

My sound experiences

My sound journal



Sound: source of inner strength
The sound bowl as a valuable life companion



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The sound bowl as a valuable life companion

*„The sound of the sound bowl touches our innermost,
it makes the soul swing.
The sound releases tension,
mobilizes the self-healing powers and
sets free creative energies.“*

Peter Hess

Sound exercises – a blessing for body, mind and soul

Just 2–5 minutes a day suffice to relax the body, mind and soul with the sounds and develop long-lasting stronger health. In the brochure „Sound: Source of Inner Strength 2018“ you will find numerous sound exercises that you can implement with just one sound bowl to treat yourself with something good.

If you would like to learn and practice the exercises in a group of like-minded people, the Peter Hess® Institute or one of our worldwide Peter Hess® academies will be pleased to inform you about offers in your area: <https://www.peter-hess-institut.de/kontakt-international/>

My sound experiences – My sound journal

To get to know the effect of the sound exercises, we recommend that you try them daily for a longer period of time. A duration of four weeks has proven itself efficient. We encourage you to take some daily notes on how you feel during the sound exercises, and write down your observations. At the end of the four weeks, you will be amazed about the effect of the little exercises on your well-being!

To let you write down your daily reflection in a simple and quick way, we have prepared a „sound journal“ for you. For every day you will find a sheet in it. On the front you can tick or fill in the points that apply to you. The back is intended for further notes, thoughts, sketches or the like.

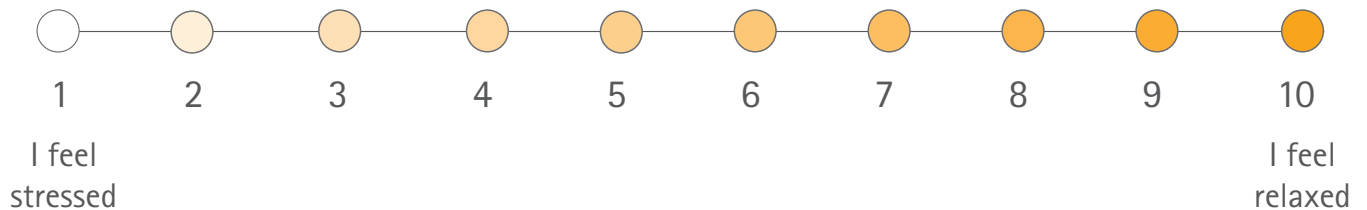
We wish you a lot of fun and feel-good moments with the sound exercises!

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(1 meaning „I feel stressed“ and 10 meaning „I feel relaxed“):



