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VOL.1

SESSION 9

# INNER SOUND



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PAGES

# INNER SOUND

## *Session #9*

**Are you ready to continue?** Let's start with the exercises for week #9 - Your Sound Sensitivity Story.

## SESSION # 9 - YOUR STORY

**Welcome to session 9. Time to dig deep, as they say. No worries, I am here with you!**

In today's step you are ready for your sound sensitivity story and almost ready for your 'healing' plan. I have put the word 'healing' between quotation marks, because I would love you to heal from sound sensitivity, but I don't know (yet) whether you can actually completely heal from it. However, you surely can work on healing the biggest part of your old pain and you can learn how to be with whatever arises.

I have asked a dear friend of mine who works as a neuropsychologist about healing 'old pain' and this is what she said: *"For the rest of your life, your old pain will be with you. You can however learn how to take the edges off, so it doesn't hurt that much anymore. If the pain comes up again, it will do so for much shorter periods of time. You can learn to deal with it daily in a much more conscious and loving way. The pain might never be gone completely, but that's OK."*

How can you take the edges off? Let's find out how.

**Let's continue on the next page!**

## SESSION # 9 - YOUR STORY

**You are ready for session 9 and the next step to move closer towards a more soothed experience of the world around you.**

I don't know what your goal is for this course and check the introduction session again if you forgot it yourself.

But ... I am guessing your goal for this course is in line with ...

*“I would love to live peacefully in a world full of impulse and sounds and I would love it if I am no longer being triggered by certain sounds.”.*

Or as some say it:

*“I want a NORMAL life!”.*

Believe it or not, so do I ;)!

Now this e-course is a process of looking back, being present and moving forward from that space. Stay with me. We are going to look at your sound sensitivity story more in depth today. **Let's do it!**

## SESSION # 9 - YOUR STORY

**In today's session you will look at 'healing' your sound sensitivity story at a much deeper level.**

Please do everything in this session in steps. How?

- Read through everything in this session first.
- Front to back. You will then understand the whole session and have an idea about all exercises.
- Just read. Absorb the information.
- Go back. Read it again piece by piece.
- Then ... piece by piece. Whatever comes up, start writing. Write it all down.
- Keep on breathing while doing so. Breathe in. Breathe out.

**When the going gets tough, go back to the relaxation exercises we did in session #7 and allow yourself a break.** Breathe and do the Basic Breathing exercise or do the Jacobson exercise and/or a Yoga Nidra session.

**P.S.** Before we move on an important note from me to you: I am sharing resources and practices with you that I have learned over the years. I am bringing it all together for your convenience. The next exercise has been given to me by a dear friend who works as a neuropsychologist. I also have been doing all of the exercises shared with you myself over the past couple of years while being supported by skillful and resourceful therapists. If you feel you need more help than I can give you on this course, go find one!

## SESSION # 9 - YOUR STORY

### Practice. Practice. Practice

What it comes down to: Practice. Practice. Practice. Stay with it. It will take time to change your response to sounds. Take that time.

If it took you many years to develop your sound sensitivity, it will take perhaps just as many years or more to learn how to deal with it.

Also, get more professional support in case you need it. If you feel today's exercise is too intense, you know your story best, then seek professional help. **Really, remember, SELF CARE at all times.**

I do think you might be able to try it on your own.

If it doesn't work, you can always stop.

You are in control now.

Tell yourself: *"I am in control now!"*.

**Go on. Continue.**

