



**WITNESS** your sensations, thoughts, and present experience. Create space.

**ATTUNE** yourself with the music, moment, and your emotions. Enter into the flow.

**KINDNESS** is a gift we offer ourselves as we recognize the feelings moving within us. Compassion is key for honest, loving expression.

**ENQUIRE** with open curiosity into what has come up. Reflection and integration bring insight.

**SURRENDER** to the process, you don't have to have it all figured out. Allow yourself to be as you are. Release control and rest in the unknown.

(FROM SILENCE GROWS ROOTED INTENTION)

## INTENTION

SOUND BATH:

WHAT'S NEXT:

## LEARN MORE



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## LIVE IT

This process is just as valuable out in the wilds of your every day life as it is in in a sound bath or on a meditation cushion. Carry it with you as a guide to center and flow through both the successes and trials of daily living.