



# Sound & Stillness: 5 Mini Rituals for Everyday Recalibration

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throughout your day.  
Whether at dawn, midday,  
or before sleep,  
each sound invites your  
body back into balance.

# Morning Clarity Ritual

## 1. Breathe

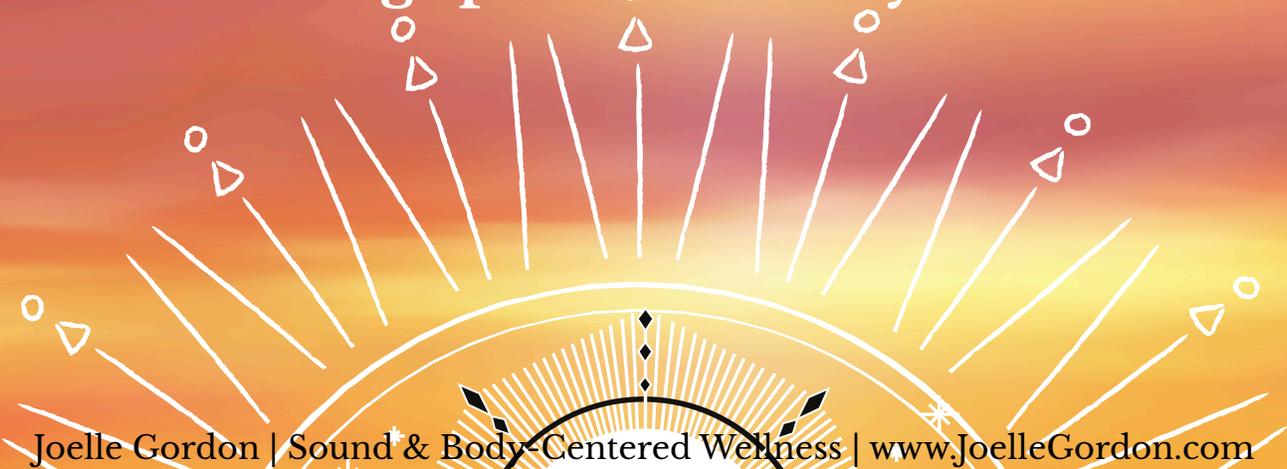
Inhale slowly through your nose...  
exhale through your mouth.  
Each breath sweeps a little more  
light into the body.

## 2. Feel

Notice your spine lengthen and soften  
with each breath.  
Let your shoulders drop, your jaw release.  
Feel the steady support beneath you.

## 3. Move

As the sound begins, invite small movements —  
a shoulder roll, a gentle sway,  
a stretch that meets the rhythm of the waves.  
Let the sound do the rest —  
clearing space for clarity to rise.



# Midday Reset

A bright yet grounding rhythm to pause the mental noise and steady your nervous system.

## Pause

Close your eyes and take one slow, deliberate breath.

Let your thoughts scatter like dust in sunlight.

## Feel

Notice your heartbeat — the drum already within you.

Sense your spine aligning, your shoulders releasing, your belly softening.

## Reset

As the rhythm begins, let your breath follow it - steady, balanced, unforced.

Allow the flow chimes to clear your inner clutter,

leaving only calm focus in their wake.

Return to your day refreshed,  
rooted, and ready.

# Evening Unwind:

to slow the body's rhythm, soften tension,  
and guide you toward rest.

## 1. Breathe

Take a deep inhale through your nose...  
and let it ease out slowly.

Each breath invites your body to soften a little more.

## 2. Feel

Notice where you're holding the day —  
in your shoulders, your belly, your jaw.

Let the ground take some of that weight for you.

## 3. Release

As the sound begins, imagine each tone dissolving what no  
longer needs to be carried.

Let the gong's vibration ripple through you —  
quietly clearing, gently settling.

Rest in the stillness between the sounds.

Your body knows how to unwind.

# Return to Center

A grounding sound immersion for  
emotional realignment and innerstability.

## Ground

Place a hand over your heart or low belly.  
Feel the weight of your body —  
solid, supported, whole.

## Listen

As the first gong sounds,  
let its vibration ripple through you.  
Notice where it lands —  
the chest, the throat, the gut — and  
breathe there.

## Align

When the thunder stick rolls, imagine its  
sound reorganizing what's scattered  
— energy returning home, emotion  
settling into wisdom.

When the sound fades, stay for a few  
breaths in the quiet center of yourself.

# Quiet Rebalance

A pure tone journey for reflection, journaling, or gentle restoration.

**Arrive** — Settle into stillness.

Let your eyes soften  
and your breath slow.

**Listen** — Each bowl tone meets a part of you — mind, heart, breath, body. Receive without effort.

**Reflect** — When the sound ends, notice what lingers — a thought, a feeling, a shift.

Write it down or simply hold it in quiet awareness.

# JOURNAL PROMPTS

## Arrival

- What sensations am I noticing in my body as I settle into stillness?
- How does my mind feel right now —
- busy, calm, somewhere in between?
- What do I want to give myself permission to release during this ritual?

## During Listening

- Which part of me feels most “seen” by the sound?
- What thoughts or images arise as I let the tones wash over me?
- If the sound could speak to me, what might it be saying?

## After Reflection

- What lingers in my mind, body, or heart after the sound has faded?
- Did anything surprise me about what I noticed?
- What intention or gentle action might I carry forward from this moment?

## Optional Deep Dive

- If I could give a name to the energy I feel now, what would it be?
- Which area of my life could benefit from this sense of quiet and balance?
- How might I honor this sense of stillness in the rest of my day?

# How to Listen: A Quick Guide

*For Sound & Stillness: 5 Mini Rituals for Everyday Recalibration*

## Set Your Intention

Before the sound begins, take a moment to settle. Ask yourself: What do I need right now—calm, clarity, release, or focus?

A simple intention grounds your awareness and amplifies the effect of the sound.

Choose Your Moment. Use sound intentionally:

Morning – for clarity and gentle focus

Midday – for reset and energy refresh

Evening – for unwind and deep relaxation

Even a 5–10 minute pause can reset your nervous system.

## How to Listen

Find a comfortable position—sitting, lying down, or gently moving.

Close your eyes or soften your gaze.

Breathe naturally and notice the vibrations in your body.

Let your attention rest on the tones without needing to “do” anything.

## How Sound Supports the Body

Sound engages your nervous system, heart rhythm, and breath:

Vibrations help release tension and promote relaxation.

Tonal shifts guide mental clarity and emotional balance.

Repetition and resonance encourage the body to naturally reset.

## After Listening

Take a few deep breaths. Notice sensations in your body and any shifts in mood or clarity. A short journal note or simple reflection can help integrate the experience.