



## MODULE 8

### A Healthy Mind



Clear worries and distressing thoughts  
and reclaim peace of mind

You are invited to refresh your mind by releasing the  
clutter of distracting thoughts and mind-chatter.

Step into the flow of  
positive, loving and empowering thoughts.





### WHAT YOU WILL LEARN IN THIS MODULE

You will explore two powerful ways of cleansing and refreshing your mind, using your most effective sound healing tool - the sound of your own voice - humming or toning vowel sounds.

You will learn how to:

- Use your voice, and give 'voice' to the thoughts that are whirling in your mind, in a safe and gentle way, so that you can discharge the energy.
- Fill your mind with positive, empowering and harmonious thoughts.

You will experience:

- a 2-minute mind cleanse, to release worries and distracting thoughts. This is a 'quick fix' exercise for those times when you need immediate relief.
- a more in-depth mind cleanse to release distressing thoughts and turmoil, and also the trauma of past events.





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### Cleanse and Refresh your Mind

You can work with sound to refresh your mind,  
and release the clutter of mind-chatter and circling thoughts.

A wise teacher once told me that the two most important things in life are the thoughts we think and the food we eat. Your thoughts, originating from the centre of your consciousness, have a huge effect on all aspects of your life; physical, emotional, mental and spiritual.

When your mind and thoughts are working well for you, your life flows smoothly so that you can live joyfully, full of love and light, and in touch with all that is good in life.



We can think up to 70,000 thoughts per day, perhaps more. It is quite possible that many of these thoughts are negative!



Worries, fears and distressing thoughts can drain you of your life-force energy, joy and vitality. Have you ever felt like your whole mind was whirling with circling thoughts as you tried to find solutions to problems?

It is important to understand that your mind  
will always be full of thoughts.

Many people try to clear all thoughts from their mind, but that isn't possible. Our minds are constantly working, analysing and feeding information back to us. This feedback helps to keep us safe, or to take action if needed.



It is when our minds are filled with distressing chatter and circling thoughts or distracting worries, that we need to take positive action.

**You can work with the sound of your voice to clear the clutter of your thoughts.**

The sound of your own voice is the most effective sound healing tool you can use to do this clearing work, in a safe and powerful way.

Your voice will allow you to give 'voice' to the thoughts that are whirling in your mind, and discharge the distress and energy, sending it to flow away on your waves of sound, so that you can reclaim clarity and peace of mind.

**You can then choose to hold  
harmonious, loving and peaceful thoughts.**

### **The benefits of doing this work**

Your healing sounds have the potential to:

- Refresh your mind, and leave you feeling clear and able to think positive and empowering thoughts, rather than feeling overwhelmed by a whirling and over-active mind.
- Support you to reclaim clarity and peace of mind.
- Enable you to experience more lightness and joy as you release the clutter of an over-active mind.

When your mind is fresh and clear, it is much easier to find solutions to difficulties, or new ways of sorting things out.



### Exercises to help you cleanse your mind

Two exercises are outlined in this module:

1. **A two-minute mind cleanse - to release worries and distracting thoughts.**

This is a 'quick fix' two-minute exercise. You will hum and flush your mind with white light. Humming is particularly effective, as the sound of humming can be felt in your cranial cavity and brain, and is ideal for cleansing and refreshing your mind.

2. **Clear mind-chatter and circling thoughts - a more in-depth exercise.**

In this exercise, you will release distressing thoughts and the trauma of past events, by giving them a 'voice'. You will do this by using the sound of your voice - humming, toning vowel sounds, or creating sounds that represent the turmoil in your mind, so that it can be released.





## Two-minute mind cleanse to release worries and distracting thoughts

You can do this 'quick fix' exercise anywhere, and at any time.

Sometimes it takes just a simple shift in focus to once again fill your mind with happy and harmonious thoughts. In the exercise which follows, you will hum softly and flush your mind with white light, with the intention of cleansing your mind of distracting thoughts.

### Steps for two-minute mind cleanse

An audio recording guiding you through these steps is included in this module



**2 Minutes**

1. Hum softly and visualise white light pouring through your mind and brain, travelling along your neural pathways, clearing away distracting thoughts and worries, so that your mind is clear and fresh and open to new thoughts and ideas.
2. Do this for about two minutes. If any distracting thoughts come into your mind, just bring your mind back gently to focus again on your humming sounds and the cleansing white light.
3. Fill your mind with positive, empowering and harmonious thoughts. Also focus on things you are looking forward to, or happy events from the past.

**Tip:** If you are in a place where you aren't comfortable humming, you can send a silent sound, or the sound of your breath, and focus on flushing your mind with white light.





