



MIROSUNA

A Beginners Guide to Sound Meditation

Sound Meditations are a very powerful tool to help you effortlessly enter a state of deep relaxation and tune out the constant chatter in your mind.

This guide is to help you to learn more about Sound Meditations and how they can benefit you.



HELLO!

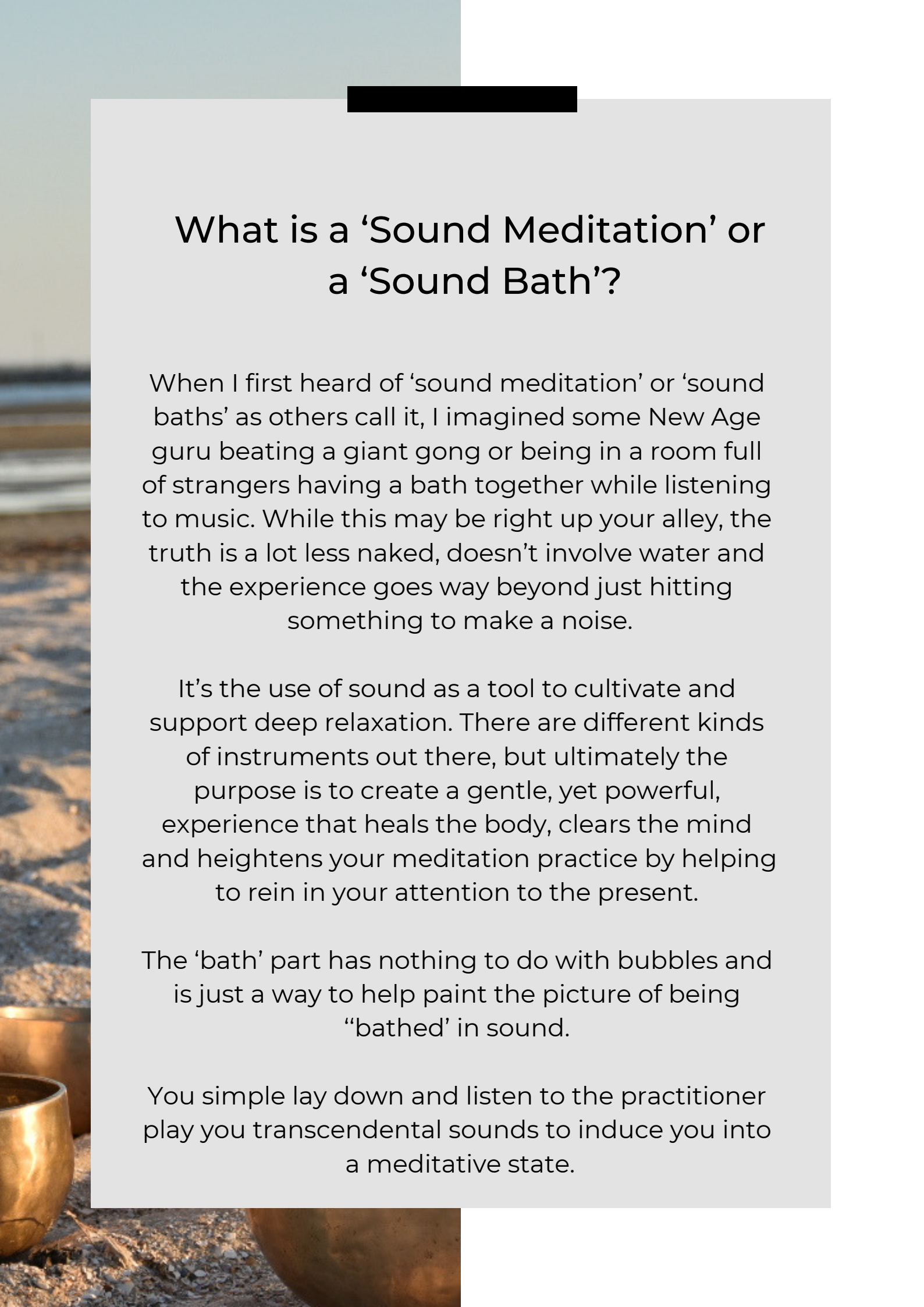
My name is Sally Kellett

I know how hard it is to 'think about nothing' and to tune out all the thoughts in your mind to create space for things that *really* matter to you - things that are *actually* important and lead you to deep, long lasting happiness.

My *soul* mission is to give you practical tools and lessons to practice mindfulness without the woo - in ways that feel natural to you. Basically, how to practise mindfulness without the bull****!

I invite you to join my community here at Mirosuna and start living with more peace, perspective and purpose.

