

Attuning to Your Inner Wisdom Workbook



**An Online Course with
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ATTUNING *to your* INNER WISDOM WORKBOOK

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This workbook is a supplement to the online video course presented by SimonSays, including information to assist in using the recording, *Sacred Acoustics Om*. Listening to the recording can induce a wide variety of responses depending on the unique nature and focused intention of the individual. We encourage you to experiment with different approaches, as suggested here, in order to cultivate a stronger connection to your greater, more expanded self.



GENERAL GUIDELINES

BODY POSITION

You may sit or lie down in any position that is comfortable for you. We have found that lying down allows for greater body relaxation. However, this may cause you to fall asleep easily. With practice, you can maintain a profound relaxed state while also staying consciously aware. Many people prefer a reclining position with the body angled up to some degree. You may try different positions and pillows under your knees or behind your back and neck for extra support.

WHEN TO LISTEN

Your personal preference and schedule will indicate the most appropriate time to listen. The key factor is to find a time when you will not be interrupted. Be aware that if you choose a time when you are sleepy, you may simply fall asleep. The provided recording includes brainwave frequencies that induce a hypnagogic state of awareness, resembling the feeling we are in each day between being awake and sleep. It can be challenging for some to maintain the proper balance. Some find the best time to listen is the morning, directly after waking up, while others choose early afternoon. Some have good results when listening after waking up at night in the middle of a sleep cycle. Through experimentation, you will find what works best for you.



ELIMINATE DISTRACTIONS

Turn your phone's ringer off, request quiet time from other members of your household, etc. You may also consider the use of a blindfold or sleep mask to eliminate ambient light from streetlights or sunlight. Often, deep relaxation can unexpectedly cause you to need to use the restroom. We advise that you use the restroom and avoid excessive liquids prior to listening. If you are sensitive to caffeine, it may be wise to avoid it.

HEADPHONES

For optimum experience, we recommend the use of good quality headphones. While you may use any pair you wish, we find that over-the-ear headphones, those that completely cover the ear, help to eliminate ambient sound and are most comfortable. We discourage the use of noise-cancelling headphones because they can sometimes eliminate significant frequencies by their design that may limit the effectiveness of the brainwave entrainment techniques. Some noise-cancelling headphones have an off switch which will eliminate the noise-cancelling feature, others do not have this option.

VOLUME

Adjust the volume to a comfortable level. The tones do not need to be loud in order to be effective. Remember that sound is vibration and will reach your brain even at very low volumes. For this reason, even those with hearing loss in one or both ears may also experience benefits.

REPEAT LISTENING

Listen as often as you wish depending on the time you have available. Your experience may be different each time depending on your intention, desired outcome, state of health, stress level and other factors. If you experience benefits from the provided recording, you may wish to go further using other products available from Sacred Acoustics or other meditative practices.

To attain the most value, meditation is a life-long practice.

ALLOW THE PROCESS

The provided recording contains no verbal guidance in order to provide maximum flexibility. Its intended use is to support a state of profound relaxation in order to access expanded awareness, where you can discover answers within and align with your true nature. The process is unique to each individual. With your active intention, allow your process to unfold without trying to control the outcome.



RECEIVING INFORMATION

Some listening sessions may be very profound or unexpected, others may be more subtle and sublime. You may become aware of images, symbols, colors, past memories or even sounds not included on the recording. Often, information is not received in words since we are minimizing the influence of the linguistic brain. Save your analysis until after listening and simply stay in the moment of your experience as it occurs. Insights are revealed when you are most ready to receive them.

KEEP A JOURNAL

We recommend that you record your experiences directly after listening, similar to a dream journal. The memories of your experience may be minimal or highly detailed, but they are most fresh when you first come out of it. Some users report that they are able to make notes while listening, either in writing or with a voice recorder. Through trial and error, find what works best for you. You may find patterns that reveal themselves over time, not always in linear order.

