

Meditation and Sound Healing Session (60 minutes)

1. Welcome and Introduction (5 minutes)

- **Acknowledgement of Country:**

*"Before we start, I would like to acknowledge the **Bidjigal** people of the **Eora nation**, who are the Traditional Custodians of this Land on which the **Livingroom** was built. We pay our sincerest respects to all First Nations people and to their Elders past and present."*

- **Thank you so much** again for coming tonight and joining me for the soundbath relaxation experience. As you know this is my first time facilitating session outside of my home so thank you again for being my guinea pigs.
- I also wanted to see all of you who I won't see on Christmas and New Year so it was a good excuse to organise this before everyone leaves for their Christmas holidays.
- And because this is the last time I see quite a few of you before the end of the year.

*"We will take some time today to **reflect and release anything** that no longer serves us from 2024, creating space for new beginnings."*

- **AGENDA:** So what we will do **today** is a:

- Little ritual to release and let go
 - Followed by visualisation
- Then we will relax through chakra balancing meditation
- Before we dive into the sounds of the crystal bowls.

- **WHAT to expect/ what to do**

- Just **relax**
- **Falling asleep** is ok - unless you snore and then we are allow the closest person to poke you :-)
- You may feel **tingling** in some parts of your body or some warms or heat
- You may also experience some **slight discomfort** especially in certain tones that may trigger you or there might be an energetic blockage, i encourage you to breath through it
- Any time you feel like you should be doing something focus on your breath - breath in, hold and breath out
- If you feel uncomfortable at any time you can always move to back of the room

2. Ritual to Release and Let Go (10 min)

1. Take a moment and think and write everything that no longer serves you and you don't want to carry into the next year. Negative energies, not so pleasant experiences or any tensions or anything that is no longer aligned with you.
 2. On a new piece of paper, write down positive intentions and goals for the upcoming year. Focus on what you want to invite into your life—peace, success, love, or health.
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3. Begin the Session (8 min)

Begin with a Cleansing Breath

Find a comfortable position and close your eyes. Take a deep breath in, hold it for a moment, and then exhale slowly. As you exhale, imagine all tension leaving your body. Repeat this three times, allowing each exhale to release what no longer serves you.

Bring your awareness to the experiences of the past year. Acknowledge the lessons, growth, and moments of joy that you have experienced. Silently say: I am grateful for the journey I have walked this year. I honor the challenges that taught me resilience and things that brought me joy.

PAUSE - allow yourself to feel gratitude in your heart. Picture it as a warm, golden light expanding through your body.

Now, reflect on the habits, patterns, or situations that have not supported your highest good. Without judgment, bring them to mind and silently say:

I release what no longer serves me.

I let go of fear, doubt, and anything that holds me back.

I say good bye to the old energies and patterns that are no longer aligned with me.

As you exhale, visualize this energy leaving your body as dark smoke or falling leaves, drifting away into the distance. Feel yourself becoming lighter, freer, and more open.

PAUSE

Shift your focus to the year ahead. Picture yourself stepping into it with openness and intention.

Silently say:

"I welcome the new year with an open mind.

I invite love, abundance, and harmony into my life.

I am ready to embrace fresh opportunities and experiences that align with my highest self."

As you inhale, visualize a golden, radiant light entering your body, filling every corner with positivity, renewal, and hope. Imagine this light growing, wrapping around you in a protective and loving aura.

Take one more deep breath and say:

"With gratitude for the past and excitement for the future, I center myself in the present. I am ready to align my energy and step forward in balance and harmony."

Now open your eyes, and take the paper on your left and tear it to small pieces and put it in the jar here.

Chakra Balancing Meditation Script (10-12 min)

Introduction

When you are ready lie down in a relaxed position. Close your eyes and take a deep breath in through your nose, filling your lungs completely. Exhale slowly through your mouth, releasing any tension. Repeat this a few times, letting your body relax further with each breath.

Grounding and Root Chakra (Muladhara)

Bring your attention to the base of your spine. Visualize a glowing red light at this center, spinning steadily like a wheel. This is your root chakra, your foundation, your connection to stability and safety.