This is the Mirosuna Way.



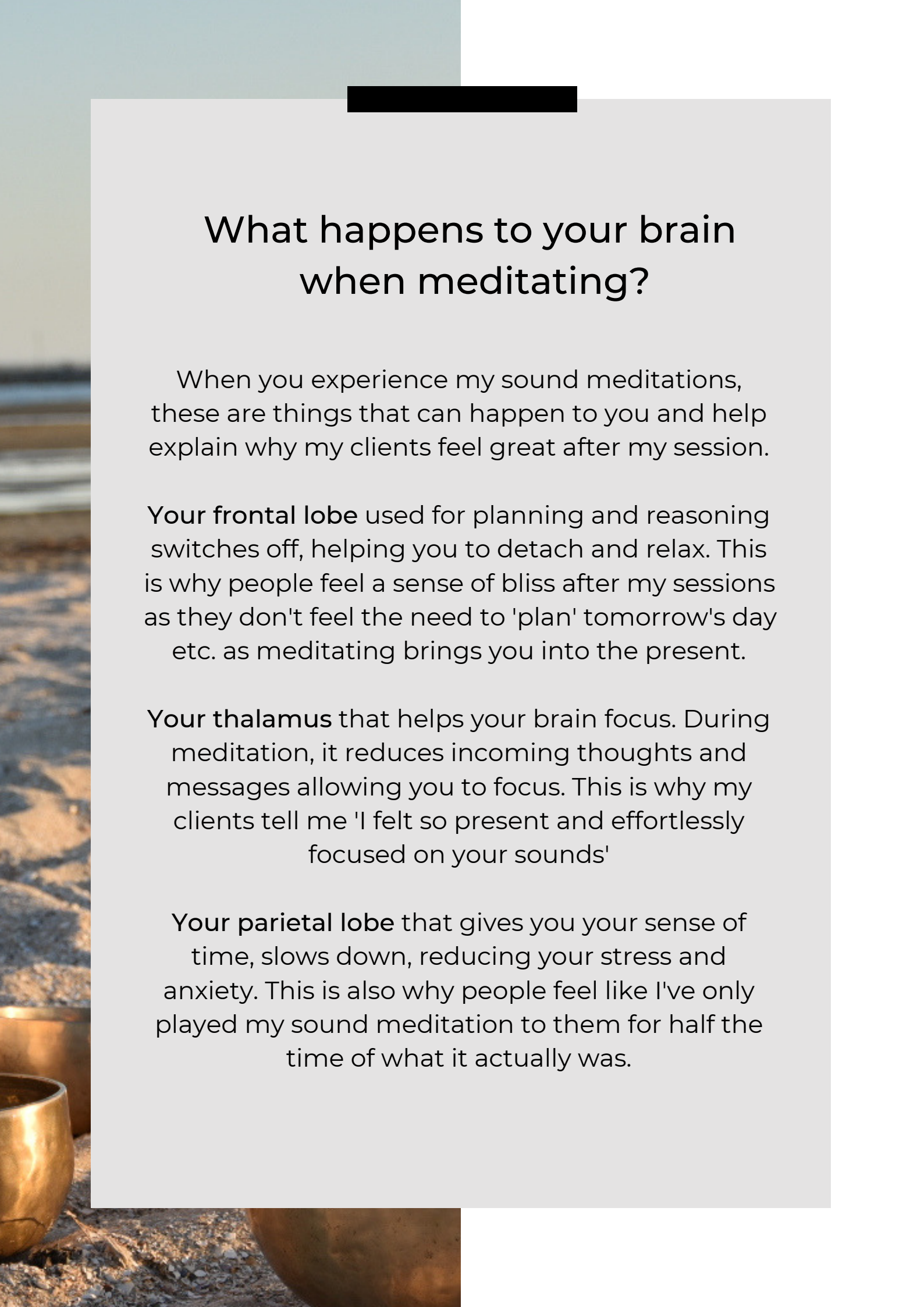
What is a 'Sound Meditation' or a 'Sound Bath'?

When I first heard of 'sound meditation' or 'sound baths' as others call it, I imagined some New Age guru beating a giant gong or being in a room full of strangers having a bath together while listening to music. While this may be right up your alley, the truth is a lot less naked, doesn't involve water and the experience goes way beyond just hitting something to make a noise.

It's the use of sound as a tool to cultivate and support deep relaxation. There are different kinds of instruments out there, but ultimately the purpose is to create a gentle, yet powerful, experience that heals the body, clears the mind and heightens your meditation practice by helping to rein in your attention to the present.

The 'bath' part has nothing to do with bubbles and is just a way to help paint the picture of being "bathed" in sound.

