

RELEASE
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VOL.1

INTRODUCTION

INNER SOUND



JOURNAL

36

PAGES

HELLOMARIANNE.COM

CREATE CLARITY + PEACE OF MIND

ARE YOU SENSITIVE TO IMPULSES AND SOUNDS AROUND YOU? WOULD YOU LIKE TO KNOW HOW TO FEEL CALMER WHEN THE WORLD OVERWHELMS YOU? THIS E-BOOK IS PART OF THE E-COURSE 'INNER SOUND' AND HAS BEEN WRITTEN FOR YOU!

This journal is a great tool to find balance between the sounds around you and inside of you.

INNER SOUND

*12 x Weekly
Sessions*

In this journal you will be guided on doing weekly exercises that help you explore the topic of being sound sensitive during a period of 12 weeks. We will keep it easy peasy. We suggest doing one activity per week and perhaps together with someone who can support you. You can decide to do one activity per week or one per month. It's entirely up to you.

WELCOME

I'm so happy that you bought the e-course 'Inner Sound', because it means the beginning of a healing journey.

What will you be doing during the 12 sessions? You will start understanding your sound sensitivity; when it happens, how it affects you and why, You will also decide how you'd like to view it from now on; as a burden, a gift or as a message from your own body to you.

How to use the exercises on the e-course? It's entirely up to you when you decide to do the exercises. You can start anytime and you can take as long as you need to. However, I would like to recommend dedicating about 2-4 hours weekly for your exploration.

What does the title 'Inner Sound' refer to? What I've come to know myself during my own exploration is that when I don't listen to the sounds of my own voice, thus the sounds inside of me, the sounds around me hurt me more. Therefore I believe that when the Inner Sounds are given more breathing space, you will find the right balance between the sounds around you and the ones inside of you.

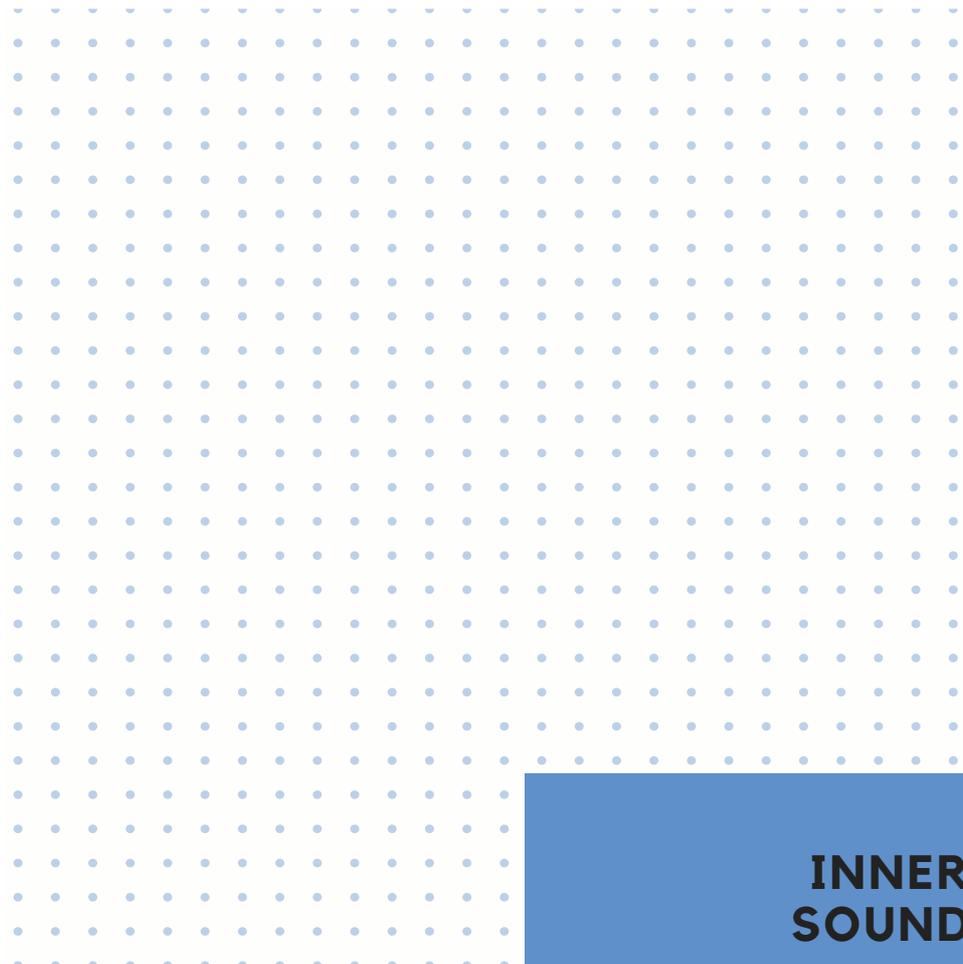
To make it more practical, I've put all sessions in printable 14 x A4 e-books for you. You could print each one on biotope paper in case you wish to take notes on it. It will be easier to do so with this kind of paper and you can then take it with you wherever you go to stay inspired. To conclude, you can call this e-course what you like: ebook, workbook, notebook or one I like myself, **JoyBook**.

