



TIPS TO GET THE BEST FROM YOUR COURSE

WHAT ARE THE MODULE DESCRIPTIONS?

Module descriptions are for guidelines only and are simply the intention behind, and a summary of, each module. You may interpret any module in any way you choose, and it may be in a completely different way to the summary. Or you may achieve a completely different result or outcome than that of a modules description. Don't let the description confine your experience of any module. Let your imagination and your emotions run free!

WHY IS THERE MORE THAN ONE VIDEO IN SOME MODULES?

Some modules contain more than one video – both videos are the same exercise, but have been recorded in different locations (see below). If the video was recorded outdoors, sounds of nature may be heard in the background, which may be distracting for some. A studio recorded version has therefore been provided for those who prefer a cleaner sound. You can listen to one or both of the video modules according to your preference. Some modules contain a third blank meditation video to continue the exercise if required.

WHAT IS THE BACKGROUND NOISE?

Many of the modules were filmed outdoors in Bali, with a background noise of the sea, river, wind and wildlife, which is a part of the recording. You may hear birdsong, crickets, or even some beautiful Balinese Gamalan players in the background.

The background noise has been acoustically treated where possible, to minimalise it, but to maintain a natural sound, some modules have been left completely untreated. Please understand this is intentional to immerse you in the natural world of Bali, and with the aim to bring a deeper connection with nature and with yourself.

Allow the background noise to give you support. If you can, try and visualise the wind blowing through the leaves, the river flowing past, or the ocean waves crashing on the shore, and see yourself immerse in the sound that is flowing through you, cleansing and purifying you, as their energy of it carries your emotions away.

If the sounds of nature bother you, or you find them too distracting, an alternative studio-recorded video is available, for a cleaner sound, free of background noise.

WHY IS THERE A SINGING BOWL AT THE END OF SOME MODULES ?

There are a few minutes of crystal singing bowls at the end of many modules to enable you to continue with the exercise – whether you may be releasing emotion, making sound, expressing your voice or toning. If you need even longer to continue to make sound or meditate, you can either rewind the video and play it again, or listen to the blank meditations at the end of the course.

WHAT ARE THE BLANK CRYSTAL BOWL MEDITATIONS AT THE END OF THE COURSE?

Each course contains a selection of blank crystal bowl meditations (with no talking), to enable you to further practise module exercises, whether toning, expressing or vocalising, without interruption. You can also use these practise tracks to assist your toning or singing, to help improve your pitch, sustain or breath control, or at any time you need to release some emotion, or want to practise an exercise.

HOW DO I WORK WITH THE MODULES?

Decide if you want to listen to the studio-recorded or outdoor version. You may listen to both if you wish, one after the other. However, both are the same exercise, but they have been recorded in different locations.

Click play and Listen to the module. At any point, if you feel you want to make a sound, allow yourself to open up and express whatever you feel you need to. You may pause the video at any time if you wish to continue expressing or to sit in silence, or you may leave it to continue to play.

Throughout any module, allow your voice to do what it feels, or needs to do, even if I am talking in the background. Don't worry if you can't hear what I am saying while you are making noise. You will hear what you need to while you are expressing yourself. If you need to, pause the module, or go back and listen again, and practise the exercise until you feel ready to move on.

Blank meditations with a backdrop of crystal tones can be found at the end of each course if you wish to continue with any exercise for longer.

DO I NEED TO FOLLOW THE MODULES IN ORDER ?

Although the 12 week course has been designed in a way to peel back the layers, there are no set rules and the modules may be taken in any order. You may wish to start at the beginning and follow the chronological order, or you may prefer to choose a module that particularly resonates with you at any time.

However, it is advised you follow the course layout where possible, as each module has been designed to lead to the next, to prepare you for the next unravelling, open you further into your emotional depths, and give you the grounding to assimilate any processing of emotional content which may be revealing itself to you.

HOW MANY MODULES SHOULD I DO IN A DAY?

Each module is designed as a stand alone exercise, each bringing a different message or practise. You can listen to just one, if you only have 10 minutes, or two or three if you have more time. Do not try and do too many modules at one time, as you may become confused and end up having too much to process and assimilate, which may lead to distraction, confusion, and any challenges not being confronted or properly assimilated.

Ideally, each module needs to be practised and integrated before moving on to the next. Each module is designed to bring you to a deeper level or layer, of opening, clearing and empowering yourself.

Some modules may appear to repeat a message from a previous module, albeit in a different way - this is in order to reiterate and reinforce a point in a new context and at a deeper level, to ensure the message becomes deeply engrained within you. Remember - Repetition is the key to mastery. And Practise makes perfect.

Also note: You will 'take' different things from each module at different times.

Do not give up if you cannot do a specific exercise. Either face it. Or skip it and come back to it later.

Keep moving towards your goals by choosing whichever module most resonates with you at any time. You may find certain modules work together. Play around until you find what works for you. After completing one module, you will be granted instant access to the next by clicking in the left hand column. Once you have completed the course, you can go back and revisit any module again.

HOW DO I GET THE BEST RESULTS FROM THE COURSE?

