvpU>

Self-Help Video #7 Part 1: Introduction to Auditory Systems

We will be applying this exercise from the Video, to increase your awareness of “cognitive filters” of trauma and increase your “vibrational awareness”:

Our auditory system creates filters to protect us from noise intrusions. Filters interfere with “in-the-moment” experiences. Filtering causes stress which interferes with parasympathetic response.

Go to a remote geographical area for this exercise. Experience the exercise, rather than imagine the experience. With IN SYNC psychotherapy, you will learn about “experience” versus “imagination.” Begin with Progressive Relaxation and Deep Breathing, add sighing and spontaneous yawning. Do Mindful Scanning of internal sensations. Focus on the external sounds. Listen to a bird’s call. Sense the call’s vibration traveling through the air from the bird’s location. Listen to another bird’s call coming from another location. Sense the difference in the first bird’s call compared to the second bird’s call. Be aware of geographical distance from the wave vibration differences.

If you were able to do this exercise in another location prior to the session, please write in your journal about the experience. We will discuss that experience. Otherwise, we will perform this exercise with the auditory stimuli available in your room or external to your room. The “vibrational awareness” may not be as impactful as when you are in an “open nature” setting.

**REVIEW OF JOURNALS**

We will then review your Daily Journal entries for the prior week and will continue integration of the Sleep Journal and the Dream Journal. We will begin in a chronological order of entries since your last session. You will briefly describe the various “activities” you did during the past week.

Your dreams may begin to increase as your conscious and unconscious mental processes begin to integrate for your health. Remember: Include all dreams as an “event” of the Daily Journal. A dream will be the first entry of the day. Please follow the instructions for your Dream Journal and your Sleep Journal.

When you have a dream event, you will begin our discussion by examining the Sleep Journal. Any factors which impacted your sleep routine may appear in the dream and must be included/excluded before a psychotherapy meaning can be applied.

A dream event will have an impact on the day’s activities. There may be a change in “emotions” (body sensations), or feelings and thoughts (cognitive responses) than how you usually experience an activity. The manner in which you experience your daily activities may have an impact on that upcoming night’s sleep routine, and that night’s dreams.

A dream can be “the signal” of a therapeutic “change” occurring in your “self-identity.” Such a change can impact the direction of therapy interventions. If a dream event occurred since the last session, then the rest of your session may be focused solely upon this one event.