XO. MARIANNE

TUNE IN

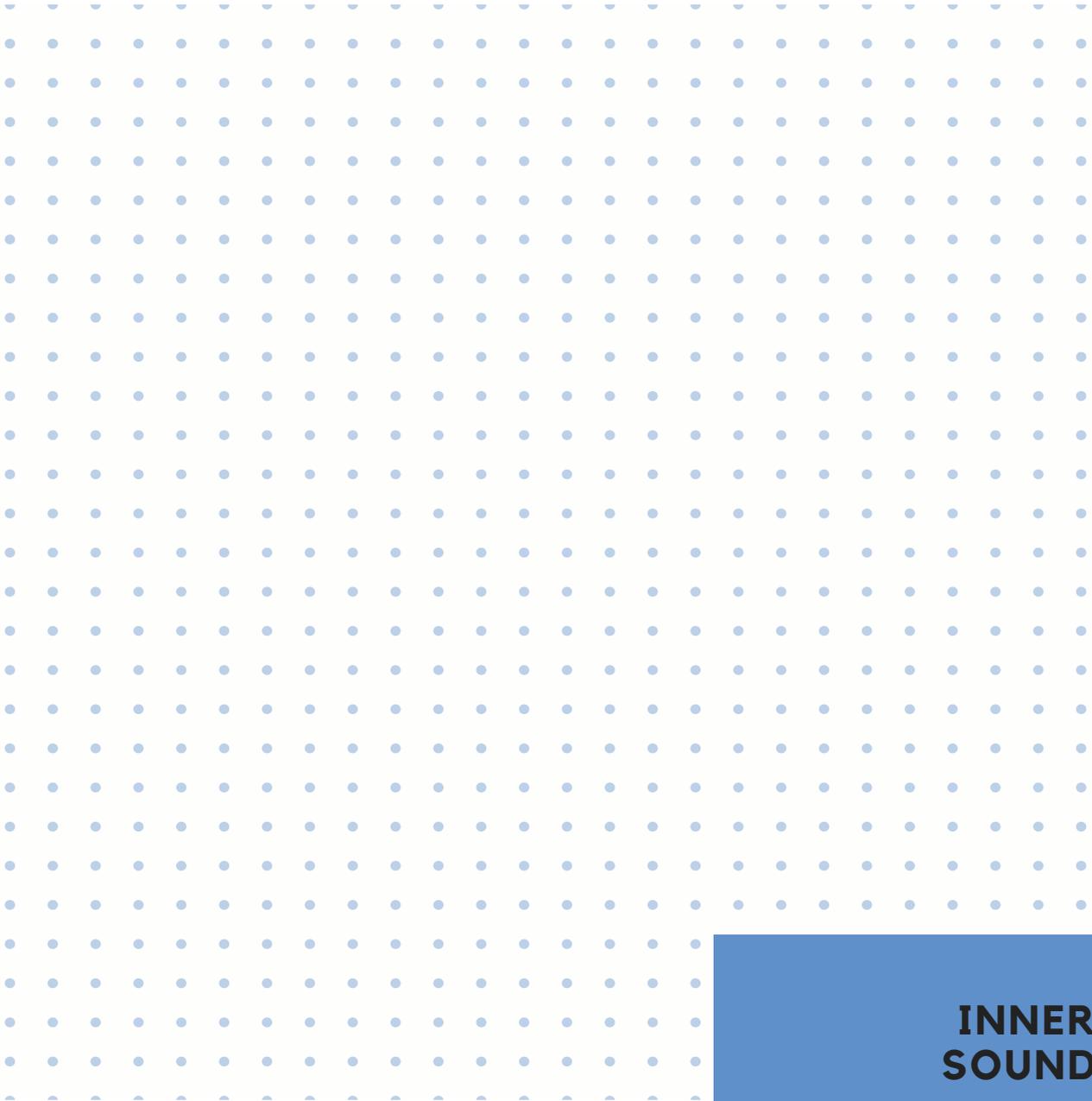
What would you like to have learned by the end of the e-book 'Inner Sound'? Let's say the sessions in this e-book and the activities that you will be doing are like going shopping. What will need to be put in your shopping basket? So, when you go home after 'having been shopping at the 'Inner Sound' store, what will you have gained from this experience?

