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SESSION 7

INNER SOUND



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INNER SOUND

Session #7

Are you ready to continue? Let's start with the exercises for week #7 - Stress Management.

SESSION #7 - STRESS MANAGEMENT

Welcome to session 7. A few more steps. Today's exercises are going to be of so much use to you. I hope you will love them as much as I do!

In this session you are going to have a break from all self-inquiries and you are going to explore what breath- and relaxation exercises can do for you. Like any champion, Sound Champions also need to rest in between difficult training sessions. It is time to give your mind a break and let your body do the 'work'!

In all of the sessions on this e-course you are given all kinds of exercises to learn more about yourself. These self-explorations will support you in creating a sound sensitivity health plan in session #11.

This investment of time, effort and energy will help you reach your goals on how to live a balanced and healthy life when the world around you overwhelms you from time to time or maybe even all the time.

Have you tried relaxation exercises before? Today's self-care exercises might soon be part of that health plan of yours. You will be guided in finding and trying exercises that calm your nervous system. You might have tried yoga and/or meditation before, so then some of the exercises might be somewhat familiar to you.

No worries, we will keep it easy peasy and down-to-earth and it is not going to be airy-fairy at all. We will move forward to today's step. **Let's continue!**

SESSION #7 - STRESS MANAGEMENT

You are ready to move closer towards calming your often-overstressed body, heart and mind. It is a process of playing and resting. Focusing on your process and letting it be from time to time too. Today is all about letting things be!

Also, there are (a lot) of wonderful teachers out there that can guide you through exercises to calm the nervous system. This can happen online or offline. Let's check your options.

What would I like you to try?

- 1) A calming **basic breathing exercise** to consciously slow down the breath and calm yourself.
- 2) The **Jacobson exercise** to feel the difference between tension and relaxation. This is also known as a Body Scan exercise. It comes from a Buddhist/Mindfulness practice where we scan each body part in order to become more aware of our bodies and how we react. By practicing 'body scanning' regularly we become more and more aware of where we have tension in the body. The sooner you notice it, the sooner you can do something about it.
- 3) A **Yoga Nidra (Yoga Sleep)** to consciously scan each body part and allow it to relax more and more. In Yoga Nidra we use the scanning of the body to come to a deeper state of consciousness. The state that is comparable to the moment before we fall asleep or the moment before we wake up. It's said that 45 minutes of Yoga Nidra has the same restorative effect as 4-5 hours of sleep.

SESSION #7 - STRESS MANAGEMENT

Where to begin? I recommend starting with the calming breathing exercise today for example and to observe what happens when you do this stress-management exercise.

Save exercise #2 for tomorrow and do exercise #3 the day after. You can start the cycle again the day after you can choose one exercise and stick with it for all days of the week.

Life starts with your first breath. So, let's start there!

I know the sound of other people breathing can be incredibly disturbing. Believe me, my husband has asthma (bronchitis) and I sleep with ear plugs in when the exercise "*His breath sounds like the ocean!*" (see the tip in session #5) doesn't work anymore at night. However, I find the sound of my own breath incredibly soothing!

Life is breath. Breath is life!

So, why use the breath? Let's check it on the next page!

SESSION #7 - STRESS MANAGEMENT

Why use the breath? This is why!

- It holds the key to calming your whole body, heart and mind down.
- You have your breath with you wherever you go.
- You can utilize it anytime to become aware of what is happening inside of you.
- It supports you in becoming aware of your heartbeat, tension in the body, feelings and thoughts.
- When you start breathing slowly, your heartbeat will slow down and the overall effect is that you will feel calmer.
- When you know how to use the breath well, you can use it during the other two exercises that we will also try: The Jacobson exercise and the Body Scan exercise.

Doing breathing exercises means you work on regulating your breath and improving it. You learn how to lengthen your inhalation and exhalation and you learn to lengthen the pauses within these breaths.

The extra benefit is that your mind becomes focused on the breath and on what is happening in the present moment away from what is happening around you. This focus can have a calming effect on you too.