

MINDFULNESS OF SOUND



WHAT ROLE DO MANTRAS PLAY IN SOUND THERAPY AND AS A DAY TO DAY PRACTICE?

Words, affirmations, and mantras amplify these vibrations by directing intention. Simple phrases like “I am safe,” “My body knows how to heal,” or “I surrender and receive” can be used both during sessions and as daily practices.

You can experience Chelsea’s sound therapy offerings through her wellness practice, community events, private sessions, and group sound baths in New Orleans. Peace and presence await.

Divineessentialmagic.com

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