ENDING SOUNDS

The higher-pitched tones at the end of the recording are beta frequencies. Beta is the brain state that most people are in when walking and talking. While at first they may seem unsettling or counter-productive to a relaxed state, we include them by design in order to assist you in awakening from a deep brainwave state.

GROUNDING

After listening to the recording, you may continue to feel drowsy or light-headed. While you may feel fine, your ability to perform routine tasks may be somewhat impaired. Remember to ground yourself prior to driving or other important activities. Some suggestions for grounding include: breathe fresh air, walking outdoors (barefoot if you can), cold shower or cold water on the face, laughter, vigorous exercise, playing with pets or children. In extreme cases, you may find that eating meat is helpful, but this option may not be available due to dietary restrictions.



MANAGE YOUR EXPERIENCE

INTENTIONS

For best results, rather than passive listening, it is recommended to have an intention while listening. Be careful not to confuse intention with expectation. An expectation is more specific than an intention and can result in disappointment if the expectation is not fulfilled. Ideally, an



intention is stated at the beginning of listening and then released. Remember to keep it simple and focus your feelings on what you want rather than what you don't want.

A simple intention can be very powerful, especially when encompassed in one word. Words inherently reflect a particular feeling or vibration. By feeling this meaning, rather than just thinking it, the power increases exponentially. For example, if you wish to manifest a particular result in a situation, generate what it would feel like following a successful outcome. If you wish to establish contact with a deceased person, generate your feelings towards that person rather than thinking of their name.

You may also wish to incorporate an existing spiritual practice while listening. In this case, your regular habit or routine would become your intention.

Suggested intentions:

Relaxation, surrender, acceptance, vitality, well-being, trust, clarity, presence, calm, ease, grace, integrity, expansion, clearing, release, balance, harmony, peace, transformation, adaptable, freedom, alignment, unlimited, inspiration, fulfillment, unity.

BELIEF SYSTEMS

Our underlying beliefs about how the world works are developed through experience and what we learn from authorities. These beliefs become powerful indicators of how we directly perceive and comprehend our daily reality. Consider that putting aside your existing beliefs could allow you to expand to further reaches of your fullest potential.

HEART AWARENESS

Each of us has an electromagnetic field around our body that is centered in and emerges from the heart area. This field is a self-contained torus shape extending at least 12-15 feet from the body that moves out the top of the head, around the body and entering back into the heart through the pelvic floor with the movement flowing in both directions. Interestingly, the earth, our galaxy, individual cells and other objects have a similar torus field. This field around the heart expands and contracts depending on our emotional state and has the potential to influence others around us. We are able to manage our heart field by consciously envisioning what we place into it.



While listening, we recommend maintaining feelings of gratitude and appreciation in the heart area. Really feel it. If this is problematic, find a happy memory, perhaps of a playful puppy, and recall what that felt like. This state contributes to being in the present moment and blocks non-beneficial emotions, for example, you cannot feel resentment and gratitude at the same time.

This is also an ideal method for placing your intention. As you listen, these feelings expand within your heart field, an energetic vibration that merges with the tones and with its resonance, can carry you to an experience created especially by and for you.

OBJECTIVE OBSERVER

It is valuable to develop an awareness of the part of you that is separate from your thoughts and emotions. This part of you observes your thoughts and emotions and can be subtle to recognize. The objective observer notices but does not analyze or have any judgment. Any judgment of a situation as good or bad, right or wrong, is a product of your thinking mind and your current belief systems.

As you develop a regular practice and pay closer attention when your mind becomes still and quiet, your perception of the observer part of you will increase. As you become more aware of your internal observer, this presence begins to allow you to view matters from a wider perspective.

