



THE SONIC JOURNEY EXPERIENCE

Additional Support Guide.

The following exercises and suggestions can be used along with
The Sonic Journey Experience.

As we aim to reprogram our subconscious minds and connect to our own hearts and intuitive minds not only will we feel better but many old conditions, beliefs and patterns may arise. These old patterns may no longer serve you. You will know this because you will feel bad. We have come to this earth to learn and explore and feeling good or feeling GOD is our birthright.

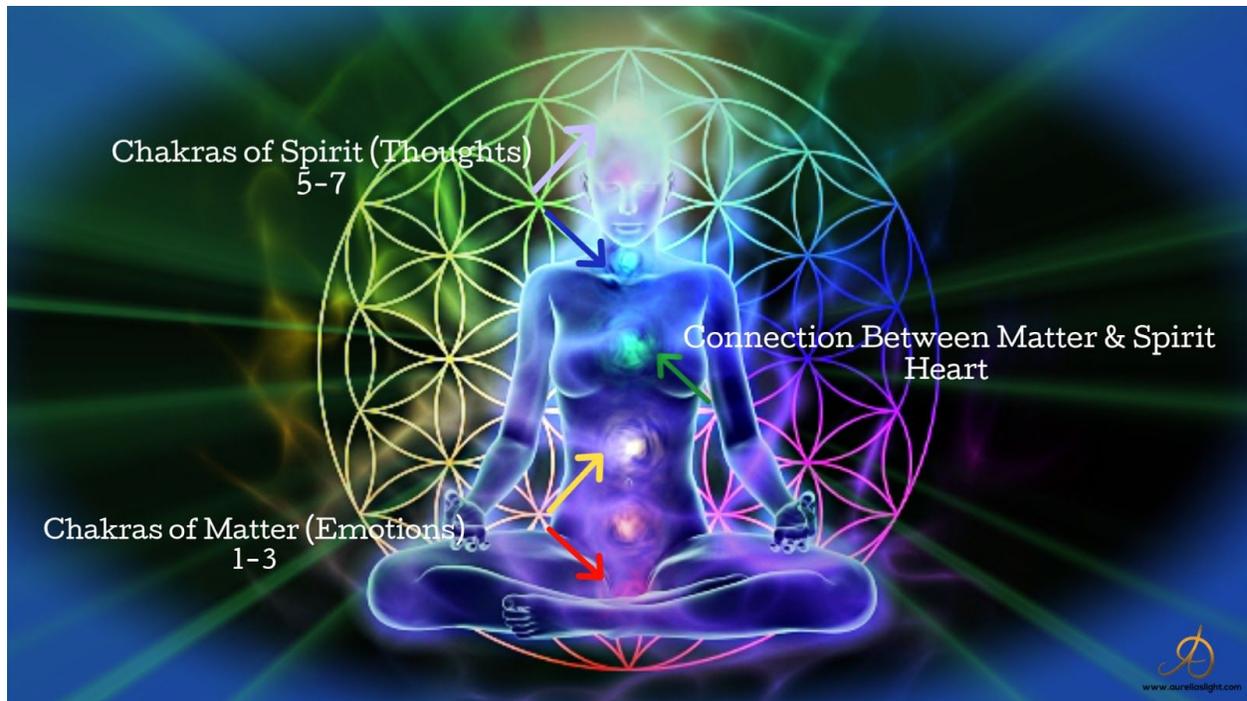
Feelings are part of our built in guiding system our inner compass.

Do we have to believe every thought or feeling that pops into our mind? Absolutely not, and many times we have to challenge the unhealthy and unsupportive thoughts. However, we have been gifted with these things called emotions and emotions are *Energy in Motion*. Raw energy which when used wisely with pure intention and an open heart can gift us with extraordinary power.

They can lead us to the truth of our being, our hearts desire and TRUE calling.

Listen to **The Sonic Journey Experience** for 6 weeks for lasting change. These helpful tips can help support you physically, mentally and emotionally. The more in alignment you are with **YOU** (*your spirit*) the *freer* you become and happiness is the organic by product of a soul in alignment.





