





LET'S NOW FOCUS ON RELEASING
AND SETTING INTENTIONS FOR
WELLNESS AND OUR PHYSICAL
HEALTH THROUGH TECHNIQUES
WITH THE PHYSICAL BODY.

TAKE YOUR TIME EXPLORING THE
NEXT SECTION OF OUR PACKAGE.

GO THROUGH THESE SOUND BATHS
AT YOUR OWN PACE.

STAY HYDRATED: DRINK PLENTY OF
WATER BEFORE AND AFTER THE
SOUND BATHS TO HELP THE BODY
FLUSH THE TOXINS

ESSENTIAL OILS/SAGE: CONSIDER
ADDING CALMING ESSENTIAL OILS
LIKE EUCALYPTUS OR PEPPERMINT TO
YOUR SPACE FOR ADDITIONAL
RELIEF. LIGHT SAGE TO CLEANSE THE
AIR

BREATHWORK: INCORPORATE DEEP
BREATHING THROUGHOUT THE
SOUND BATHS TO IMPROVE OXYGEN
FLOW TO THE BODY.

ALLOW YOURSELF TO REPEAT ANY
SOUNDBATHS IF THEY FEEL RIGHT.

HAPPY HEALING

www.dreamingwindchimes.com



Cold Relief: Tibetan and Elemental Vibrations



Cold Relief: Guided Frequencies Soundbath



Accept Release

Download: Cold Relief: Tibetan and Elemental Vibrations

SIT IN A QUIET PLACE. SET AN INTENTION TO ACCEPT THE FEELINGS OF FEAR AND OVERWHELM. AS YOU LISTEN TO THE SOUND BATH, IMAGINE THAT FEAR AND THE WEIGHT OF OVERWHELM GETTING LIGHTER AND LIGHTER.

Write down a positive affirmation that counters the fear. Ex: I trust in my ability to navigate challenges, I am open to healing

REFLECTIONS

After the Soundbath

Write down some experiences you had during the soundbath. Reflect on how you feel now



Heal w/ Sofeggio

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LISTEN TO THIS SOUNDBATH IN A QUIET SPACE WHERE YOU ARE ALERT BUT RELAXED.

Before the SoundBath

Set the intention of a healthier version of you. What does it look like? What thoughts or beliefs do you need to adopt to align with this vision of health?

REFLECTIONS

After the Soundbath

Write a few words to yourself expressing love and appreciation



Disclaimer The content provided in this sound bath package is intended for informational and educational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition or treatment. While the techniques and practices shared in this sound bath may promote relaxation and emotional well-being, they are not intended to diagnose, treat, or cure any specific illness or condition. Please consult your healthcare provider before starting any new wellness practices, especially if you have any pre-existing health concerns or conditions. By participating in this sound bath experience, you acknowledge that you are doing so at your own risk and that you will not hold the creator or facilitator liable for any adverse effects or outcomes. Your health and well-being are important, and we encourage you to use these techniques in conjunction with professional medical care.