You simply lay down and listen to the practitioner play you transcendental sounds to induce you into a meditative state.




What happens to your brain when meditating?

When you experience my sound meditations, these are things that can happen to you and help explain why my clients feel great after my session.

Your frontal lobe used for planning and reasoning switches off, helping you to detach and relax. This is why people feel a sense of bliss after my sessions as they don't feel the need to 'plan' tomorrow's day etc. as meditating brings you into the present.

Your thalamus that helps your brain focus. During meditation, it reduces incoming thoughts and messages allowing you to focus. This is why my clients tell me 'I felt so present and effortlessly focused on your sounds'

Your parietal lobe that gives you your sense of time, slows down, reducing your stress and anxiety. This is also why people feel like I've only played my sound meditation to them for half the time of what it actually was.



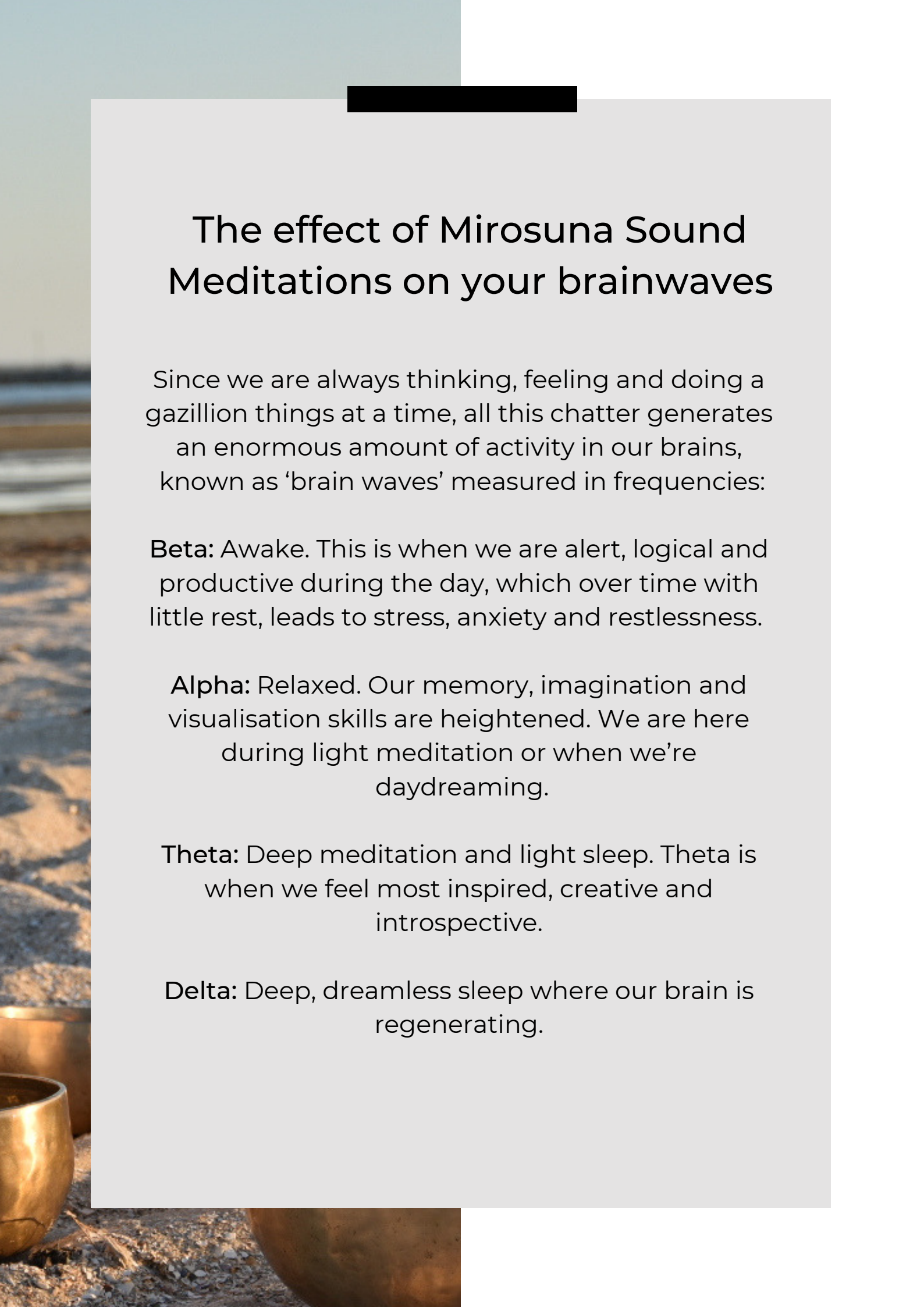
What happens to your brain when meditating? Continued...