❑ **Keep a Daily Journal**

(Log your feelings and emotions what surfaces throughout the day)

❑ **Keep a Dream Journal**

(Our higher self is always communicating to us especially at night)

❑ **Keep a lookout for Synchronicities-** These are the *magical* coincidences to assure us we are on track.

❑ **Start writing and saying positive affirmations to yourself (DAILY).** If a negative thought pops into your mind replace it with a more loving and kind thought or affirmation.

Example- Instead of *"I am fat, or I am so dumb"* replace it with *"My body is beautiful"* and *"I am open to learning new things"*.

❑ **Connect to your heart** as many times as you can throughout your day. Taking a pause and breathing into your heart space is priceless.



❑ Get into nature (Nature is a highest vibration containing zero resistance) Do you ever see a tree fighting with a tree?

❑ Exercise - Dance - Move - Play

Movement is a necessity for our human bodies and to release stuck and blocked energy. Our culture of technology and desk jobs is antithetical to human health and well being.

❑ Pay attention to your surroundings. Be conscious of what you watch for entertainment, what you listen to, read and surround yourself with. What you allow into your life (your ears and eyes) has an profound impact. Our culture is programmed for fear.

❑ Start a gratitude list! Gratitude helps us stay in flow of universal support and appreciation.

❑ Focus on yourself and your own vibration. What others think and feel about you is none of your business.

❑ Take a himalayan or epsom salt bath once a week or more if possible.

❑ Take cold showers! Yes that might sound torturous but cold therapy has an amazing effect on the body. There are too many benefits to list but for starters the cold water lowers inflammation, raises our immune system and reminds us we are ALIVE.

❑ Laugh daily! Life is a journey a place to create and play and laughter is incredibly healing. It raises the immune system and our vibration.



❑ Practice saying NO! Check in with your heart and what's good for your own well being before you say Yes to everything and everyone. And Say YES to yourself.

❑ Speak wisely. Our words have *energy* and *power* and create our reality. Make sure what you say is in alignment with what you want.

❑ Watch for the signs and follow them
(our reality is always communicating with us follow the breadcrumbs)

❑ Practice radical Self Love. Be kind & compassionate to yourself.

Relax, Let go, Face your fears and
Allow yourself to become the **BEST** version of YOU!

Create a **Conscious** Symphony of your life
And
Enjoy **The Sonic Journey Experience!**

With Love and Divine Light,

Aurélia



Testimonials

"Aurelia's music is hypnotizing. When I play her albums, I can close my eyes and I am transported to another place. I use her recordings regularly to help me meditate." **Listener**

I'm fortunate enough to live close enough to Aurelia that I've been able to participate in numerous ceremonies and sound baths. I've also begun weekly singing lessons in her studio. Through these lessons, I've found both my singing voice and my heart voice again. I have the courage to express myself through song and through sharing my thoughts. The benefits that I receive during a lesson and during practice in between, goes far beyond singing. I know that I am healing myself from within. I can feel the physical vibrations, rising through my whole being." **Bridget (Listener, Student & Participant)**

"The first time I heard Aurelia sing at her piano tiny tears dropped from my eyes and landed on my lap. Every time since then, the same thing happens. Her voice hits the soul, not just the ears. She forms a connection with the core of who you are and rewires your insides for more peace and joy. I love her transcendent music. It's an experience along with being a pleasure for the senses." **Rachel Archelaus (Founder of Intuitive Art Academy, Intuitive Life Coach Teacher)**

*"I am always centered and moved to a different dimension when I listen to Aurelia's music, especially **11:11**. I find it also helps center my groups on our cool down from an hour of www.flowandflair.com Aurelia is a spiritual being who knows exactly how to use music to create magic on our planet. **Mykel-Owner and Entertainment Professional Eec! Productions, Inc.**"*

"I listen to your cd's as my meditation music - the most gorgeous music I have, the most relaxing, the most meditative. Thank you for sharing your amazing talent." **CJ Golden (Author, Freelance writer, Motivational speaker)**

"If there was a heaven, that is where she took me" **Yoga Festival Participant**

Aurélia's music "bathes the listener in waves of profoundly healing sound. To listen to this gorgeous recording is a magnificent gift to your soul. I cannot recommend it highly enough" **Sonia Choquette (New York Times Best-Selling author of "The Answer is Simple" & "Love Yourself Live Your Spirit")**