

RELEASE
NOVEMBER 11,
2023

—
VOL.1

SESSION 10

INNER SOUND



HELLOMARIANNE.COM
—

64

PAGES

INNER SOUND

Session #10

Are you ready to continue? Let's start with the exercises for week #10 - Ready For The World.

SESSION #10 - READY FOR THE WORLD

Welcome to session 10. You have done so many self-inquiries during the last 9 sessions, that you are ready for the WORLD!

All of the inquiries have given you insights on what happens in your body, heart and mind when you are being triggered by sounds. You have also discovered what coping mechanisms and stress management exercises work and which ones don't. Furthermore, you have looked at possible causes and ways to deal with the effects of being triggered and releasing the story around your sound sensitivity.

In session 10 you will summarize all of your insights and this will be your foundation for the plan that you will create in session 11 on how to live your life in a world full of impulses and sounds.

But let's look at an interesting question ...

Imagine your Sound Sensitivity didn't exist, what would you do?

YES, you would show your bigger than life side to the world.

It is time to do so now!

You are SO incredibly ready for session 10 and to create YOUR Sound Sensitivity Health Plan. We will work on it in this session and the next.

Let's continue!

SESSION #10 - READY FOR THE WORLD

Before you begin with your summary and exercises on session 10, remember, the process you go through is recurring and constant.

- Keep fine-tuning your goals.
- Keep fine-tuning your plan.
- Keep learning about what needs to be healed.
- Keep on 'healing' your old pain.
- Keep on taking the edges off.
- Keep on expressing your SOUL's desire.
- Keep on loving yourself more and more.

You came a long way already and believe me, you have done a lot of work, **you have moved mountains.**

It's time for you to summarize the course today and I am going to guide you to the best way I can.

We will first look back, before we decide on what you will keep for your Sound Sensitivity Health Plan and on what can be dismissed.

Use the next page for notes on things that already come to mind that you'd like to put in your plan.

SESSION #10 - READY FOR THE WORLD

Space for notes



SESSION #10 - READY FOR THE WORLD

In session #11 you will put all of your wishes into a concrete plan of action. Now let's look at the topics from all completed sessions. This is ALL of the work you have completed already!

When looking back, you will see it is all leading up to answering the following question more fully and to be become even more specific:

“What can YOU do daily to cope with sounds in a healthier way?”.

What's the task today?

- Look back.
- Summarize the completed sessions.
- I have added some new prompts.
- These prompts will help you come to a conclusion regarding previously given answers.
- Then look ahead and make a plan.

You will evaluate sessions #1-9 in this 10th session. I will show you the main questions that you have answered on each specific session and I have added some important new prompts.

You will find it on the next pages and use the blank pages for your notes or mind-maps to write down your answers. **Let's begin!**