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SESSION 11

# INNER SOUND



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PAGES

# INNER SOUND

## *Session #11*

**Are you ready to continue?** Let's start with the exercises for week #11 - Healing Steps.

## SESSION #11 - HEALING STEPS

Welcome to session 11. It TRULY is time create a plan that suits your sound sensitive nature; your Sound Champion plan or as I also like calling it: Healing Steps.

We will look at all kinds of subjects in the introduction on this 11th session and after this introduction we will continue with 4 main topics. You can see it as 4 levels of your healing plan.

- Heal your pain.
- Recondition yourself.
- Reframe your Sound Sensitivity.
- Rearrange your life.

In short: **Heal. Recondition. Reframe. Rearrange.**  
Your 'mantra' from now on!

An important question that needs to be answered is:  
*What can you do to lower your stress levels daily?*

You can lower your stress levels continuously. On this 11th session we will make a plan on how to do that. Healing what can be healed, reconditioning yourself and reframing your story is part of it as well as a plan for your daily activities and on how to approach what you do in general.

**Let's continue!**

## **SESSION #11 - HEALING STEPS**

**I believe you need to do as much as you can to calm your nervous system and that's why I would like you to create a plan on how you are going to deal with your Sound Sensitivity on an hourly, daily, weekly, monthly and yearly basis.**

Yes, this means you have to change how you do things. It will have an impact on what you do, where, when, with whom, how and why.

What it comes down to, according to me, is that you will need to rearrange your life. You will have to do this in such a way that you too can live a contented and happy life.

I want you to be able to function the best way you possibly can in a world full of impulses and sounds and I would like you to do it YOUR way.

Yes, sounds are here.

Yes, sound will stay.

Yes, your sound sensitivity might always be with you too.

Perhaps it can be cured, perhaps not.

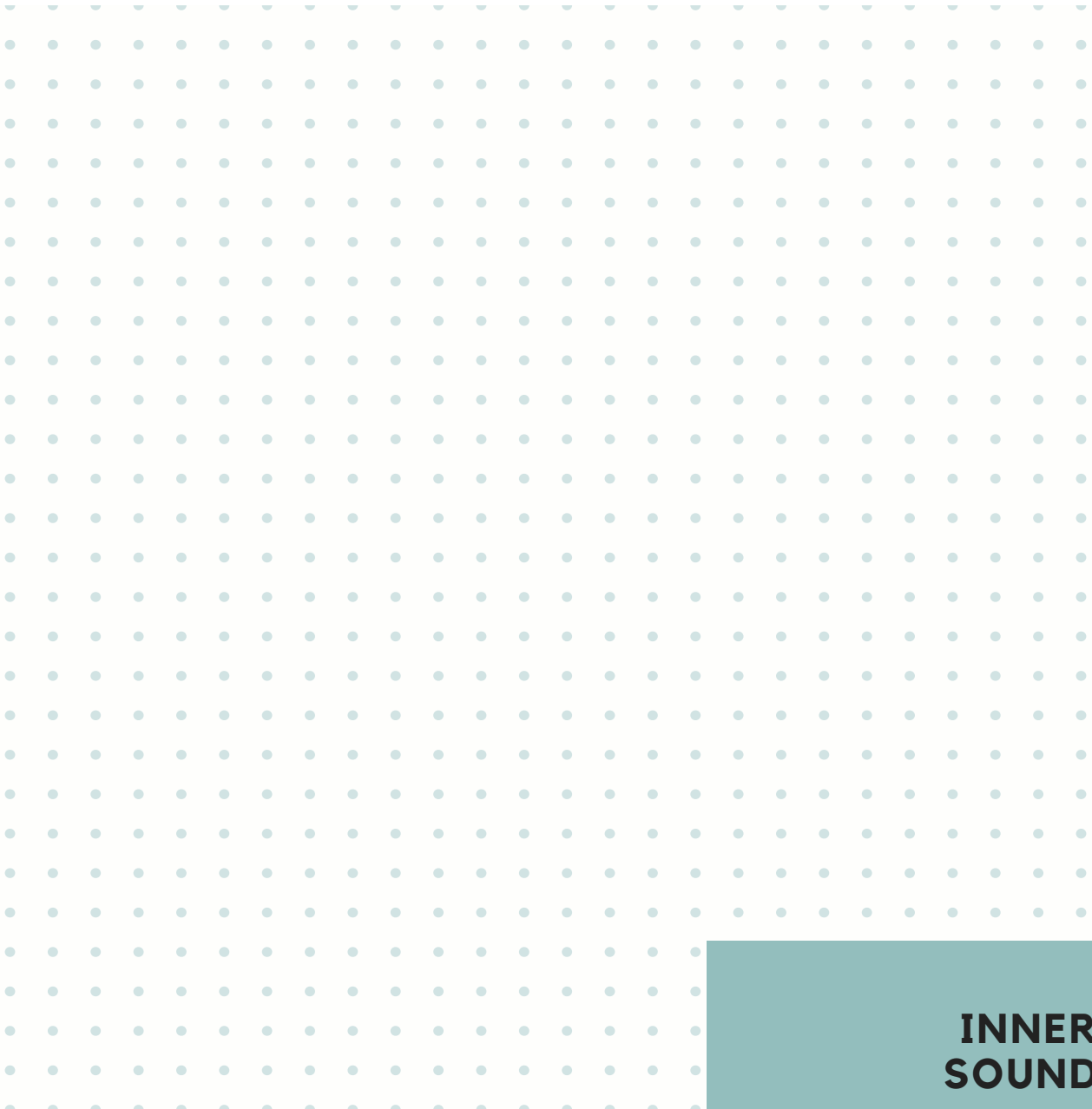
Given these facts.

### **Can you make friends with your sound sensitivity?**

Write down the first things that come to mind when I raise this question. Use the next page for notes.

# SESSION #11 - HEALING STEPS

Space for notes



## SESSION #11 - HEALING STEPS

**Can you make friends with your sound sensitivity? I believe that your body is giving you messages. The trick is to start understanding its language.**

- What do you think the sound sensitivity is trying to tell you?
- Is there something that needs healing?
- Could it be that an unexpressed need is hidden behind your sound sensitivity?
- Could it be that your sound sensitivity is actually also your talent and your gift?
- Could it be that your sound sensitivity is actually a messenger that shows you how to adapt your life in order to be safe, happy and healthy?

I believe that all of these situations could be true at the same time. It's more a situation of 'And ... And' and not of 'Or... Or'. This counts for the reasons why you are dealing with sound sensitivity, as well as the solutions for it. There is not one cause, neither is there one solution.

Use the next page for notes.



**INNER  
SOUND**

*E-Book*