Your reticular that keeps your brain alert and responsive, slows down. Allowing you to feel at ease. This is why people feel like they have no where to be after my session. There is no sense of rush. Just calm.

Learning how to alter your brainwaves in my sessions can show you how to do it on your own in your daily life.

Come and experience a Mirosuna Sound Meditation to try this out for yourself!

See my upcoming events on my website.



The effect of Mirovana Sound Meditations on your brainwaves

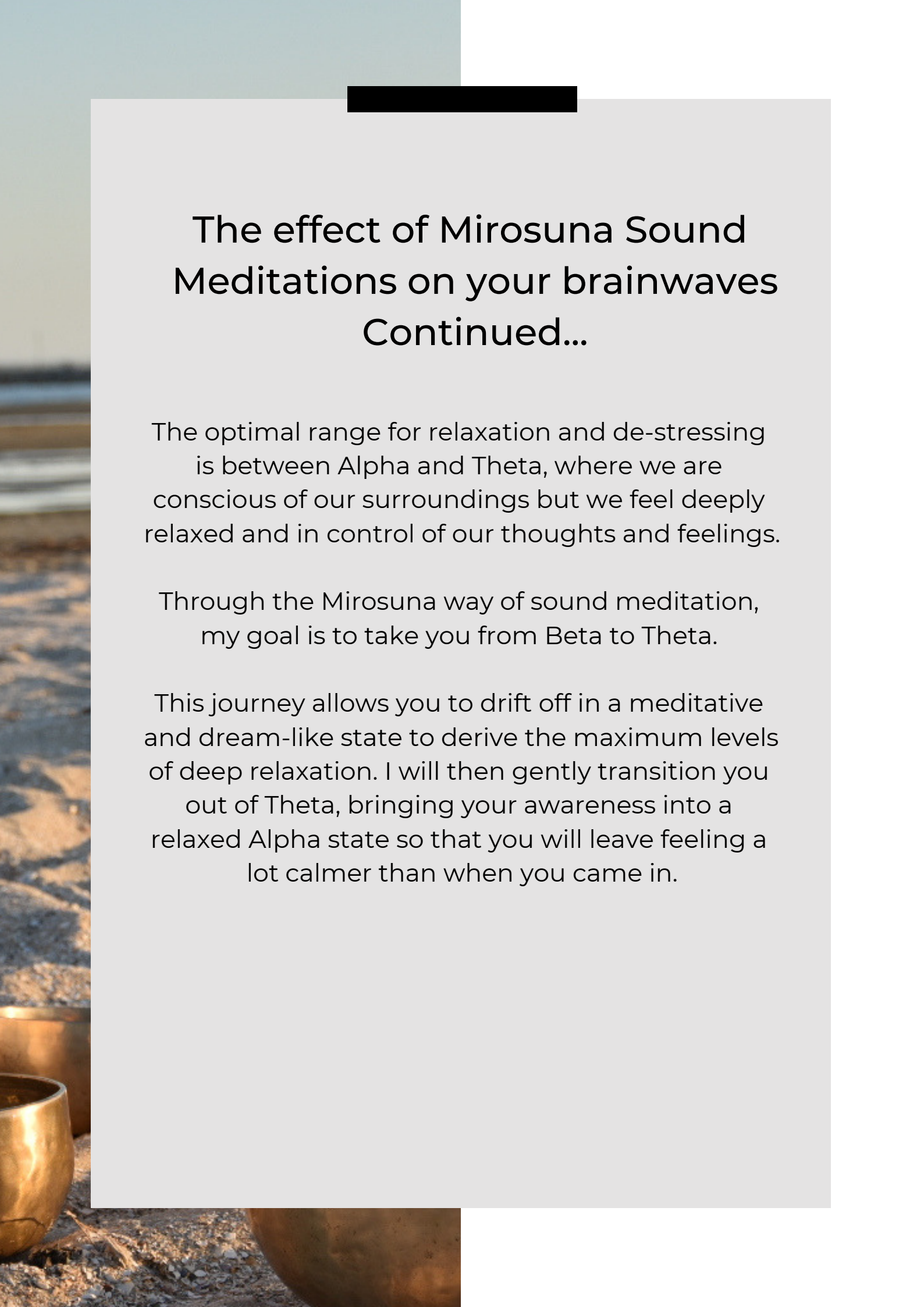
Since we are always thinking, feeling and doing a gazillion things at a time, all this chatter generates an enormous amount of activity in our brains, known as 'brain waves' measured in frequencies:

Beta: Awake. This is when we are alert, logical and productive during the day, which over time with little rest, leads to stress, anxiety and restlessness.

