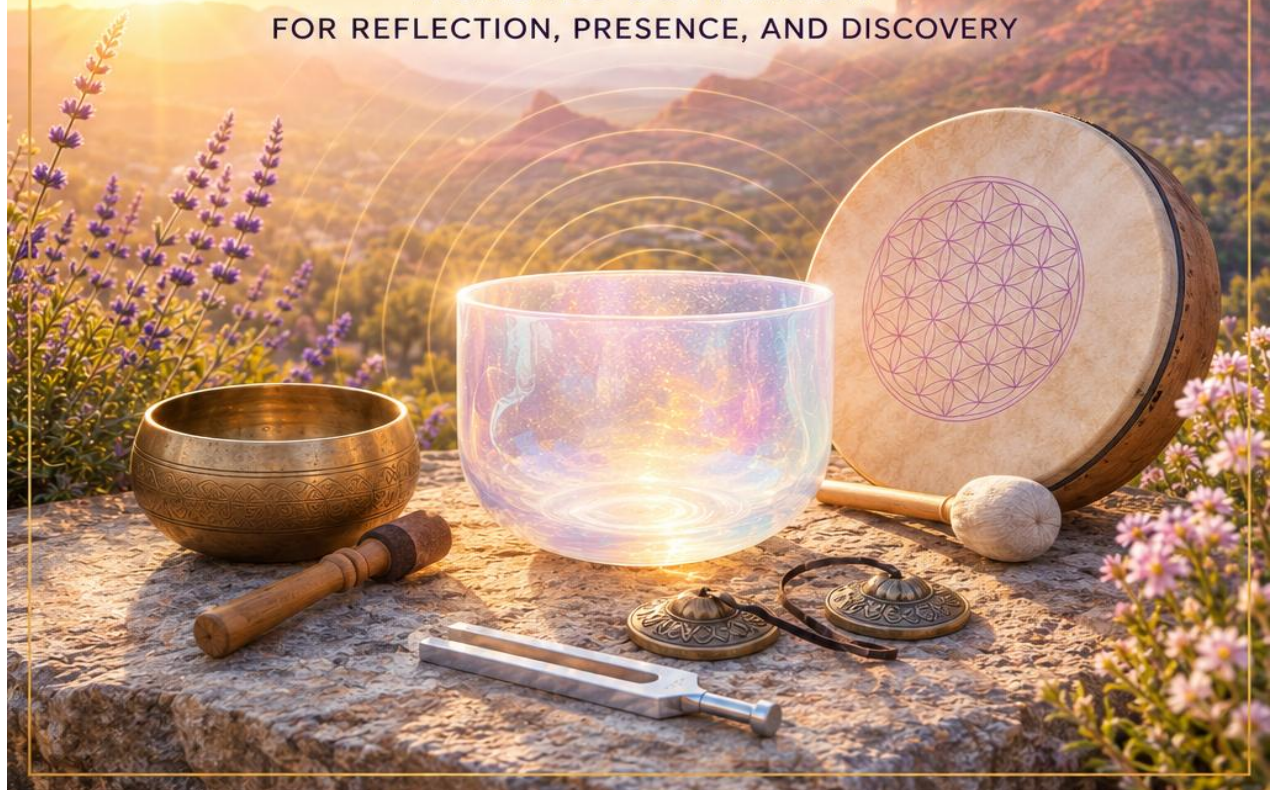


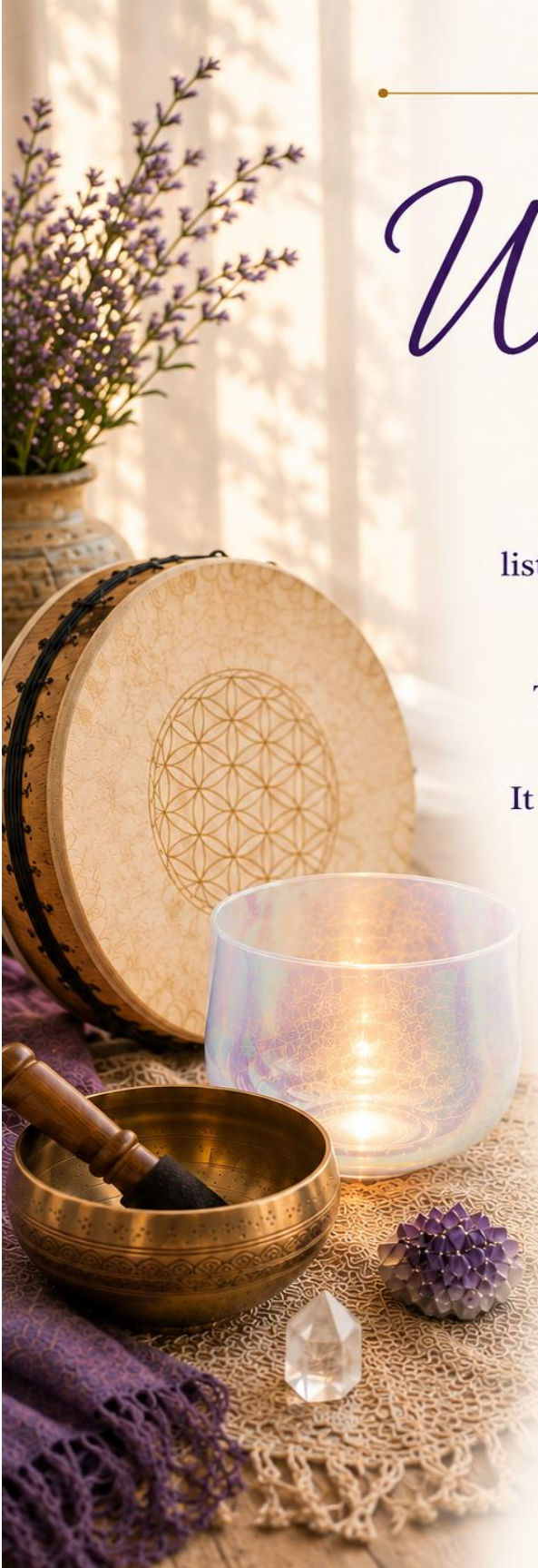
The
**JOURNEY
BEGINS**

DEEPENING YOUR RELATIONSHIP
WITH SACRED SOUND



A SACRED COMPANION
FOR REFLECTION, PRESENCE, AND DISCOVERY





1

Welcome

You are invited to begin
a journey of presence,
listening, and sacred connection.

This companion is not meant
to be rushed.
It is an invitation to slow down...
to listen...
to notice...
and to discover what unfolds
through your own experience.

Pause often.
Remain curious.
Return whenever
you feel called.

*The journey begins
the moment you
become present.*

Purpose

This companion invites you to experience sacred sound in a different way.

Rather than learning about your instruments... begin by simply spending time with them.

Listen.

Notice.

Remain curious.

Allow each instrument to become its own unique relationship.

There is nothing to master.

Simply be present.

*The greatest teacher
is your own experience.*



3

Perhaps It Chose You



What first drew you
to this instrument?

Why this one?

There may never be
a single answer.

Perhaps it was the sound...
its beauty...
its presence...
or simply something you felt.

You don't need to
understand why.
Simply notice what
first called you here.



*Sometimes the first
invitation is simply
a feeling.*





4

The First Meeting

Before creating sound...
simply sit with your instrument.

Notice its shape.
Its texture.
Its presence.

There is nothing you need to do.
Simply become acquainted.

Allow your first meeting
to unfold naturally.

What did you notice
as you simply sat with
your instrument?

How did it feel to be
present together before
making any sound?



5

The First Sound



When you feel ready...
offer a single tone.

Then...
simply listen.

Allow the sound to travel...
to soften...
and finally disappear into silence.

Remain present until the very
last vibration is gone.

*Sometimes the deepest listening
begins after the sound has ended.*



Relationship Questions



What did you notice as the
sound slowly faded into silence?



What remained after
the sound was gone?





6

The Conversation Continues



Play again.
Allow the sound to unfold.
Let it be as it is.

You don't need to make
it happen in any particular way.
Simply begin...
and listen.

Each time you return,
the conversation continues.
It is never exactly the same,
yet it is always familiar.

There is no right or wrong way
to be with your instrument.
There is only your way.



Relationship Questions

 How does it feel to return
to your instrument again?

 What is it like to let the sound
unfold without expectation?





7

Every Instrument Has Its Own Voice

Spend a few moments
with another instrument.