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- ☐ Exercise: Experiencing the sounds through the hand reflex zones
- ☐ Exercise: Sound relaxation for the stomach
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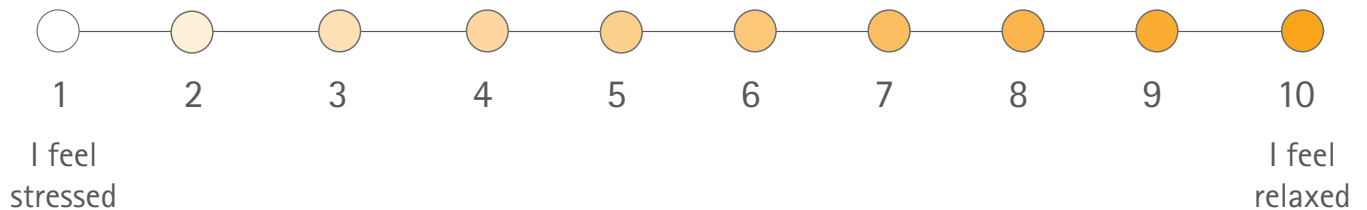
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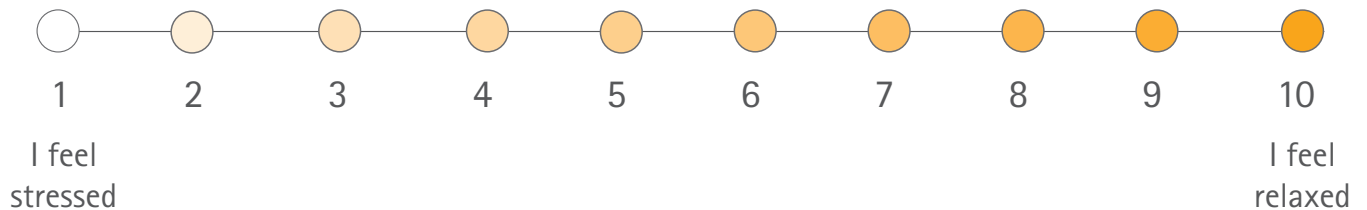
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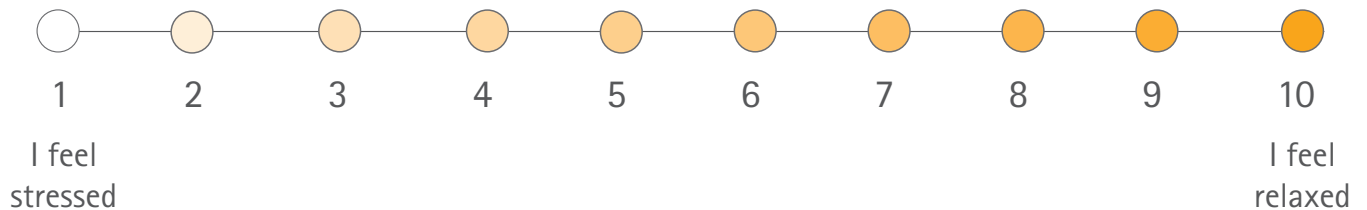
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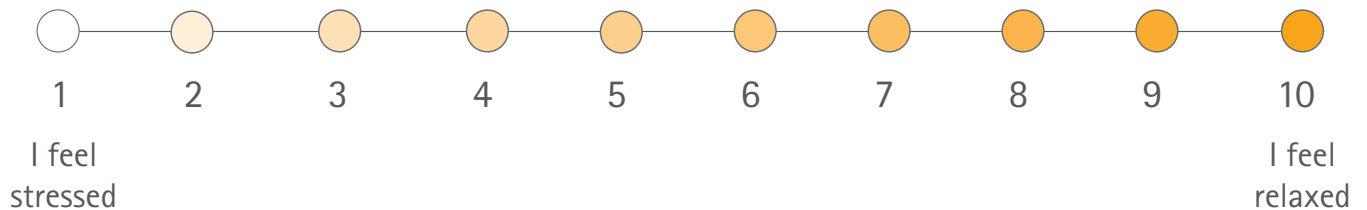