If possible, Create a quiet, sacred and safe space, where you will not be disturbed, for 10 or 15 minutes. Light your candles, light your incense, and allow yourself to relax and drop all concerns of the day. Listen with headphones on where possible, to shut out external noises, and to deeply absorb the message and the crystal bowl tones in to your body and psyche. Allow yourself to fully immerse into each module.

If there are lots of external distractions, you feel too busy, and can't keep your mind focussed, do as above... Find a quiet space, put the headphones on, and use visualisation to help you to focus, by closing your eyes and imagining a world beyond the mind.

Modules can ideally be listened to while in your meditation room, walking in the park or soaking in the bath.

WHAT SHOULD I FOCUS ON, OR WHAT IF I DON'T KNOW WHAT TO FOCUS ON IN AN EXERCISE?

It is entirely your choice what you wish to work on in any exercise. If you can't think of anything you want to work with, let it happen naturally. Or you may start with an intention that may then evolve or completely change to something else as a result of your inner processes as the module or course evolves. This is an evolving journey of continual process and transformation. If you can, set an intention and begin each module from a place of trust and surrender to your Higher Self, your guides, God/Goddess, or Divine Source, then do your best to follow your intention, let go and see where the pathway leads you.

WHEN IS THE BEST TIME OF DAY TO DO THE MODULES ?

When is **your** best time of day? You just need a quiet time when you have 20-30 minutes, or even an hour, to yourself. After each module, give yourself at least 5-10 minutes to process and integrate the exercise or emotional clearing you have just done.

WHAT IF THE CRYSTAL BOWL VOLUME IS TOO LOUD FOR ME ?

Without harming your ears, especially with headphones on, allow the crystal tones to penetrate your body. If you cannot hear my words in the module, just let the tones penetrate your being, and know that you will hear whatever you need to, in any given moment. If the bowls tones become too loud for you at any point, turn the volume down as necessary.

***N.B. CRYSTAL BOWL TONES CAN BECOME EXTREMELY LOUD. WHILE ALL EFFORTS HAVE BEEN MADE TO KEEP THE VOLUME AT A SAFE LEVEL, IT IS YOUR RESPONSIBILITY TO ENSURE THE VOLUME LEVEL IS NOT TOO LOUD FOR YOU! DO **NOT** DAMAGE YOUR HEARING BY HAVING THE VOLUME TOO LOUD! VOCAL NECTAR CAN NOT ACCEPT RESPONSIBILITY FOR DAMAGE OF HEARING THROUGH EXCESSIVE VOLUME !**

DO I NEED TO KEEP A WORKBOOK or JOURNAL? DO I GET WORKSHEETS?

It is strongly advised you keep a journal or workbook and take lots of NOTES of your progress, responses to exercises, anything that may have come up for you, any modules that deeply resonate, any significant issues you may need to focus on or work through on a deeper level or for a longer period, and any modules you feel you need to revisit.

Your notes will help you remember a particular issue or challenge, how you worked through it, and any AHA moments. Notes are also helpful when assimilation at a deeper level is required and, through re-reading your notes, you may see things you did not previously see, which may be helpful to understand core issues, or the process of unravelling. Tracking your progress is vital to help you to remember key points as you work your way through the course.

Be sure to date each entry so you can look back and see how far you have come!

You may simply wish to repeat exercises or cover an exercise in more depth at a later date, and can use your notes to recall your favourites. Or you may wish to just use your journal as a diary, to remember milestones, or to look back and see how far you have come.

As most of the modules are self explanatory and accompanying PDFs supplement the content where appropriate, we do not provide blank worksheets in this course.

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TIPS FOR THE VOICE DURING VOCAL EXERCISES

If you need to scream or express loudly during any exercise, and feel it may cause damage to your voicebox to do so, pull back the energy slightly, and let the emotion out in a more controlled way, to avoid vocal strain. Let the emotion out, but consciously bypass

the part of the voice box that feels it is straining... literally, send the voice another way round. This is good vocal practise and also a good discipline in emotional control and emotional mastery.

Feel and find a way "through" your voice-box, which allows the release of the emotion, without damaging your vocal cords.

If you don't have a suitable place to make lots of noise, screaming into a pillow is very effective!

DAILY REMINDER

Make a daily practice to listen to your inner child, especially after each clearing and reclaiming exercise. After letting go of anything you no longer need, consciously call the gifts and powers you have reclaimed towards you, embracing and reintegrating all aspects back into yourself. ALWAYS Thank and honour the part of you that revealed itself to you to be reclaimed. Gratitude is our greatest gift and the key to our abundance!

REMEMBER

*** Dedication to practise is important ***

*** Practise every day ***

*** Consistency forms new habits! ***

You need to practise the exercises for 30 minutes to 1 hour per day, to see real results

Showing up, completing the modules and regularly practising the exercises will help you to stay on the path, accountable to your goals and commitments.

Accountability is provided through our Vocal Nectar private facebook group.

BEFORE WE BEGIN

Create a sacred, quiet and safe space, where you will not be disturbed, for 10 or 15 minutes. Light your candles, light your incense, and allow yourself to relax and drop all concerns of the day, as you immerse into each module.

Listen with headphones where possible, to shut out external noises and to absorb the message and the crystal bowl tones more deeply in to your body and psyche.