

## Toning

- **the release of a long uninterrupted sound after a deep inhale.**

toning is a powerful healing technique that works both for the betterment of mental health (stress release, nerve calming) and when consciously used to heal/clear/align the energy field.

The process:

- Find a space where you feel safe being loud
- Take some calming deep breaths, until you feel centered and present
- Place your hand on your heart center in the center of the chest
- Try to empty your mind
- When you feel ready, after a few relaxing breaths, take a big one, inhale as much as you can and release it with a loud sound, (can eventually be an OM sound, but at first don't try to control it)
- It may be high-pitched or deep, may sound like a singing voice or not. Don't judge it.
- Then a second time, but first setting the intention to release a tone that serves your highest good the most.
- The more you do it the more you will get a feel for it. The point is to release one tone, a single tone you keep/hold until the breath runs out.