Ready? Try creating mind-maps for clarity and peace of mind. Put a theme (question) on the middle of a blank page. Start adding the related topics (answers) around it and add sub-topics (answers) around each topic. Throughout the next few days or weeks, you can keep on adding to it. Allow yourself time to fine-tune your answers.



INNER SOUND

TUNE IN



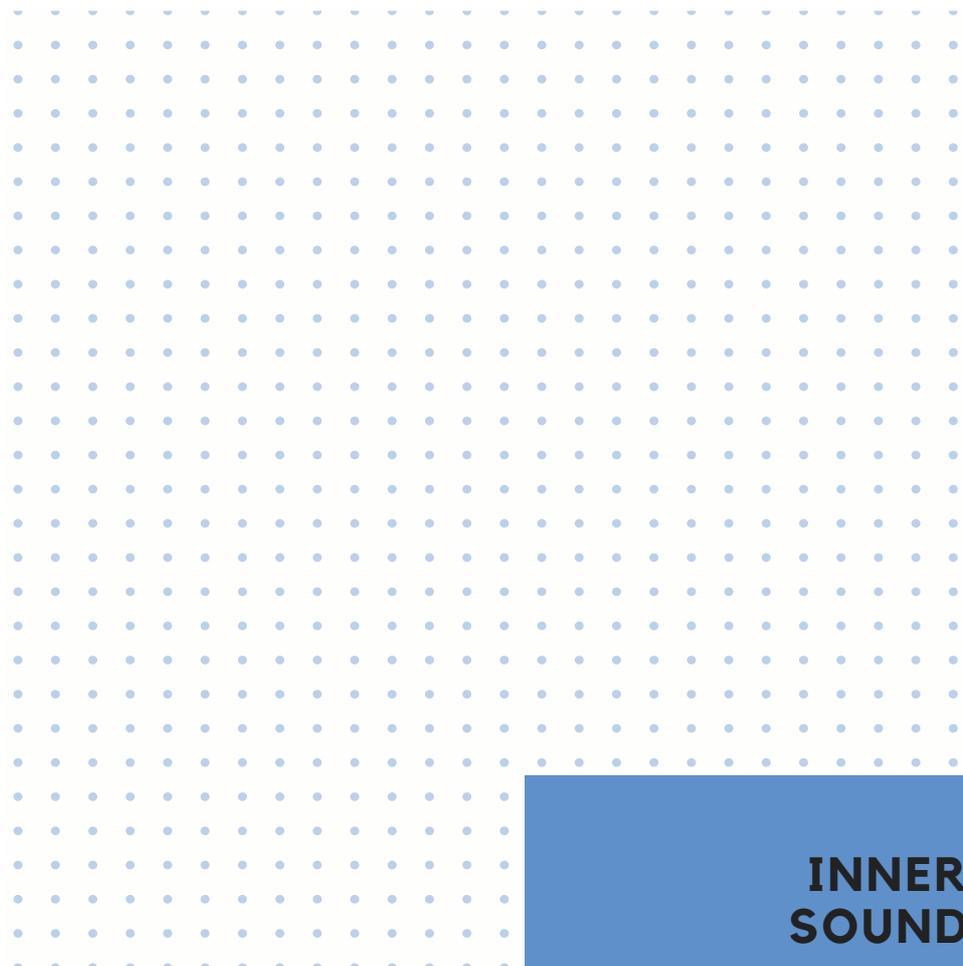
**INNER
SOUND**

E-Book

TEAM UP

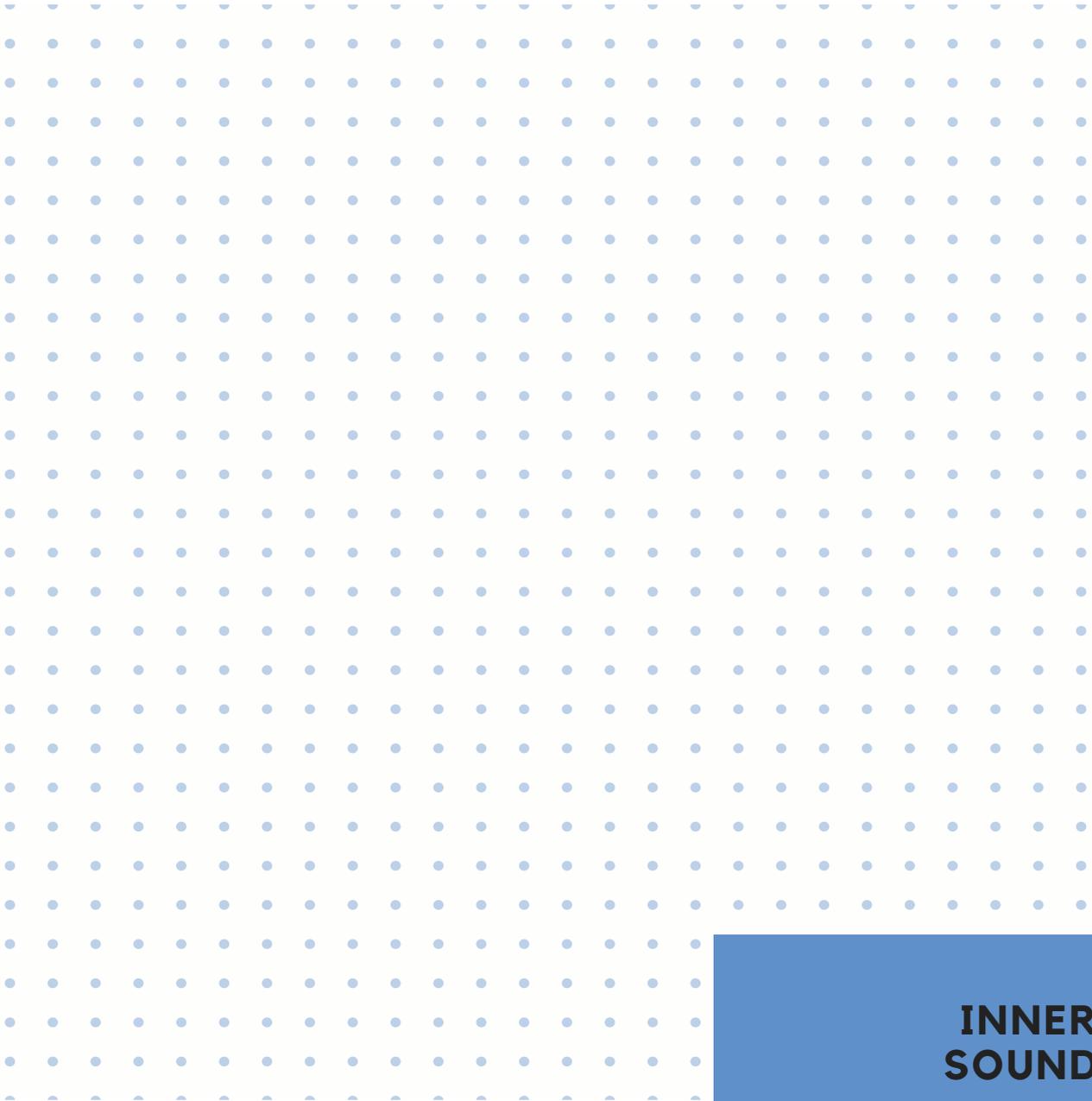
Is there someone you'd like to support you when you are doing the exercises on the 'Inner Sound' e-book? Or would you rather do it on your own? When you decide to invite someone to do this exploration together with you, will you take the lead? How will you share the exercises with each other? Via e-mail, WhatsApp messages or sit down and talk about it? How will you keep each other posted on how your exercises are going? What values are important to you during this journey together? I will give you tips on this too, but first give it some thought and write down your ideas on this page and the next one.

