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SESSION 6

INNER SOUND



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INNER SOUND

Session #6

Are you ready to continue? Let's start with the exercises for week #6 - Self-Care.

SESSION # 6 - SELF-CARE

Welcome to session 6. You are halfway there. Go champion on!

You will keep on looking within to discover more and more about yourself and how you can take charge of sounds and how it is affecting you. But before we move on, let's just say it once: *"Stupid, annoying, f..... horrible sounds!"*

What we just did is a coping mechanism that I haven't mentioned yet. Sometimes you will need to ventilate what is happening. At times you will need to let go of that pent-up anger. Perhaps find a professional therapist that can be present and supportive and listen to you and who can also give you constructive feedback and guidance. It also may help to go boxing!

If you have a family member and/or friend that you can ventilate your anger about sounds (and people's behaviour) towards, agree that you are only allowed to do this once a day for 15 minutes max. Otherwise (s)he will get drained by you and then (s)he can no longer support you nor him-/herself. In the end we are all actually looking to uplift each other!

A good alternative. Write it ALL down. A minimum of 15 minutes of writing per day to pour all of your thoughts onto paper. Go on as long as you need to get the anger out of your system. Feel free to hit a few pillows and kick the whole thing out of your system!

Let's continue!

SESSION # 6 - SELF-CARE

Self-Care is the key to healing. Today it is time to look into this topic again.

What can you do for yourself to deal with troubling sounds?

My biggest guess is that yes, coping mechanisms can work, BUT ... stress management is the absolute best possible solution and this includes weekly therapy sessions.

I believe, based on personal experience, that you will need to keep on calming down your nervous system on a DAILY, even almost HOURLY basis. This is your highest priority from now on too, agreed?

So here we go. You are ready for session #6 and the next step to move closer towards a more soothed experience of life. It is a process of playing and resting. Work on the exercises when you feel like it. Rest when you need to. **Session #6 is ALL about that: REST!**



SESSION # 6 - SELF-CARE

In previous sessions I shared this with you already: *"An essential part of your healing process is this. The best coping- and/or stress management tool you can have is self-healing. Healing from what happened in your past, devoting time to self-care to increase your self-love and direct your energy towards therapeutic self-care. It is like this: 'If I see IT, I can heal IT!'. Let's find your IT that needs healing."*

Self-care & self-love are going to be in your dictionary from now on. By self-care I mainly mean how you take care of your body. **Your body is your temple, right?** By self-love we mean therapies you can do to rediscover yourself and the love inside of you.

Stress management is going to be your highest priority, because these exercises are going to help you calm down. These exercises will be your lifeline and you don't need anybody else for it really. You can do it yourself every day!

In case you can afford it, there are also all kinds of skilful souls out there that can help you soothe your overstressed system. Do approach them and ask for their support. They might have healing practices that you could benefit from.

Think about yin- and restorative yoga, yoga nidra (yoga sleep) breath work, floating, shiatsu massage, acupuncture, osteopathy, craniosacral therapy and sound healing. Perhaps even applying the wisdom of Ayurveda for a balanced lifestyle. Just to name a few.

SESSION #6 - SELF-CARE

Space for notes