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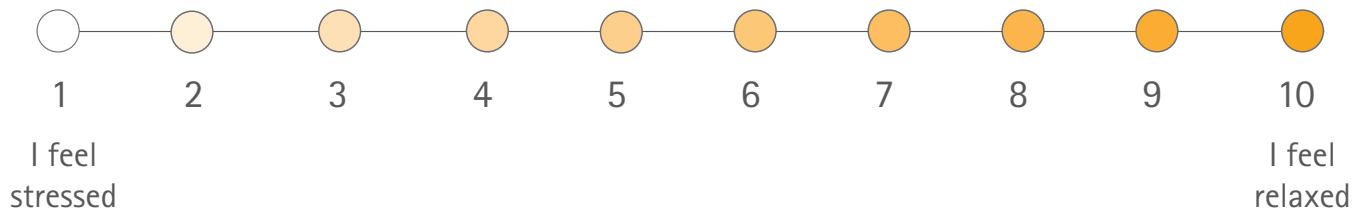
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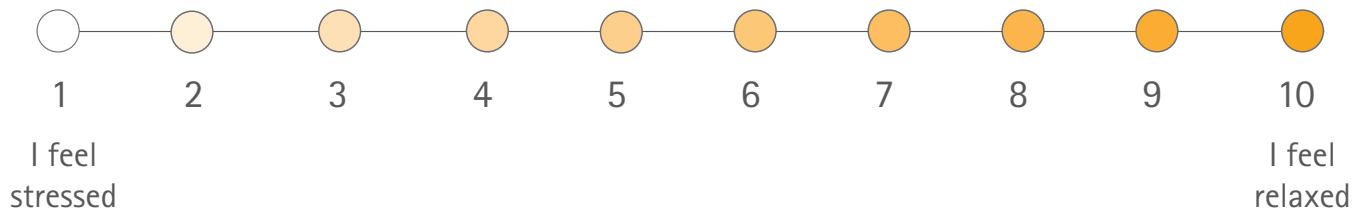
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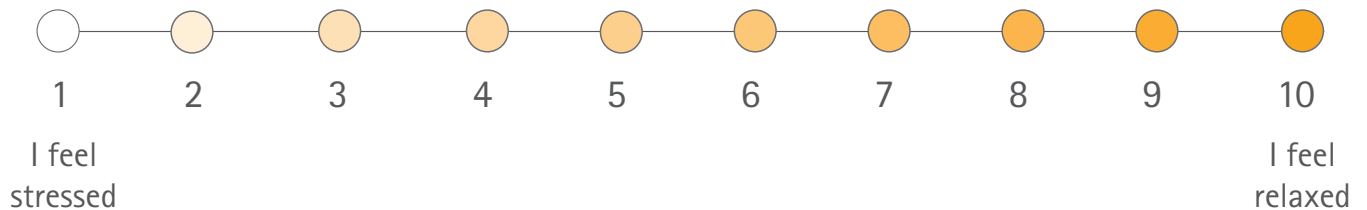
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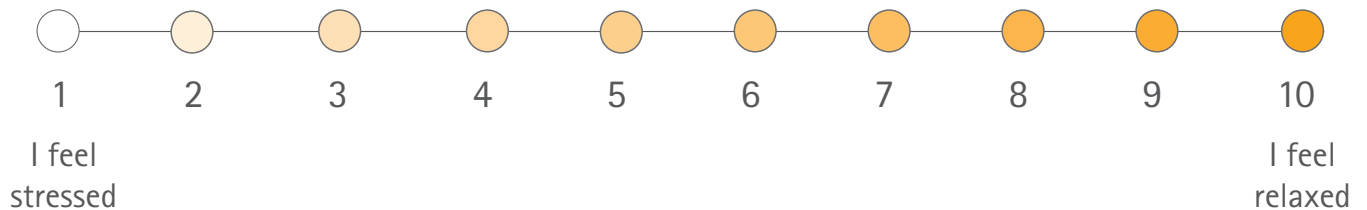
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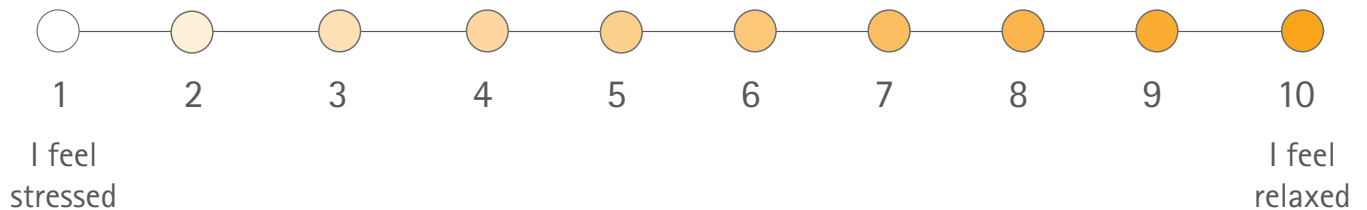