Alpha: Relaxed. Our memory, imagination and visualisation skills are heightened. We are here during light meditation or when we're daydreaming.

Theta: Deep meditation and light sleep. Theta is when we feel most inspired, creative and introspective.

Delta: Deep, dreamless sleep where our brain is regenerating.




The effect of Mirosuna Sound Meditations on your brainwaves Continued...

The optimal range for relaxation and de-stressing is between Alpha and Theta, where we are conscious of our surroundings but we feel deeply relaxed and in control of our thoughts and feelings.

Through the Mirosuna way of sound meditation, my goal is to take you from Beta to Theta.

This journey allows you to drift off in a meditative and dream-like state to derive the maximum levels of deep relaxation. I will then gently transition you out of Theta, bringing your awareness into a relaxed Alpha state so that you will leave feeling a lot calmer than when you came in.




How is this different from a regular meditation?

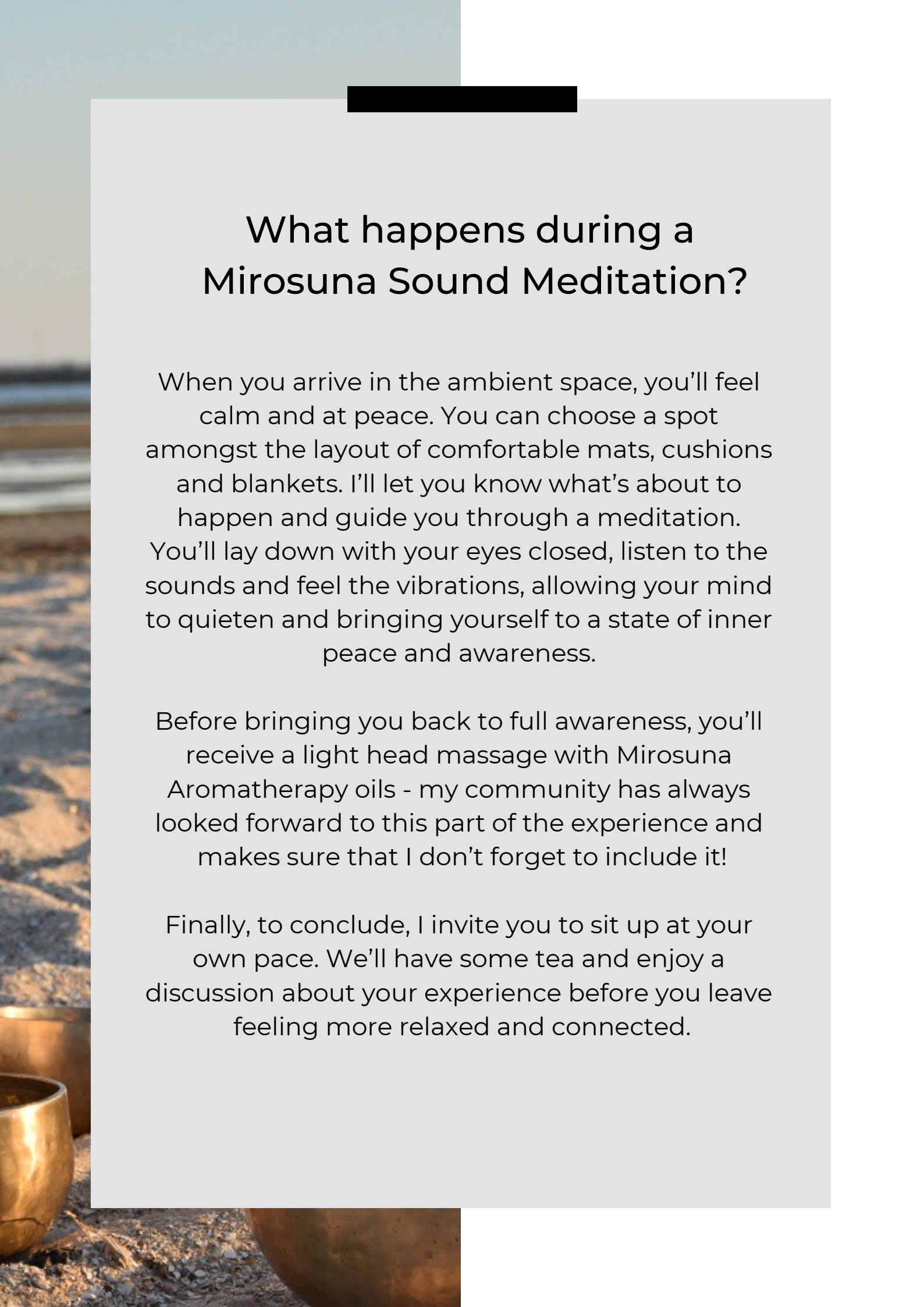
While regular meditation requires you to count your breaths, visualise something or repeat a mantra in your head, in silence; sound meditation gives you sound and vibrations to focus on. It enables you to bring your awareness to the present in a way that's a lot quicker and easier.

