

Soul Journeys Session Guide

1. Welcome & Purpose

Soul Journeys is a 50-minute immersive sound experience designed to dissolve stress and restore mental clarity. In this guide you will find everything you need to prepare, participate, and integrate your session with confidence.

2. Session Timeline & What to Expect

1. **Spoken Introduction (≈ 10 min)** – sets intention, outlines the flow, and invites you to notice your own responses.
2. **Immersive Soundscape (≈ 40 min)** – a proprietary, closed-structure journey of non-rhythmic tones, outdoor samples, and layered voices.
3. **Gentle Re-entry (≤ 5 min)** – the sound fades, followed by brief silence to help you re-orient.
4. **Reflection** – Take a moment to note what is different now.

3. Preparing Your Space & Equipment

- **Time & Privacy:** Reserve a 60-minute window when you will not be interrupted. Switch your phone to airplane mode.
- **Comfortable Position & Minimal External Interference:** Choose any posture that feels natural and ensure outside disturbances—noise, notifications, other people—are kept to an absolute minimum.
- **Eye Cover:** A light cloth or mask helps minimise visual distractions.
- **Headphones:** Use any well-built over-ear or in-ear headphones that reproduce both low and high frequencies cleanly. If you already enjoy them for music, they are likely sufficient.
- Optional: Blanket for warmth, water for after the session.

4. Quick-Start Checklist

1. Block 60 min in your calendar.
2. Prepare space, headphones, and eye cover.
3. Press **Play** → listen to the introduction → allow the journey to unfold.

5. Safety & Contra-Indications

- Do **not** use while driving or operating machinery.
- Consult a licensed physician before listening if you have epilepsy, severe anxiety, psychosis, or are pregnant.
- Pause or stop the session if you experience overwhelming discomfort.

6. Troubleshooting & FAQs

“I can’t relax.” Try adjusting your position, lowering the volume slightly, or focusing on your breath for a few cycles.

Audio glitches. Ensure your device’s Bluetooth or cable connection is secure.

Strong emotions arise. This can be part of the release process. If needed, take a deep breaths, and remind yourself you can stop at any time.

7. After-Care & Integration

- **Slow re-entry** – after the session ends, keep your eyes closed for a minute, breathe deeply, and let your body move gradually before standing up or using devices.
- **Journal your experience** – note feelings, imagery, bodily sensations, or insights while they are fresh.
- **Recommended frequency** – about once a week or less; adapt to your own needs and responsiveness.
- **Optional consultation** – you may book a follow-up call for personalised guidance or to discuss specific concerns.

8. Support & Contact

For questions or technical issues, email support@souljourneys.com or visit www.souljourneys.com. We reply within 24 hours (CET).

