

Soul Journeys Session Guide

Everything you need to prepare, participate, and integrate your session

1. Welcome & Purpose

Soul Journeys is an immersive sound experience designed to dissolve stress and restore mental clarity. Each session lasts 40 to 50 minutes. In this guide you will find everything you need to prepare, participate, and integrate your session with confidence.

2. Session Timeline & What to Expect

- **Spoken Introduction** (≈ 10 min) — sets intention, outlines the flow, and invites you to notice your own responses.
- **Immersive Soundscape** (≈ 30–40 min) — a structured journey of non-rhythmic tones, environmental samples, and layered voices.
- **Gentle Re-entry** (≤ 5 min) — the sound fades, followed by brief silence to help you re-orient.
- **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 or Do Not Disturb.
- **Comfortable Position & Minimal External Interference.** Choose any posture that feels natural. Keep outside disturbances — noise, notifications, other people — to a 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

- Block 60 minutes in your calendar.
- Prepare your space, headphones, and eye cover.
- Press Play → listen to the introduction → allow the journey to unfold.

5. Safety & Contra-Indications

Do not listen while driving or operating machinery.

Consult a licensed health-care provider before listening if you have:

- Epilepsy or a history of seizures triggered by sound or light
- Severe anxiety, psychosis, or other serious mental-health conditions
- Tinnitus or diagnosed sound sensitivity

- Ear surgery within the past six months
- First trimester of pregnancy

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 few deep breaths, and remind yourself that 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. Access to Your Session

Your purchase grants lifetime streaming access. You can return to your session whenever you choose; there is no expiration. Keep the access email — it contains your private streaming link.

9. Support & Contact

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

Soul Journeys™ is a trademark of Individual Entrepreneurship Sergey Khanukaev, registered in Tbilisi, Georgia.