How do I know if Sound Meditation is for me?

Having worked over a decade in fast-paced corporate environments, I know what it's like to feel stressed 24/7 juggling your whole life. All my clients used to think that it was so hard to switch off their mind too until they discovered my Sound Meditations.

This form of meditation is that it is for people from all walks of life. Whether you're a corporate executive, self-employed, a busy carer/parent or anyone who finds it hard to slow down, sound meditations may be very beneficial for you.





What happens during a Mirosuna Sound Meditation?

When you arrive in the ambient space, you'll feel calm and at peace. You can choose a spot amongst the layout of comfortable mats, cushions and blankets. I'll let you know what's about to happen and guide you through a meditation. You'll lay down with your eyes closed, listen to the sounds and feel the vibrations, allowing your mind to quieten and bringing yourself to a state of inner peace and awareness.

Before bringing you back to full awareness, you'll receive a light head massage with Mirosuna Aromatherapy oils - my community has always looked forward to this part of the experience and makes sure that I don't forget to include it!

Finally, to conclude, I invite you to sit up at your own pace. We'll have some tea and enjoy a discussion about your experience before you leave feeling more relaxed and connected.



What instruments do I use?

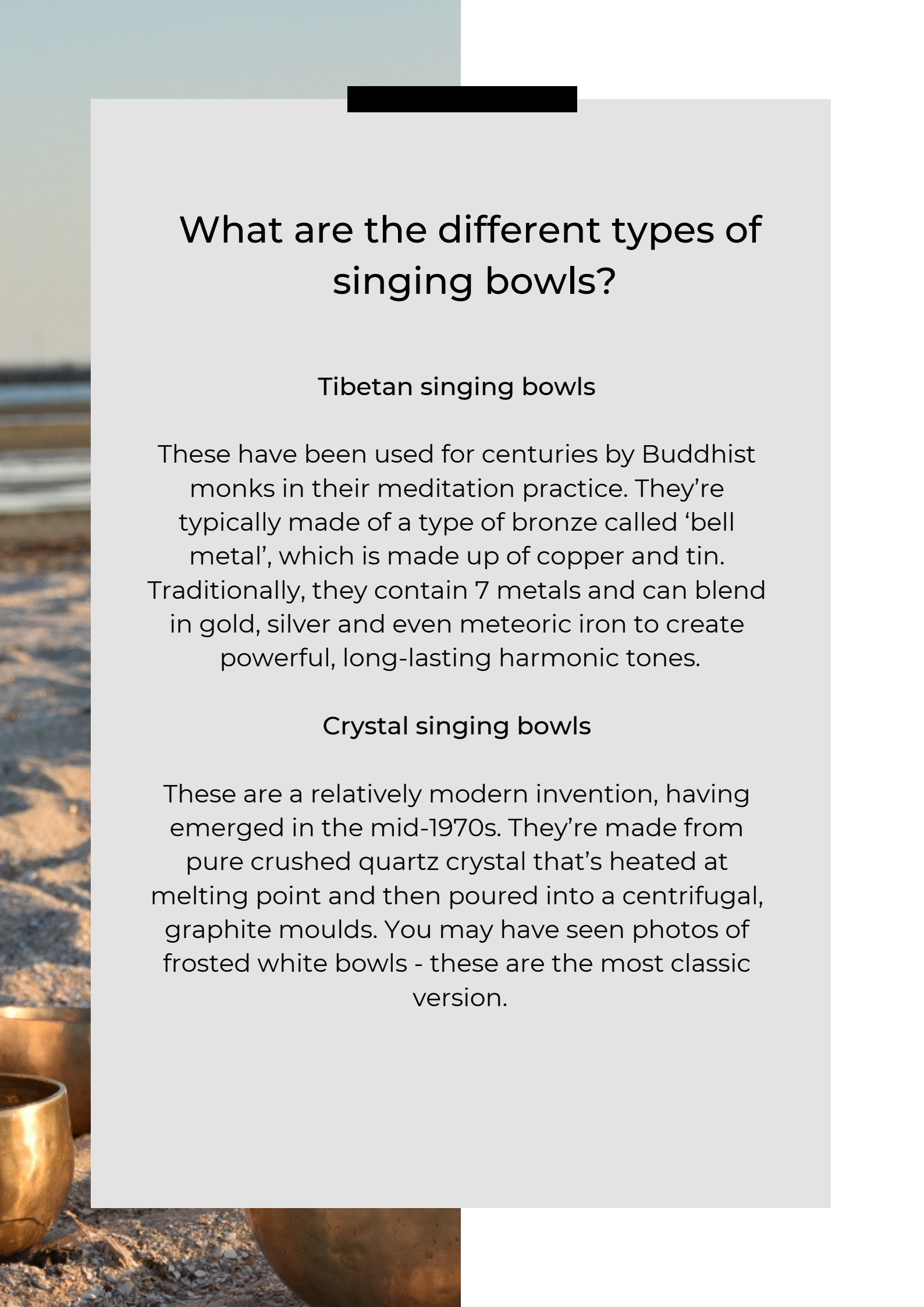
There's a lot of instruments out there, from tuning forks and gongs to drums and wind chimes.

