



Sara Auster: At-Home Sound Bath™



Sara Auster is a sound therapist, meditation teacher and author. Explore a Sound Bath with her.

TOP EMBODIMENT TIP: Continue to expose ourselves to experiences like this.

What is a Sound Bath?

- The Sound Bath Experience is a deeply immersive, full body listening experience where sound is used intentionally to invite therapeutic and restorative effects.
- Each one of us has a very individual and unique relationship with sound, so our emotional bodies respond quite differently to two different sounds. During the session there are a lot of possible reactions of the body.

What is inside the Sound Bath?

- Finding a comfortable place and giving yourself permission to rest.
- Observing your breath, and the sounds which are already in your environment.
- Continuing to soften and settle in to the moment.
- Allowing your awareness of sounds to be expansive and spacious.
- Taking three breaths: inhaling through the nose, and exhaling through the teeth; making a ttsssss sound until all the air is out of the body.
- Returning to the natural breath and listening to the sound bath.
- Gently waking up.
- Toning.
- Creating a moment of Gratitude.
- Giving yourself a hug and bringing back your awareness. Grounding and stretching your body.

Resources

- ❖ **Books:** *Sound Bath - Meditate, Heal and Connect through Listening*
- ❖ **Website:** saraauster.com



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Philip Shepherd, TEPP [The Embodied Present Process](#)



Philip Shepherd is the author of two books, *Radical Wholeness* and *New Self, New World*, and is also the originator of The Embodied Present Process (TEPP), which is taught online and in workshops around the world.

When you belong to a culture that lives in its head, you absorb its limiting assumptions at a tender age – assumptions about what it means to be human, what the body is, and what intelligence is, for starters.

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