Affirm silently: *"I am grounded. I am safe. I am secure."*

With each breath, imagine the red light growing brighter and steadier.

Sacral Chakra (Svadhithana)

Shift your focus to your lower abdomen, just below your navel. Picture a vibrant orange light, spinning gently. This is your sacral chakra, the center of your emotions, creativity, and pleasure.

Affirm: *"I honor my emotions. I embrace creativity and joy."*

Feel the orange light expanding, filling this space with warmth and vitality.

Solar Plexus Chakra (Manipura)

Move your awareness to your stomach area, above the navel. Visualize a radiant yellow light, like the sun, glowing and spinning. This is your solar plexus chakra, the source of your confidence and personal power.

Affirm: *"I am strong. I am confident. I am in control of my destiny."*

Feel the yellow light energizing you, dissolving any fear or doubt.

Heart Chakra (Anahata)

Bring your focus to the center of your chest. See a green light, soft yet powerful, spinning and radiating outward. This is your heart chakra, the center of love, compassion, and connection.

Affirm: *"I am love. I am open to giving and receiving love."*

Let the green light expand, surrounding you with a sense of peace and harmony.

Throat Chakra (Vishuddha)

Focus on your throat. Picture a bright blue light spinning here. This is your throat chakra, the center of communication and self-expression.

Affirm: *"I speak my truth clearly and with kindness. I am heard and understood."*

Feel the blue light vibrating gently, clearing any blockages.

Third Eye Chakra (Ajna)

Shift your attention to the space between your eyebrows. Visualize a deep indigo light. This is your third eye chakra, the center of intuition and insight.

Affirm: *"I trust my intuition. I see clearly and understand deeply."*

Feel the indigo light sharpening your inner vision and awareness.

Crown Chakra (Sahasrara)

Finally, focus on the top of your head. Imagine a glowing violet or white light, spinning and reaching upward like a lotus blooming. This is your crown chakra, the center of spiritual connection and higher consciousness.

Affirm: *"I am connected. I am one with the universe."*

Feel the light connecting you to the infinite, filling you with a sense of unity and peace.

Closing the Meditation

Take a few deep breaths. Visualize all the chakra lights glowing harmoniously, aligned and balanced. Imagine a column of white light running from the top of your head to the base of your spine, connecting and grounding you.

You are balanced. You are whole. You are at peace.

Sound Healing with Instruments (20 minutes)

- Introduce sound healing instruments (e.g., singing bowls, gongs, chimes, or tuning forks).
- Sound healing is based on the principle that sound vibrations can influence the body, mind, and spirit. It uses specific tones, frequencies, and rhythms to promote relaxation, reduce stress, and restore balance in the body.

- One of the most well-known benefits when thinking about how sound frequencies can heal is through brainwaves. This is when our brainwaves get exposed to a specific healing frequency, which then can cause them to change their overall frequency to be more balanced and healthy.
 - Sound healing activates the parasympathetic nervous system, which is the opposite of the body's stress response. This slows down the heart rate, breath rate, and brain waves, and puts the body into a relaxed state
 - Bring your awareness back to this space, notice sensations on your feet, fingers and shoulders. Open your eyes and when you are ready slowly come back to a seated position.
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Reflection after the session (10 min)

1. How are you feeling right now, both physically and emotionally?
 2. Did you experience any physical sensations during the session, such as tingling or warmth?
 3. Did you notice any thoughts or emotions arise during the meditation or sound healing?
 4. Were there any areas of tension or discomfort in your body that you became aware of during the session?
 5. What changes or shifts, if any, did you notice in your energy or mindset after the session?
 6. Did you have any moments of insight or clarity during the session?
 8. Is there anything you'd like to explore more deeply or any questions you have about the session?
 9. Would you like to share any feedback on how the session went for you?
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Closure of the event (2 min)

Thank you again for being here and joining me here today. I am truly blessed to have such wonderful friends and supporters.

I hope you all feel relaxed and rejuvenated.

I will start packing but if anyone wants to share how they're feeling or chat for a few minutes afterward you are more than welcome to do so.

Pack up (5 min)

