



LAND OF BUDDHA



Simply Sound

Aftercare

I hope you enjoyed your session. Like most holistic approaches, sound therapy sessions can sometimes trigger a personal process. This can be on a physical, mental or emotional level and is usually experienced as mild changes from what you would consider to be the 'norm'. To support yourself after this session, give some thought to:

- Giving yourself time and space to process the session
- Drink a little more water than you would normally do – a few extra glasses is fine
- Give some thought to your diet, eat lightly directly after the session
- Some people report feeling a little achy, flu-ish, or emotional the next morning. This is a common response to the treatment and indicates some kind of release. The release of toxins is very common after a Sound Meditation.
- Give yourself a chance for an amazing night's sleep. Turn off all electronics - *blue light emitters* - 1 hour before you go to bed •
- Practicing Sound Meditation regularly can have deep healing and restorative effects. A recent study published in the Journal of Evidence-Based Integrative Medicine found that hour-long sound meditations help to reduce tension, anger, anxiety, insomnia and increase spiritual well-being in children and adults.

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Stress reduction is one of the most important results of receiving sound therapy. Stress is the underlying cause of many physical conditions and it melts away with ease when you are bathed in a sea of sound healing vibrations.

Sound Healing is so effective because it influences our emotional bodies as well as our physical bodies. Emotional imbalances are at the root of many physical diseases and when we heal our emotional bodies, the physical symptoms disappear. Sound and emotions are deeply connected. Human emotions have their immediate expression through sound, and it is often the repression of the sound of the emotions that creates emotional blockages. Conversely, sound can be used to unlock the blocked emotions and release them with ease and grace.

Bija Mantra

<u>Chakra</u>	<u>Sound</u>
Root Chakra	Lam
Sacral Chakra	Vam
Solar Plexus Chakra	Ram
Heart Chakra	Yam
Throat Chakra	Ham
Third Eye Chakra	Om
Crown Chakra	Om

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Full Schedule: www.simply-sound.com/events

Venmo: [@GaryPosnerSound](#)

Land of Buddha: <https://www.lobny.com/>

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December 2023 - January 2024

My Compassion, Kindness, Gentleness, Forgiveness Affirmation

I am willing to let go of

My Intentions for 2024 are

1 I will

2 I will

3 I will

4 I will

5 I absolutely will

**I wish you a year of growth, change, fulfillment, love, compassion, kindness,
gentleness, hope, prayer, giving and ABUNDANCE**

Benefits of Colouring and Drawing Mandala

Mandalas have been scientifically proven to be effective for the treatment of anxiety and relaxation. A 2007 clinical study found that mandalas could also be used to process traumatic events in the past. There was a decrease in symptoms of trauma at the one-month follow-up for the participants who engaged in mandala drawing and colouring .