Values? What's most important to you? Honesty? Respect? Acceptance? Give it some thought. Whether you team up with someone else or not, let these values guide you.



INNER SOUND

TEAM UP



**INNER
SOUND**

E-Book

HOW ABOUT?

How about doing the exercises the following way?

There are 12 main sessions on this e-course, so perhaps do these explorative sessions in 12 weeks to stay on track. The introduction and the Round-It-All-Up session are 2 extra sessions.

Choose someone who could support you who is able to hold the space for you when you need extra help and guidance.

You can do your 'Inner Sound' activities on any given day basically and you could also dedicate one specific day per week to it. For example. Each Monday morning before 10:00 AM you share the exercise of that week with your support buddy. There are more enough exercises for 12 weeks.

Use the weekly exercises to explore the topic of sound sensitivity and do know there are no wrong answers. Write down what's true for you. That's what counts.

Find a way to note down your insights. You could create a mind map, or perhaps a mood board. Collect images that convey the meaning of your insights or you could use a paper notebook for notes and drawings.

You can share your insights with your support buddy if you feel like it, but you don't have to. Also, in case you choose to do the exercises on your own, that's perfectly fine.

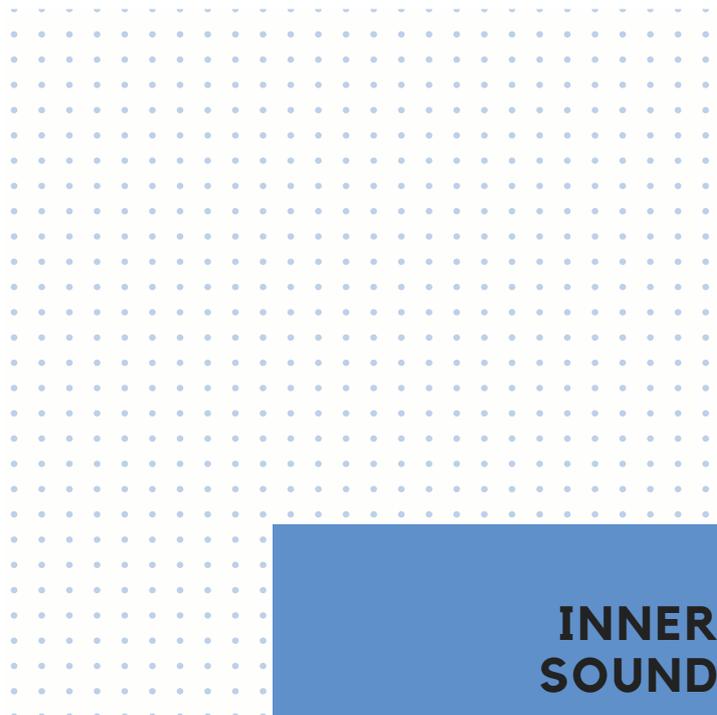
HOW ABOUT? - MORE IDEAS

Really do keep track of your answers in some way so that your insights and results are visible. Whether you do the exercises with someone, or not, it will motivate you to keep on taking weekly steps towards learning more about your sound sensitivity.

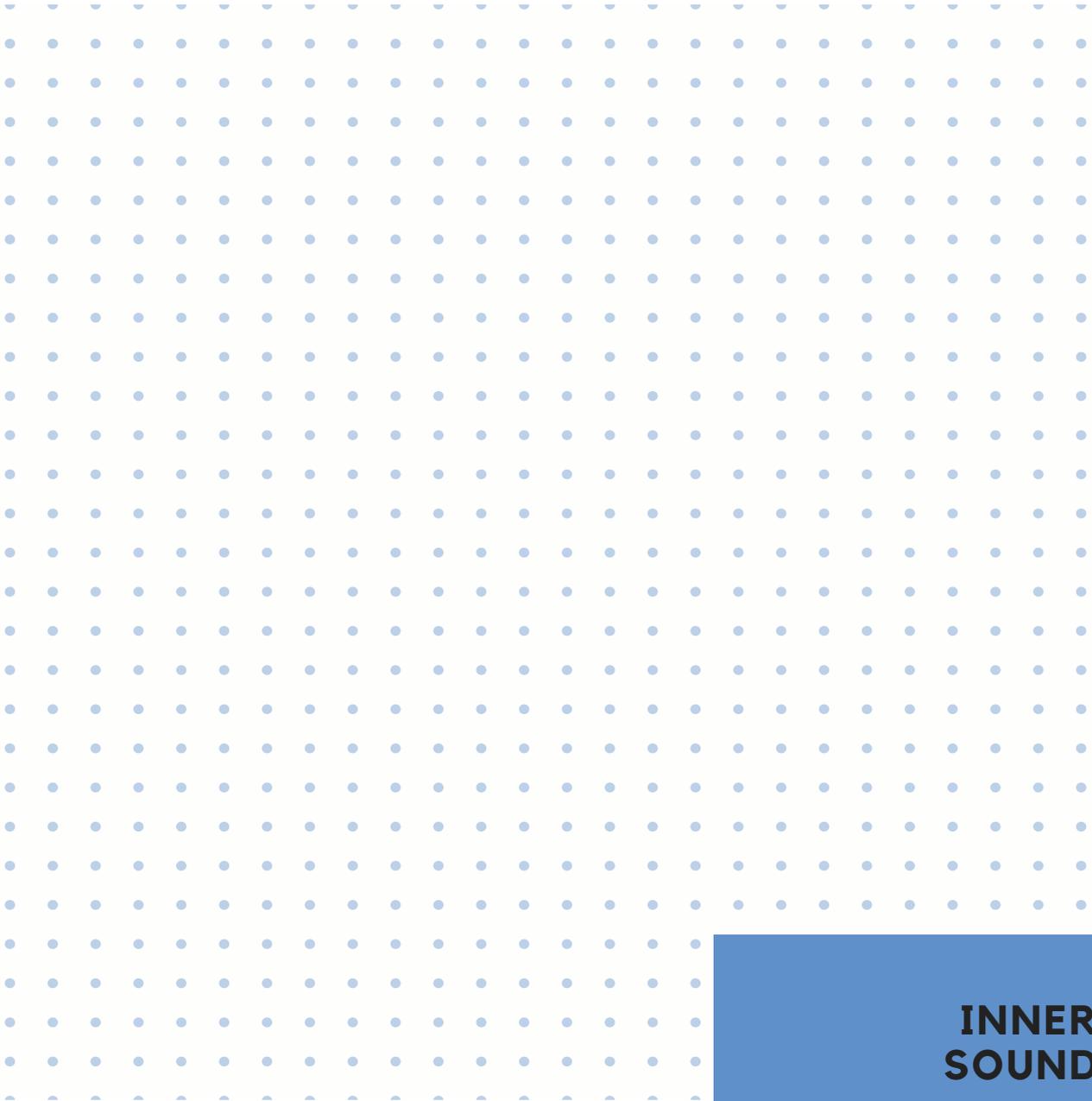
Don't worry, if you miss a week, it's all fine. Although it's most supportive to share your answers with each other on a weekly basis, it's OK if you forget to do it sometimes. It does help when you keep your support buddy updated on how things are going, so (s)he can give you the support, love and care that you need.