Personally, I prefer to only use Tibetan and Alchemy singing bowls for less distraction. The singing bowls have rich, humming sounds and deep harmonic vibrations that surround and penetrate our bodies when they're tapped or rimmed with a mallet.

This is something that doesn't necessarily happen with other instruments and there aren't really words to describe the unique sounds and sensations you feel until you experience it in person.

How long do my sessions go for?

Generally, I will play for 30-50 minutes. Everyone always thinks that I've played for less than half the time that I actually have because they feel very relaxed and drift off 'in the zone'.



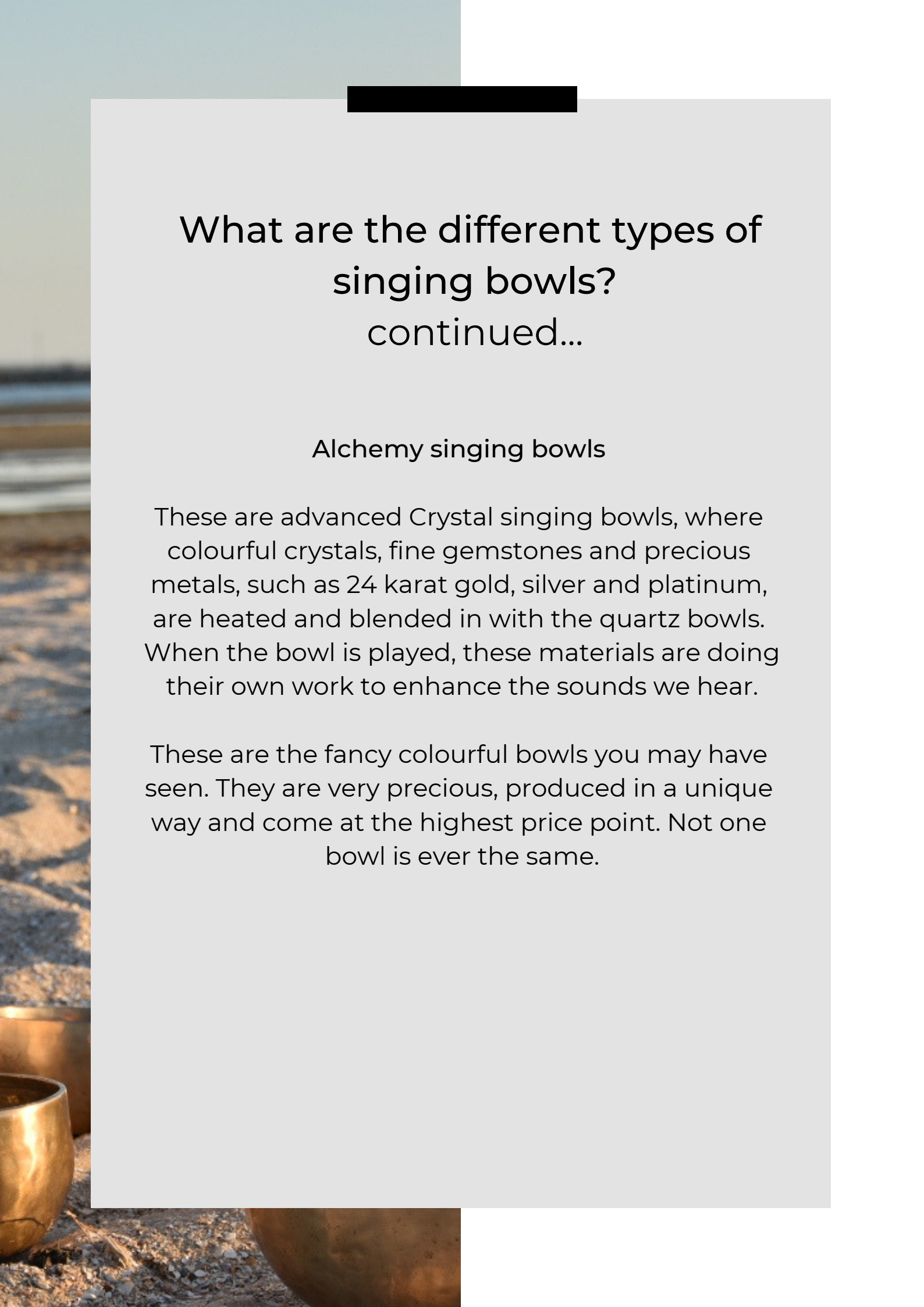
What are the different types of singing bowls?

