

Helpful Hints for Your “Heartsound Meditation”

First, thank you so much for being part of the SandraWinterMusic.com subscriber family! I say you are family even if we haven't met yet because I believe that we are all part of the same human family. Anyway, welcome!

I've been giving away the Heartsound Meditation for a while as a free gift to clients and subscribers, but it only recently occurred to me to include some helpful hints and a little background on this meditation. First, the helpful hints...

Hints

- **Listen Once Before Practice**

Be sure to listen to the meditation at least once before doing it. There are places where I ask you to take a breath in, and you are meant to hold the breath until I ask you to let it out. If you're aware of these places beforehand, things will go more smoothly for you.

- **Thumbs Not Touching**

I ask you not to let your thumbs touch when doing the meditation. This is because, according to the meditation tradition that I practice, having the thumbs touch creates

an energy circuit that may disrupt the flow of your meditation.

- **Feet on the Floor**

Keeping your feet on the floor (if doing the meditation while seated) keeps you grounded. Crossing your legs disrupts energy flow both physically and spiritually.

- **Letting Your Sound Out**

If you are shy about letting your sound out or think I am asking you to sing, just remember – you are only asked to let out one note! This note is for you – not to impress anyone. Intention is *the most important thing about this meditation*. Your intention in letting out your sound is one of healing, of love, of blessing. No matter what you may have been told about your voice, none of it matters – at least for the length of this meditation! Also, if you are worried about what someone in your household will think, in the beginning at least, practice when they're not around!

- **Practice Regularly**

Practice makes perfect! This meditation is meant to be used regularly. If you use it consistently, not only will you feel better, but you will feel more confident about letting your sound out in other situations, and you will probably start to see positive changes in your life. I know this from

experience. Give yourself the gift of practice and you will reap bounteous rewards!

A Little Background

This meditation was originally created as part of an assignment I had while at seminary. I was asked to create a guided meditation and the Heartsound Meditation came to me right away. When I started seeing coaching and sound healing clients, I decided to create a recording of it (on my home computer) just to share with them as a gift. The quality was a little rough, but my gift was appreciated.

When I began to build my website and wanted to attract subscribers, I decided that the recording might make a nice gift, but I wanted something that sounded a little more professional. So I went to my friend [Claude Stein](#), who helped me record it. (That's him on the piano in the background!)

I'm sharing this with you to hopefully inspire you. You see, as a perfectionist and also someone who was taught (unintentionally, I'm sure) to undervalue and underplay her gifts, I never would have imagined putting this meditation "out there" in this way. But it started as the seed of an idea that was inspired by necessity (the seminary assignment). It grew into a gift that I wanted to share with just a few people and now I've

shared it with hundreds! Remember that *intention is the most important thing* in sound healing and in life. When your intention is to share love (the highest vibration in the Universe) with others, you will see many obstacles fall.

I hope you enjoy the Heartsound Meditation and this free report. Many blessings to you in your practice and in life!

A handwritten signature in blue ink that reads "Sandra Winters". The script is fluid and cursive, with a small dot above the 'i' in "Winters".