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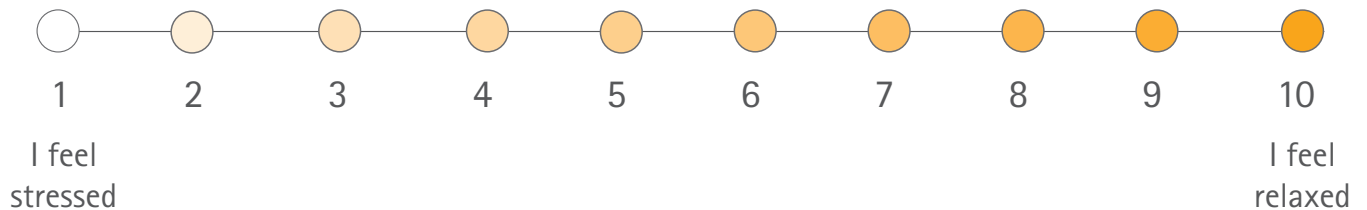
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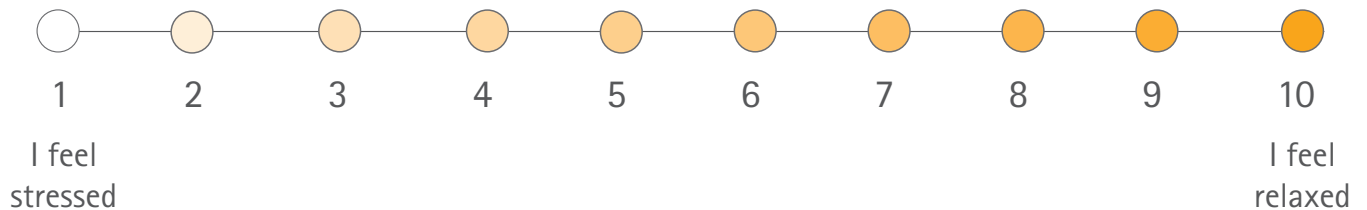
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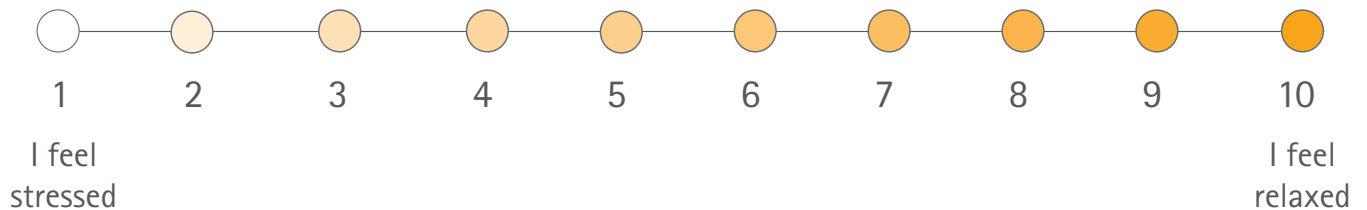
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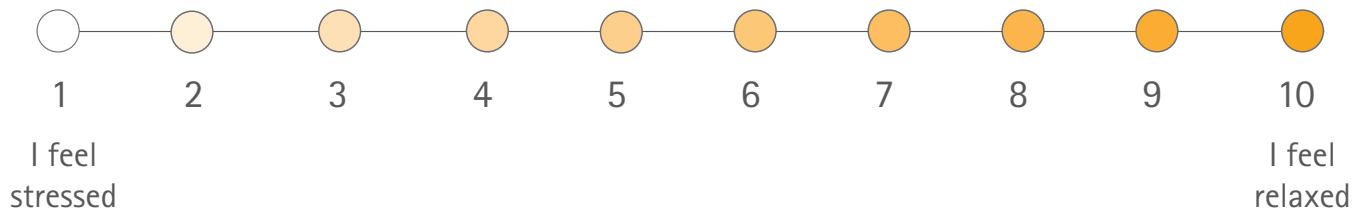
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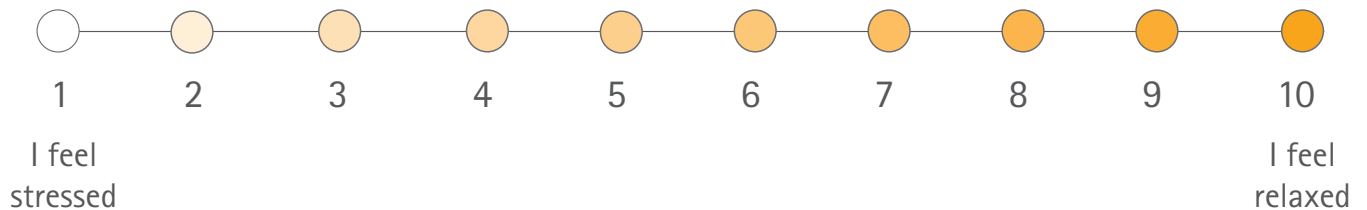
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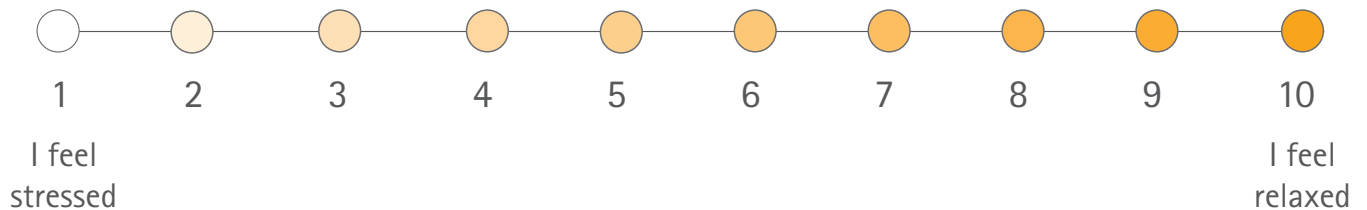