DISTRACTING THOUGHTS

Sacred Acoustics recordings are designed to reduce distracting thoughts, but not necessarily completely eliminate them. You may find this simpler in some listening sessions and more challenging in others. When distracting thoughts arise, we recommend the practice of observing the breath. The act of simply noticing your inhales and exhales moves your attention away from the thoughts. You may also find benefit in repeating a short phrase, or mantra. We suggest silently saying to yourself, “let go,” which will occupy your mind, removing its attention from the other thoughts. You may also synchronize the words with your breath, inhale “let” and exhale “go.”

Most importantly, if distracting thoughts continue to occur, avoid feeling anxious or the feeling of failure. Allow the thoughts to exist and return your attention to the breath. Take notice of the part of you that is aware of the thoughts. This part of you is separate from your thoughts and can be cultivated as an internal objective observer.



EMOTIONAL REACTIONS

While listening, it is possible that you may feel anxious or uncomfortable, or perhaps recall a traumatic memory and the associated emotion reoccurs. Consider that the emotional response is something from the past that has been stored in your energetic field and once in a relaxed state, this stored energy is triggered. It can be helpful to view these moments as opportunities to recognize, then release such emotions.

Should this be your experience, we recommend that you allow yourself to feel whatever emotion arises. As you sit with whatever emotional state occurs, it will transform into another state, then perhaps still something else. Having an awareness of your objective observer can be very useful in this state. The observer part of you can maintain a neutral state while your emotions can be acknowledged, then released.

BODY SENSATIONS

Your physical body may undergo unusual or unexpected responses. These can include feeling hot or cold, tingling, buzzing, pressure, lightness, heaviness or other such sensations. Consider that these reactions are your body's way of providing information. There are many explanations including energetic release, activation or blockage. Overall vibrations can sometimes be a precursor to an out-of-body experience.

Such sensations can be disconcerting, however, there is no danger. If any symptoms like this should occur, make note of it utilizing your objective observer and stay calm. The sensitivities typically resolve on their own and can sometimes become markers for different states of consciousness.

REGULAR PRACTICE

Included with this course is a 20-minute recording, *Sacred Acoustics Om*. There is no verbal guidance in order to be flexible in its use. We recommend listening at least once a day, more if you wish, consecutively or at different times of the day. If you cannot make time to listen daily, several times a week will still provide benefits.

Om contains 4hz binaural beats (high delta brainwave frequency) and other sounds designed to induce a hypnagogic state, the border between awake and asleep. It can be used as preparation for deeper states of non-local consciousness. We highly recommend that you repeat "om" out loud as you listen. It is not necessary to match the pace of your om with the om on the recording. Treat it as a backdrop for voicing your own om. Experiment with different pitches of



om and notice where you feel it in the body. You may feel vibrations within or around the body. It is not necessary to continue to chant om throughout the entire recording. We do recommend at least 1-3 repetitions, more if you like. You may choose to stop and listen, then start again. Follow your promptings.

Om creates a steady and calm influence on the mind, contributing to a profound state of presence. As you become more aware of your personal energy field, you are creating a sacred space within yourself. As you begin to resonate with the om tones, you are entraining your energy body to be carried into the experience you intended.



GLOSSARY

binaural beats - a method whereby two separate tones exposed to each ear induce a brainwave state equal to the difference between the two frequencies. For example, a 100 hz tone in one ear and a 104 hz tone in the other ear influences the brain to perceive a 4hz signal.

consciousness - awareness of one's own existence, sensations, thoughts, surroundings, etc.

hypnagogic - of or relating to the state just before one is fully asleep.

hertz (hz) - cycles per second.

intention - an act or instance of determining mentally upon some action or result.

meditation - continued or extended thought; reflection; contemplation.

meningitis - inflammation of the meninges (the covering of the brain and spinal cord), especially of the pia mater and arachnoid, caused by a bacterial or viral infection and characterized by high fever, severe headache, and stiff neck or back muscles. Untreated bacterial meningitis is uniformly fatal.

near-death experience - a sensation or vision, as of the afterlife, reported by a person who has come close to death.

neocortex - the largest and evolutionarily most recent portion of the cerebral cortex, composed of complex, layered tissue, the site of most of the higher brain functions, notably all that endows us with the mental qualities that define us as human.

non-local consciousness - the core aspect of our consciousness that transcends the natural boundary of our physical body and our normal sensory mechanisms.

out-of-body experience - a vivid feeling of being detached from one's body, usually involving observing it and its environment from nearby.

torus - a doughnut-shaped surface generated by the revolution of a conic, especially a circle, about an exterior line lying in its plane.