Tibetan singing bowls

These have been used for centuries by Buddhist monks in their meditation practice. They're typically made of a type of bronze called 'bell metal', which is made up of copper and tin. Traditionally, they contain 7 metals and can blend in gold, silver and even meteoric iron to create powerful, long-lasting harmonic tones.

Crystal singing bowls

These are a relatively modern invention, having emerged in the mid-1970s. They're made from pure crushed quartz crystal that's heated at melting point and then poured into a centrifugal, graphite moulds. You may have seen photos of frosted white bowls - these are the most classic version.



What are the different types of singing bowls? continued...

Alchemy singing bowls

These are advanced Crystal singing bowls, where colourful crystals, fine gemstones and precious metals, such as 24 karat gold, silver and platinum, are heated and blended in with the quartz bowls. When the bowl is played, these materials are doing their own work to enhance the sounds we hear.

These are the fancy colourful bowls you may have seen. They are very precious, produced in a unique way and come at the highest price point. Not one bowl is ever the same.




What others have to say?

I feel deeply humbled hearing this feedback from my lovely clients who have experienced a Mirosona Sound Meditation:

“The sessions were deeply relaxing and lulled me into a calm and meditative state so effortlessly” - Wendy

“I find it difficult to slow my mind and remain focused for even 5 minutes! But we were all incredibly surprised at the end of the session to find of what felt like 10 minutes was really 1 hour of meditation!” - Laura

“I believe sound meditation detoxifies the body by accepting all that has been, is, and will be. It is a rejuvenating practice that can reveal the unconscious, translate desires or just help you to rest your mind. Whether consciously or unconsciously, it will do wonders for opening your deep emotions to assist the healing process. It's a chance to stop and see what is going on and join collective dreaming with a group of like-minded individuals.” - Courtney



What others have to say? Continued...

"I'm totally a rookie when it comes to meditation and mindfulness, but I felt so relaxed and calm" -
Monique

"I didn't think I'd be so relaxed, but I fell asleep but
and was one of the first to snore" - Paul

"I recently had the pleasure of attending one of
Sally's sound meditation classes. Sally has an
amazing authentic presence, and the sound was
absolutely beautiful!

Although I was recovering from a cold, I found the
session deeply relaxing and I was able for once in
my life to relax my mind and not think about
anything! Also, the head massage, and tea that
was served at the end was very nice. My partner
did comment on how relaxed I looked after it." -
Saja

[Read more reviews here.](#)



Closing

It still blows me away that such a simple activity can hold so much power in helping us experience deep peace and calmness. I find that the more I do this, the lighter and more carefree I feel. It also has become the main outlet for me to release my stress and tension.

If you cannot switch off your mind, find it hard to relax or want to discover an easier form of meditation, come to one of my upcoming events listed on Mirosuna's website.

I look forward to meeting you in person and sharing our journeys together.

Sally Kellett
Founder of Mirosuna

@mirosuna
www.mirosuna.com

**GOOD LUCK WITH YOUR
PRACTICE!**



Connect with me

@mirosuna
www.mirosuna.com
hello@mirosuna.com



Privacy & Terms

Intellectual Property

- a. Unless otherwise indicated, Mirosuna owns or has the rights to use:
 - i. all copyright in this document and its contents;
 - ii. all intellectual property
 - iii. any trade names or trade marks associated with Mirosuna
- b. You must not in any way copy, reproduce, replicate or imitate any of the content without our prior written consent.
- c. You must not in any way reproduce, publish, communicate or adapt any part of this document including any these terms and conditions, without our prior written consent.
- d. We reserve all rights in relation to all intellectual property.

Terms & Conditions

- a. All opinions expressed in this article are personal and subjective.
- b. Every person may be effected differently by meditation and sound