



## Self-Guided Sound Bath Meditation

*I invite you to let go of any expectations. You don't need to do anything, or be anywhere. Just breathe, listen, and allow yourself to turn inward. Whether you're tuning in to relieve stress, find clarity, or simply take a moment of stillness, know that whatever experience you have is exactly what you need. Relax and enjoy!*

### Self Guided Meditation:

1. Find a comfortable seat. You can sit in a chair with both feet on the ground, on the floor cross legged (tip: sit on a pillow for extra comfort to support your back), or lie down.
2. Taking 3 clearing breaths: Inhale through your nose, audibly exhale through your mouth.
3. Start to turn your attention inward, observing your thoughts without judgement. Set an intention for your practice (i.e. to relax, to let go of what does not serve you, perhaps choosing a mantra such as "I am present." "I let go of what I cannot control.").
4. Choose one of the following grounding exercises and repeat (about 6 rounds):
  - a. Inhale to the count of 4, exhale to the count of 6. After a few rounds, increase your inhales to 6 and exhailes to 8. You can breathe out through your nose, or through your mouth like you are exhaling through a straw. Repeat.
  - b. Box Breath: Inhale to a count of 4, hold your breath to a count of 4, exhale to a count of 4, hold your breath at the bottom to a count of 4. Repeat.
5. Use the QR code below to link to a short, pre recorded sound bath and enjoy! Headphones recommended.





## **What are the benefits of a regulated nervous system?**

A regulated nervous system is crucial for mental health and overall well-being. It can help us maintain a healthy balance between stress and relaxation leading to a calmer internal landscape and a happier, healthier well being.

**Reduces Stress & Anxiety** – Chronic stress keeps your nervous system in a heightened state (fight, flight, or freeze mode), leading to anxiety, burnout, and even physical health issues. Regulation helps stimulate your rest and digest nervous system which helps shift your body into a calmer state.

**Enhances Emotional Resilience** – A well-regulated nervous system allows you to respond to challenges with clarity instead of reacting impulsively. This leads to better decision-making and emotional stability.

**Improves Physical Health** – Dysregulation can contribute to chronic inflammation, digestive issues, high blood pressure, and weakened immunity. Keeping your nervous system balanced supports heart health, digestion, and overall vitality.

**Supports Mental Clarity & Focus** – When your nervous system is regulated, your brain functions optimally, improving concentration, creativity, and problem-solving skills.

**Boosts Sleep Quality** – A dysregulated nervous system can cause insomnia or restless sleep. Regulation helps your body transition into a restorative state, allowing for deep, quality sleep.

## **Let's keep in touch!**

Please feel free to reach out with any questions, or to stay connected.

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