Listen.

Notice.

Does it invite a different
experience?

Perhaps one feels grounding.
Another playful.
Another peaceful.

There is no need to decide
what it means.

Simply allow each instrument
to reveal itself in its own way.



Relationship Questions

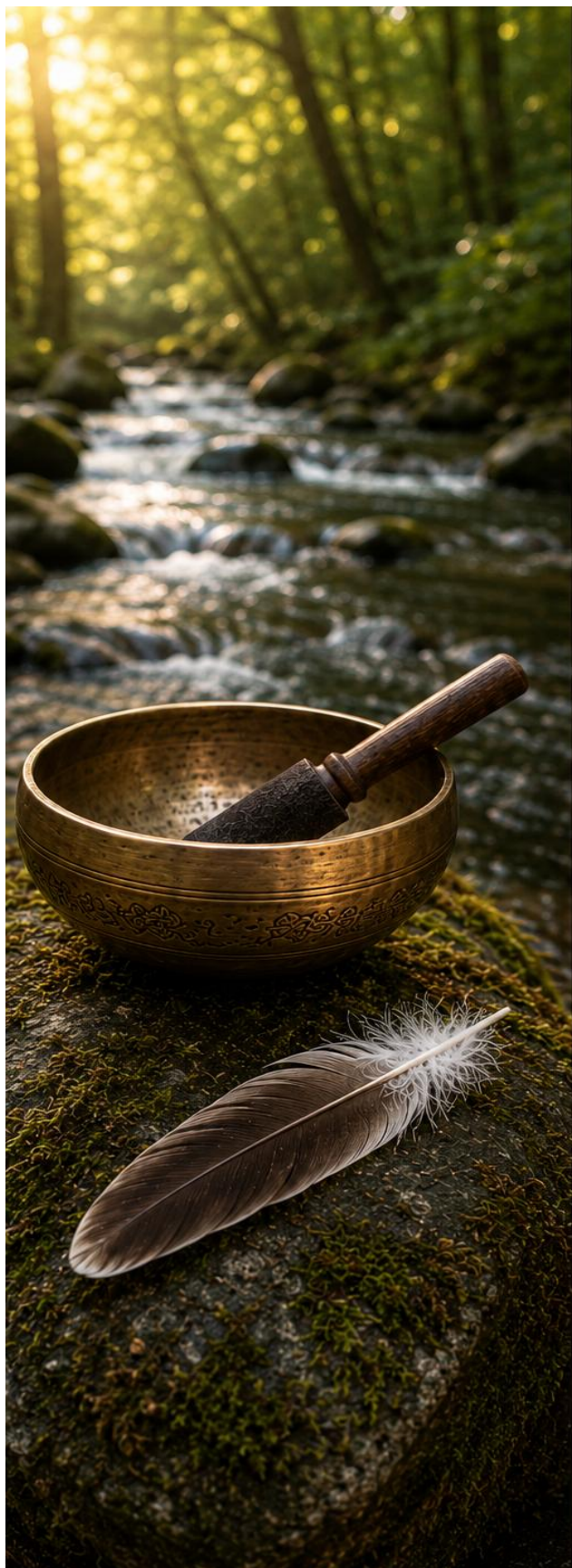


What felt different
about this instrument?



If this instrument had a quality
or personality, how would
you describe it?





8

Let the Instrument Teach You

Spend a few quiet
moments with
your instrument.

Play if you feel called.
Or simply sit together.

There is nothing you
need to discover.

Nothing you need
to understand.

Simply remain open.

Sometimes the most
meaningful experiences
arrive when we are not
looking for anything
at all.

Relationship Questions

 What did you notice when
you let go of expectations?

 If this experience had one
feeling or quality, how
would you describe it?



If This Instrument Could Speak



Spend a few quiet moments with your instrument.

Play a gentle tone...
or simply sit together.

Then ask:
"If this instrument could offer me one message today, what might it be?"

Do not search for an answer.
Simply remain open.

Notice what arises.