Be kind to yourself and the other in case you support each other. The exercises will go as they go. Don't force anything and have a break if you need to. Rest & play to keep moving forward from a place of love.

★ Sounds affect every area of our lives and the exercises on this e-course will help you restore your relationship with sounds. ★



HOW ABOUT?



INNER SOUND

tips & tricks

Preparing for a Journey of Self-Care

Excited to start? Here are some helpful tips and tricks to make sure you take care of yourself throughout the process. Let's dive in!

HANDY!

One. Create a ritual. Take yourself on an 'Inner Sound' weekly date and try at least one exercise or entire session weekly.

Two. Get yourself a nice paper notebook. Or print this one. I've added many blank pages with dots for your notes to mind-map your answers.

Three. Allow yourself to focus. Create some quiet time in your day and even a certain space in your house for these reflective moments.

Four. Start with the theme that is most relevant to you. Make it even more playful perhaps by randomly opening up this notebook on a page. The theme on that page is then right for you at that moment.

Five. Go at your own pace. Easy peasy. It's not meant to be difficult. So, no sweat. Breathe. Stop when you need to, have a rest and continue when you're ready again.

Six. Celebrate your accomplishments. Celebrate all of your answers. Sing. Dance. Laugh. You're doing it. Remember; you've got what it takes to navigate this.

Seven. Feel gratitude. Say 'Thank you!' to honour and acknowledge all that is present in your life already.

Eight. Simply connect. You know where to find me in case you need more guidance.

ANOTHER WAY FORWARD

This is a method I love using. Try it yourself and see how close to the truth your answers will be. This is how it goes.

You can copy the questions I've written down for you on a piece of paper. If you do this, write them with your dominant hand. Then you take your pen in your non-dominant hand to write down your answers. Afterwards you take the pen back into your dominant hand.

Decipher what you just wrote down. Write down your answer again with your dominant hand by copying the answer you wrote down with your non-dominant hand. This way you can understand what you wrote down to the raised question when you read back through your notes after some time.

It works every time. I'm always surprised by the honesty of my answers. Hope it will work for you too. Enjoy it!

TIP. You could answer all questions twice. Once the 'normal' way and ones by trying out this method. Just give it a go. See what comes up!

YOUR DAILY LIFE
BODILY SENSATIONS
YOUR FEELINGS & THOUGHTS
SURROUNDINGS, GENETICS +
PERSONALITY
COPING MECHANISM
SELF-CARE
STRESS MANAGEMENT
HOW TO STAY FOCUSED?
YOUR STORY
READY FOR THE WORLD!

HEALING STEPS

Themes that will guide you onwards!

INNER SOUND

Introduction

Are you ready to begin? Let's start with the introduction and some explorative exercises.