



Clearing Techniques Workbook- Sound

Sound: You can utilize sound in many different ways. Here are a few:

- Saying words, affirmation, decrees
- Listening to certain frequencies (sound bowls, solfeggio tones, relaxing music, etc.)
- Doing toning with your own vocal chords

All of these can support you throughout the day so that you can stay in a peaceful, relaxed state that can assist you in clearing any heaviness. You can incorporate sound in your personal clearing meditations to support you as well.

Words, Affirmations and Decrees

Utilizing the energy from your voice, your sound, your frequency is a powerful way to clear energy (and even re-program yourself, your DNA, etc.) Here are some examples of the words that I use to clear my own energy. Some may work better than others depending on what you are clearing. For example if I want to “cut” and energy chord, I might use, release, let go, free, unplug. If I am clearing an emotional heaviness, I will use transmute, transfigure, dissolve, etc. Here are some more examples:

Clear	Transfigure
Release	Transcend
Let go	Dissolve
Erase	Dismantle
Cancel	Disintegrate
Delete	Unplug
Transmute	Free (I free myself, free yourself)

Affirmations can be made with these words to add power to the clearings. For example:

I clear, cancel and delete...
I dissolve these frequencies
I free myself from these distortions,
I clear and transmute....

Decrees are longer versions of affirmations and can be used during your meditation practice. For example:

I am ready to clear and dissolve these energy blocks from all levels of time and space.
I am releasing all karmic patterns from all of my energy bodies.



I clear, cancel all bonds, chords, attachments in on or around my body now.

Now it's your turn! On your own journal or below, write some of your own! Feel free to share in the private page!

My clearing words:

My clearing affirmations:

My clearing decrees:



Frequencies

There are certain frequencies that can assist you in many ways during your journey. These tones are set to help restore your body to its original tune and its own pure frequencies. We are so used to listening to news, media, other people talk, and mainstream music and there might be some tones and frequencies that are like nails on a chalkboard for our bodies. There are certain frequencies that are said to assist in specific ways so try them all. The important thing to remember is to tune in to see which one can assist you the most in that moment. We change constantly and what worked yesterday may not work that well today with what you are going through so always ask.

I highly suggest you to start with is the 528 Frequency, which is linked to the frequency of the 5th Dimension, the the core creative frequency of nature and can help re-tune and repair our DNA. The video below explains more about this frequency.

About 528 Frequency: The 528 Hz Frequency | "Your Life Won't Be The Same" :

<https://www.youtube.com/watch?v=0nO48UizLk8>

Below are some Youtube Videos with this frequency.

528Hz YouTube Solfeggio Videos:

<https://www.youtube.com/watch?v=1MPRbX7ACh8&t=17122s>

<https://www.youtube.com/watch?v=6tRw9BksZol&t=76s>

<https://www.youtube.com/watch?v=Lu6gaJ3K98A&t=22608s>

Toning

Your whole body is an orchestra and for far too long each instrument aka cell has been out of tune and playing a disharmonious melody. Toning is another great tool in the clearing and re-tuning process. You can start by using your own vocal chords to re-tune your body's vibration. There are other great tools as well, like tuning forks, bowls and others.

Here is a helpful video:

Vocal Toning:

<https://youtu.be/66gGfN7j02U>



Check Your Environment

Your environment is extremely important. Throughout this course we are going to check in daily to see what part of your environment is not supporting you. When you think about sound these are some of the things that we listen to throughout our day:

- Music
- Media/news/radio/tv
- Conversations with others
- Our own thoughts
- Outer world (street, chatter, etc.)
- Nature

Start to tune-in to how each sound makes you feel. What does it bring up? Ask the three questions:

- How does this sound make me feel?
- What is the underlying belief/thought?
- Where do I feel it in my body?

Journal Space



Daily Reminders

Ask the following questions daily so that you can become aware of what sounds support and which ones don't.

What words/affirmations/decrees can I say today that will support my ascension and clearing journey?

What words can I release from my vocabulary that do not supporting me in my journey?

What frequencies/tones/music can I listen to today/right now that will support me in clearing _____ from all levels of my mind, body and spirit?

What sounds/music/media/environment/interactions can I detach from that will support/relax all levels of mind, body and spirit?



Journal Space