### Clear mind-chatter and circling thoughts - a more in-depth exercise

If your mind is full of unwanted thoughts, circling around, trying to find solutions to problems, you will find the following exercise helpful to clear the internal chatter and still your mind.

It will also help you to release the distress and energy that has built up, and the trauma from past events.



Our natural instinct is to want to be seen as 'good', spiritual, and able to cope. So often we push away, or try to bury, our disharmonious thoughts and mind chatter.

In this exercise you will discharge the energy of your thoughts by giving them a 'voice', so that they can be released safely. You will do this by using the sound of your voice - humming, toning vowel sounds, or creating sounds that represent the turmoil in your mind.

Releasing circling thoughts frees your mind to focus on all that is good in life and create the fulfilling life you deserve.

#### Important points to bear in mind while doing the exercise

1. Most of our mind-chatter and distress is caused by thoughts about things that have happened in our close relationships and interactions with other people.



As you create sounds of release, it is important to set your intention that you won't be directing the sounds and whatever you are releasing, at anyone in particular.





2. You can do this by giving yourself permission to express distressing or angry thoughts, with the intention of releasing this energy, while placing a golden white light around your aura.

This will transform the energies you are releasing to the purity of light, and will give you the freedom to truly express yourself, in a private and safe way, without causing distress to others.



3. In the exercise you will be guided to tune into your intuition - your inner wisdom and guidance, to help you find the sounds that will facilitate the release of distressing thoughts and trauma.

Steps for clearing mind-chatter and circling thoughts - with the sound of your voice

An audio recording guiding you through these steps is included in this module



**20 Minutes**

### Preparation

For this exercise it is important to find a private place where you won't be disturbed or heard, so that you won't censor any sounds you make.

Ensure that you are fully grounded by focusing on your feet resting firmly on the ground. Ask the wisest aspect of your being to assist you with this exercise, as you connect with the loving energies of your heart and the wisdom of your mind and Higher Self. Also ask any spiritual guides and beings of light that you work with to assist you.



Surround your aura with a golden white light. This will protect your aura and also transform the energies of the thoughts you are releasing to the purity of light.

### Steps for Exercise

1. Start by humming or toning vowel sounds, and see the energy of your distressing thoughts flowing out on your waves of sound, leaving more space in your mind for clear and fresh thoughts.
2. Then start to express whatever sounds will give a voice to the thoughts and chatter within your mind. Be as honest as you can.

Bear in mind that whatever we don't voice, acknowledge or own, finds a voice in another way.

Be creative - the emphasis is on expressing and releasing any pent up thoughts, emotions and issues, so it is important not to control the sounds or try to make them sound harmonious.

Allowing yourself to express sounds that you might regard as 'ugly' will be much more beneficial.

3. Let the sounds out, run words together in a stream of gibberish, experiment with facial expressions, make ugly faces, cry, scream or laugh. Exaggerate your distress - it helps the process of clearing out and releasing.

Continue to see the energy of your distressing thoughts flowing out on your waves of sound, and being transformed to the purity of light by the golden white light surrounding your aura.

Allow about ten minutes for this.

4. Complete this exercise by sending forgiveness to yourself and others.

Continued overleaf



5. Allow yourself at least five minutes to deeply relax afterwards. During this quiet time, choose positive and empowering thoughts to place in your mind.
6. Also ask your deep wisdom and spiritual guides to bring you new insights and solutions to difficulties.
7. Finish by ensuring that you are grounded and protected again, and thank the wisdom of your being and any spiritual beings that have been working with you.
8. Rest for a few minutes afterwards and record your insights in your healing journal.

**Tip:** Always finish on a light note. Bring to mind an event that makes you smile, or something that you are looking forward to.

### Notes:

1. This exercise is also an ideal tool to help release anything that has happened over the last day or so, or thoughts and feelings that you didn't express.
2. You can also do this exercise if you are feeling 'out of sorts' and aren't quite sure why. Follow the steps above, giving yourself permission to express whatever sounds feel appropriate. Try not to decide beforehand what to express or what the sounds will be. While doing this exercise, it is very likely that you will gain valuable insights about why you are feeling 'off balance'.

Let your glorious mind be filled with  
harmonious thoughts of love, compassion, peace and joy.



### How I cleanse my mind

Cleansing and refreshing my mind with white light and sound is one of the most powerful exercises I do as part of my spiritual practice.

While humming and toning, I flush my brain with white light and visualise it becoming radiant with the brightest light that I can image. I see my mind merging with my higher mind and Higher Self, and I know that I am connected to the light of my soul.