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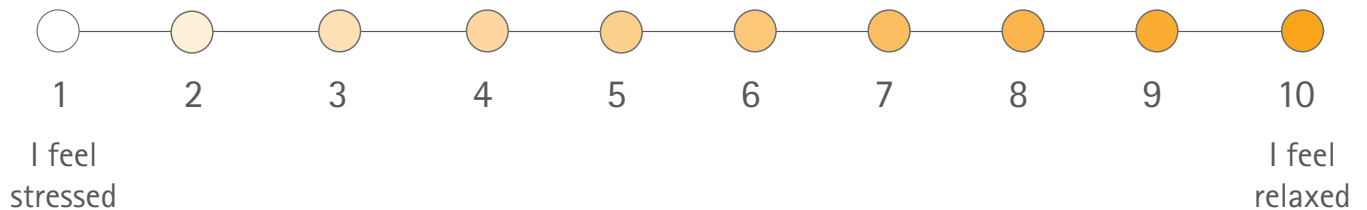
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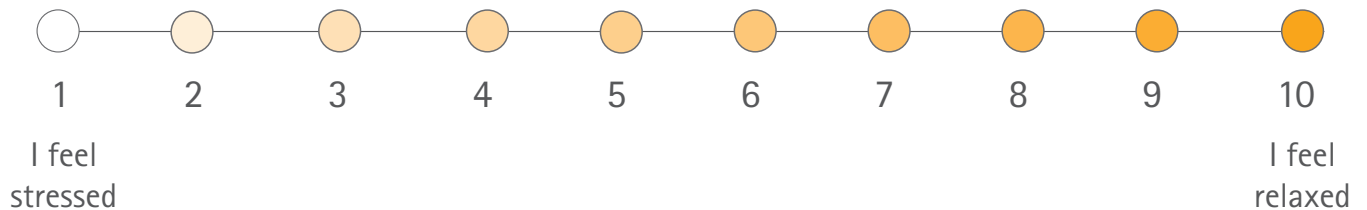
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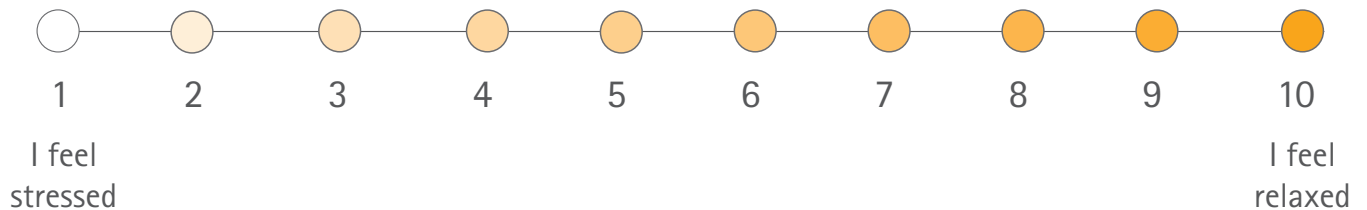
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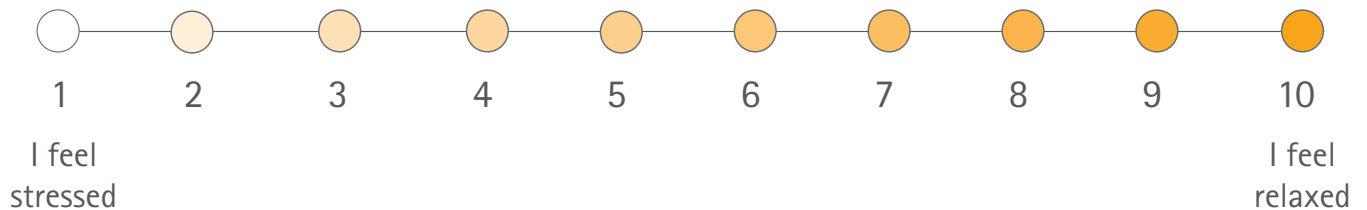
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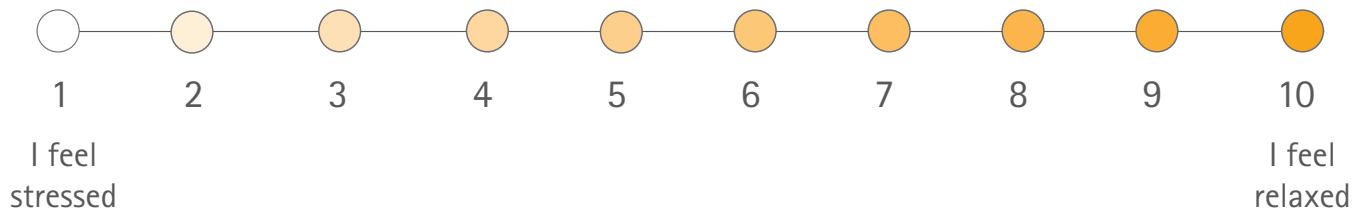
