

# 5 Minutes of Sound Therapy - do something good for yourself

Daily sound therapy exercises as presented in the book "Singing Bowls - My Practical Guide" can be valuable companions on your journey of change. They help you in reflecting, letting go of harmful habits, focusing on your vision, and consciously recognizing the importance of every step, no matter how small. I recommend that you make a brief notation of your observations, preferably on a daily basis. This will help you to become aware of your development process with all of its small victories. In this context, the following exercise can be a wonderful opportunity for mental health support:

*Sound relaxation for the lower abdomen calms and centers.*

## Sound ritual in the evening

The sounds of the singing bowls have a holistic effect on body, mind, and soul. With the help of relaxing sounds, your thoughts quiet down. For example, after a stressful day, I like to do sound relaxation on the abdomen, so I can fall asleep and stay asleep better. When listening to the sounds and sensing the vibrations, I can feel everyday burdens gradually fall away. I become more and more free and can feel my body cosily vibrating. Like a neutral observer, I then let the impressions of the day pass before me, without lingering on them too much. The sounds help me reflect on the events of the day from a neutral perspective. I can see what went really well, or what did not go so well, and what I would try to do better the next time. Slowly my thoughts calm down and my body relaxes more and more. Sometimes, I don't even manage to put the bowl to the side, but already slip into a deep sleep in the midst of the exercise.

*photo: Foto und Bilderwerk*



### Book recommendation:

**Klangschalen – mein praktischer Begleiter**  
(only in german)

by Peter Hess, 150 pages

Publisher Peter Hess, 2015

