

Process

Over the years, we have offered hundreds of live sound baths and have been consistently blown away by the profound experiences people have. We've taken the feedback we've received from thousands of individuals, iterated and boiled it down to a few key principals that can be applied to and practiced in any experience you might need.

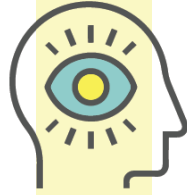
By following 5 simple steps, you can not only take your sound bath meditation practice deeper, but start using this transformative practice to bring mindfulness, authenticity, and self-discovery to any part of your life.

WITNESS
ATTUNE
KINDNESS
ENQUIRE
SURRENDER

WITNESS

Here is where we pause to witness our experience, and our portal in is through our senses. We like to say that instead of trying so hard to make sense of everything with our brains we can start to make sense with our senses. This is a powerful act of mindfulness that helps us enter into the present moment. By focusing our attention on what we can hear, see, smell, feel, and taste, we are setting aside the worried thoughts of our busy day, and the anxious figuring out of our complex lives.

It is through this step of witnessing that we sort of zoom out of our brain's



tendency to dissect every detail for meaning, and look at the picture as a whole. We get to experience life more as it really is, right in this moment, with less of the stories or fears that often distort the way we perceive it. This helps to calm and down regulate our nervous systems. We can move from what is often a fight or flight mode of stressful readiness into a rest and digest mode that is optimal for healing.

The best part is that it's pretty easy. All we really have to do here is sit back and observe.

ATTUNE

When you feel ready and like you've been able to sink in to the present moment, the next step kind of happens naturally. By following our senses we become more aware of our bodies and the feelings moving about within them. Eventually you'll start to notice areas of tension or ease, heat or cold, butterflies or warm fuzzies, tingling or twitching.

While our emotions aren't visible



in and of themselves, they are observable in our bodies through sensation. Excitement can come as butterflies, anger as heat, nervousness as cold or clammy... you get the idea. One of the greatest powers of music is its ability to bring emotions to the surface, so there will be many opportunities along the way to notice what the music is inspiring in you. Just follow the energy as it flows.

KINDNESS

When we attune with ourselves and the moment, we can sometimes experience intense feelings. We are often uncomfortable with emotions, especially strong ones. It is vulnerable to be honest about our emotions. We can feel “out of control” and confused by them. The mind wants to rationalize and understand where they are coming from, or judge their validity. It is easy to feel ashamed or frustrated with the emotions we have, like we shouldn’t have them. This step of kindness is a reminder to welcome in our experience. If we are feeling it, then that is evidence enough that it is true. It needs no further rationalization. It simply asks us to be



held, to be felt, to be heard. This holding creates an opening for us to finally move old stuck emotions that are weighing us down, or experience the joy we didn’t think we deserved.

This kindness can also help set the imagination free to express our creativity, ignite new purpose and possibility, and lead us into a more beautiful and generative expression.

Kindness ultimately culminates in loving and authentic expression that can take the form of tears, movement, words, release, laughter, deep relaxation, and more!

ENQUIRE

Here we can open ourselves with curiosity to look deeply into what has taken shape within us. This can help us to integrate a new unrealized truth, gain insight, shift old beliefs, ask new questions, and offer new and more expansive understanding. But the act of enquiring isn’t one of interrogation, or extracting meaning. This is a spacious enquiry that simply holds the truth of what has emerged within us. From that openness insight comes naturally.



Through our enquiry, we can make meaningful shifts in the way we live our lives. We can transform our perspectives and find more generative and creative ways of being. This leads to greater creativity, more effective action, and ultimately a more fulfilling experience. It is through this process that we amplify our authenticity and live into a more expansive and rooted version of ourselves.

SURRENDER

At some point we meet the edges of our understanding and can go no further. The truth is that we are so much more complex than we could ever capture in words or insights.

It is when faced with the unknowable parts of ourselves and life that we have the opportunity to surrender to the simple fact that it all is as it is. We may not know how to move forward or what might come next, but we can begin to cultivate faith in ourselves to meet what is emerging the best we can, and trust life to not deal us more than we can withstand.

We can't control it all. And so often the end of our understanding is the beginning of worry and anxiety. But



instead of sliding right down that slippery slope of fear, we can let go and accept what is.

The caterpillar cannot rush its transformation into a butterfly, it must simply focus on finding nourishment, and trust the timing of life, of its nature, to do the rest. In a way, the WAKES process is kind of like going out to find the nourishment to grow and feed this process of becoming. Here, as we soak in all that has come before, and all that lies ahead, we are held in the a cocoon of time. We can cultivate trust and faith that our deepest wisdom is gathering up all that we are and forming us anew.

Like we said, this process is applicable to any moment in your life. Be sure to download and use WAKES process meditation to use any time.

The more we practice this, the easier it will be to bring new levels of mindfulness, authenticity, and self discovery to every part of your life.

So dive in!

We've also included a WAKES Process printout for you to take with you into your practices. It has a space on the back to write an intention going in, and a new intention coming out. Sometimes that intention won't change, and sometimes you'll find that after your practice something new has bubbled up that you want to take with you into what's next.

Happy practicing! Reach out to us if you have questions, or want to share any wins along your journeys.