BRAINWAVE STATES

Brainwave states can be determined by measuring the electrical signals produced by the brain using an EEG device. These states are represented by hertz (hz), or cycles per second, as follows:

Delta (0-4 Hz) These frequencies appear in deep dreamless sleep, unconsciousness, meditative trance and is the dominant rhythm in infants. As Delta frequencies are increased, we detach from our awareness of the physical world.

Theta (4-7 Hz) This brain state is associated with enhanced intuition, creativity, fantasies, imagery and dreams. These brainwaves are most pronounced during meditation, prayer and spiritual awareness. It is the state we naturally enter between sleep and awakening. It is a natural state for children up to 13 years old.

Alpha (7-12 Hz) Alpha brainwaves are a reflection of mental focus, contemplation, calm and relaxation. This rhythm dominates the brains of most adults when in a rested state, and during dream sleep. It seems to be a bridge from the conscious to the unconscious when a person is alert but not actively processing information.

Beta (12-30 Hz) This is a broad range of frequencies corresponding to the normal state of adults who are engaged in conversation, physical activities, solving problems, analyzing and processing information.

Gamma (above 30 Hz) Frequencies at this level are found in individuals at moments of profound insight and levels of high sensory information processing. This is the state reported by those in peak concentration and physical performance.





SUGGESTED READING

Alexander, M.D., - *Proof of Heaven: A Neurosurgeon's Journey Into the Afterlife*
Alexander, M.D., Eben - *The Map of Heaven: How Science, Religion and Ordinary People are Proving the Afterlife*
Bair, Puran and Susanna - *Energize Your Heart in Four Dimensions*
Buhlman, William - *The Secret of the Soul: Using Out-of-Body Experiences to Understand Our True Nature*
Emoto, Masuru - *The Hidden Messages in Water*
Hancock, Graham - *Fingerprints of the Gods*
Kelly, Edward F., et al. - *Irreducible Mind: Toward a Psychology for the 21st Century*
Kelly, Edward F., et al. - *Beyond Physicalism: Toward Reconciliation of Science and Spirituality*
Pearce, Joseph Chilton - *The Heart-Mind Matrix: How the Heart Can Teach the Mind New Ways to Think*
Radin, Dean - *The Conscious Universe: The Scientific Truth of Psychic Phenomena*
Talbot, Michael - *Holographic Universe*

SACRED ACOUSTICS PRODUCT LIST

Seeking Heaven: Sound Journeys into the Beyond - 3-CD set
Foundation Series: Om, Earth, Blue, Portal - 4-CD set
Heart Center: Ground & Expand
Golden Light: Feed Your Soul
Spiral of Time: Explore Past, Present, Future
Know Yourself: Who Am I?
Healing Center: Refresh & Revitalize
Crystal Portal: Access to Infinity
Divine Love: a Unique Yoga Nidra Experience
Sacred Sleep: Deep Nighttime Rest
Sacred Siesta: Power Nap - 2-CD set



To continue your journey further, visit [Sacred Acoustics](http://SacredAcoustics.com) to learn more about our sound technology and other tools of self-discovery.





PRECAUTIONS

DO NOT listen to audio recordings while operating a motor vehicle or any other potentially hazardous equipment.

DO NOT simultaneously combine audio recordings with any other technology or substance that may influence brainwave activity.

Consult your physician before listening if you have health issues. Though rare, if you experience adverse symptoms, discontinue use.

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