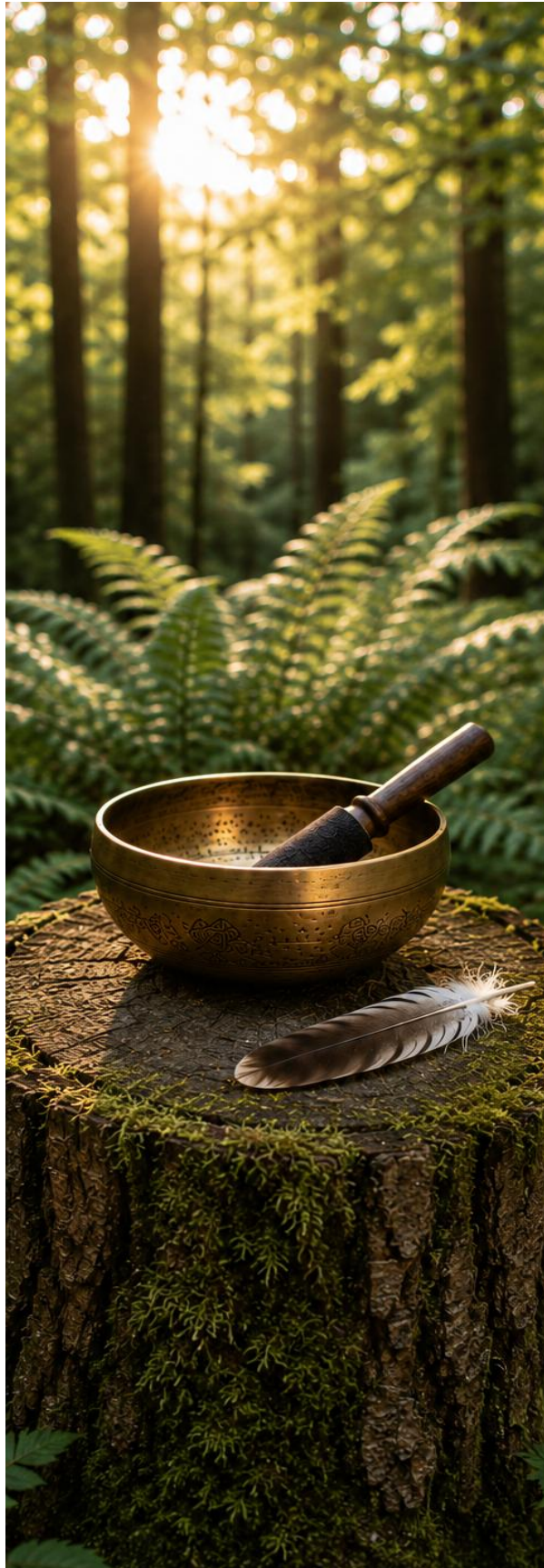


Relationship Questions

 What message, image, feeling, or word came to you?

 How did it feel to listen in this way?





10

Entering Sacred Space



Bring your instrument
to a place that feels peaceful.

A quiet corner.

A favorite chair.

Your patio.

A place in nature.

Play a gentle tone...
or simply sit together.

Notice how the experience
changes in different places.



Relationship Questions

- Where did you feel most connected with your instrument?
- What did this place add to your experience?





11

Sharing the Gift of Sound

When the moment feels right...

share your instrument
with another.

A friend.

A loved one.

A pet.

A circle.

Offer the sound gently.

Without expectation.

Simply notice what unfolds.



Relationship Questions

- What did you notice when the sound was shared?
- How did it feel to experience the sound together?



12

Closing with Gratitude



Take a moment to thank
your instrument.

For its sound.

For its presence.

For what it offered you.

For the spaces
it helped you enter.

Gratitude allows the energy
of the experience
to settle and integrate.

It is a gentle way
to honor the connection
you have created.

Close with appreciation.

Then simply rest.

Let the sound continue within.



Reflection Questions

- What are you grateful
for in this experience?
- What would you like
to carry forward?





*Thank you for sharing
this journey with me.*



These companions are simple invitations
to pause, listen, notice, and experience
sacred sound in your own unique way.

May your journey continue with
curiosity, presence, and wonder.



Julie Russell

Reiki Master

Creator of the

Sacred Sound Reiki Practitioner Certification Training

ReikiVerdeValley.com



Copyright © 2026 Julie Russell.
All rights reserved.



Single-User and Facilitator Licenses are available.

Reproduction, distribution, electronic sharing,
or instructional use is permitted only under
the appropriate license or with written
permission from Julie Russell.