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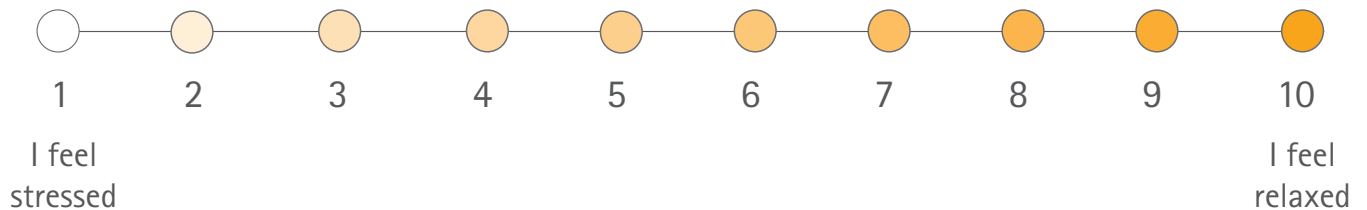
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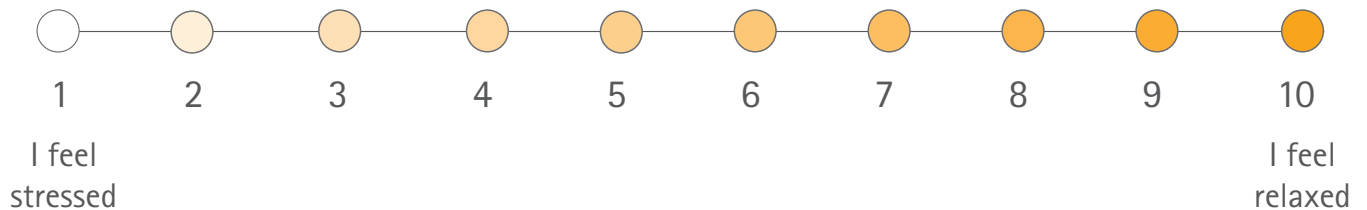
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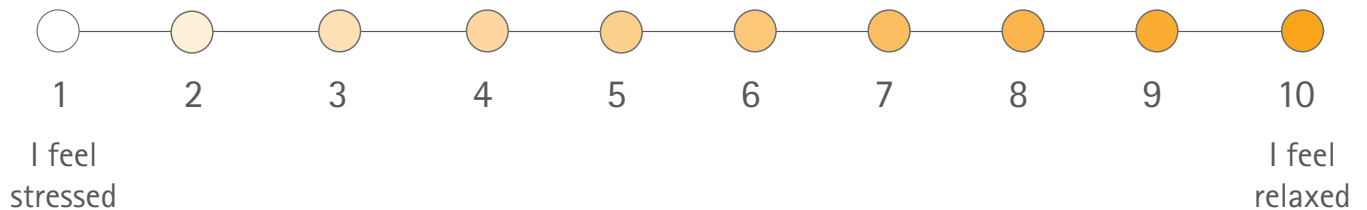
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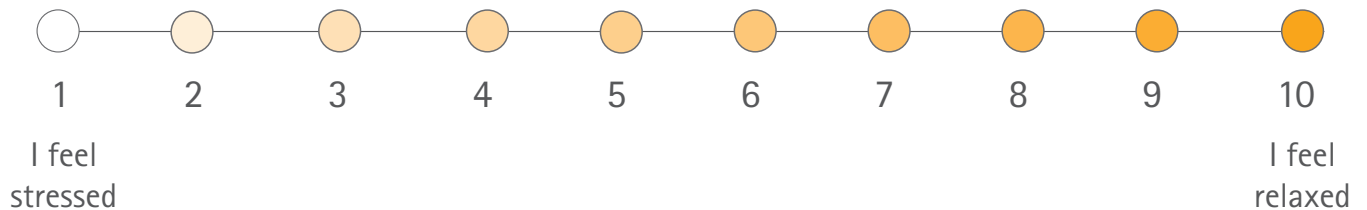
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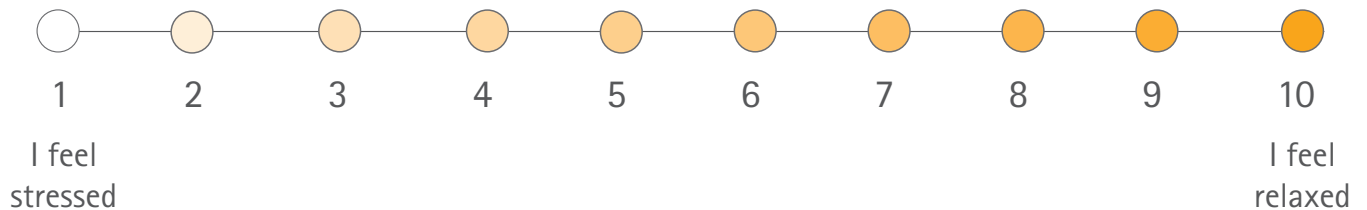
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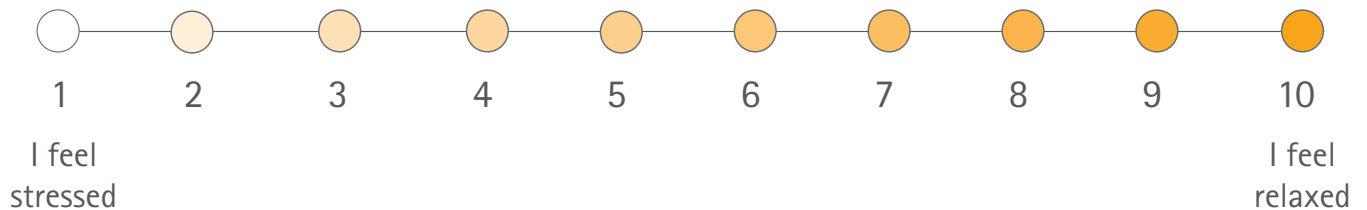
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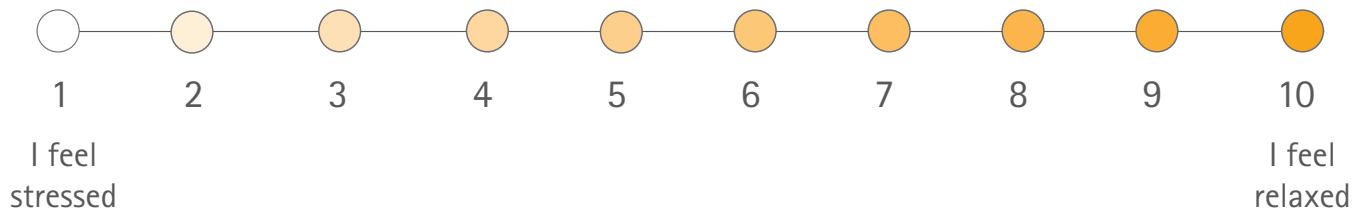
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Worldwide association of Peter Hess® Sound Massage Practitioners

European Association Sound Massage Therapy e.V.

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Peter Hess® Sound Massage workshops and training and continuing education in the Peter Hess® Sound Methods

Peter Hess® Institute

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