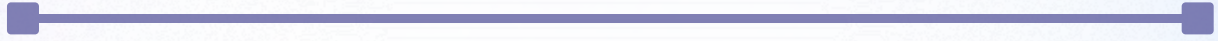


SYMPTOMS YOU MAY EXPERIENCE DURING YOUR SONIC DREAMING

During your Sonic Dreaming you may experience different Mind, Body & Spirit sensations. These have been observed in my own experiences, witnessed in those who I have guided and also what has been reported to me.

- Body aches/pains or relief/release of tension
- Physically shaking/vibrating/tingling (truth/goose - bumps)
- Coughing
- Sneezing
- Burping
- Gas
- Pulsating through the body
- Cramps Abdomen
- Sore/rumbling tummy
- Headache/lightheaded
- Fatigue
- Chills
- Sweating or flushing
- Nausea/Feeling like you are on a boat rocking
- Energetic purging
- Diarrhea
- Emotional release*
- Teary eyes
- Falling asleep
- Feeling light in the body
- Deep relaxation
- Inspiration/creative ideas
- Answers to your questions/new insight & perspective
- A sense of deep connection with your intuition & psychic senses*
- Deep connection to your higher self/your soul and Spirit Allies
- Visions
- Out of Body Experience
- Inner Child Healing

- Soul Retrieval/Memory Retrieval
- Access to Past Lives/Future Self
- Visiting other planets/realms
- Spontaneous Emotional/Energy/Physical Healing



It's important to remember that the absence or presence of symptoms is not a scale of measurement to whether your Dreaming was successful or not. Different people respond differently. What you experience will be right for you, whatever that is.

NB:

**Emotional Release*

You may experience spontaneous emotions (sadness, grief, joy). Your mind may want to attach to the emotion that is surfacing and question it or try to work out why you may be feeling it. Emotional Release through tears, sound, laughing etc. is the natural way we release energy from our body & our auric field but because we are so used to holding everything in, it feels strange and uncomfortable. Try your best not to suppress, reject them, panic, or try to overanalyse them. Accept the emotion by allowing it to be present and let it MOVE through you...connect to your breath...and know that it will pass.

**Psychic Senses - Intuition - In(Inner) tuition(knowledge) - Your Inner senses*
Psychic Senses is what you can begin to consciously develop to understand what your Intuition may be communicating to you.

Clairvoyance means clear seeing

Clairaudience means clear hearing

Clairsentience means clear feeling

Claircognizance means clear knowing

Clairallience means clear smelling

Clairgustance means clear tasting

Try your best to be with what you are feeling and sensing. Just like with Emotional Release try your best to not judge or analyse what your experiencing. Instead let it unfold organically without force.

SONIC DREAMING AFTER CARE

After your Sonic Dreaming Session it is not uncommon at all to experience some of the symptoms listed above 2-3 days after. Please be sure to seek medical assistance if symptoms persist or you are concerned.

It is so Important immediately after you complete a dreaming session to ground your energy:

- Drink plenty of water
- Imagine yourself as a tree rooting into the earth
- Go outside and plant your bare feet into the ground (Earthing)
- Eating foods that come from the ground
- Rub the bottom of your feet with a stainless steel metal spoon to bring your energy down.

Some common symptoms of feeling ungrounded can be:

- Nausea
- Sea Sickness
- Lightheadedness

In the Western world the collective is used to or even expect "instant healing" and subconsciously we believe that in order for something to be "working" the absence of all physical and emotional discomfort is a true indication of that. Unfortunately this is not the case. It takes time and quite often Symptoms can become worse before they get better. Some people will go through a Detoxing of energy process this, is sometimes called "a healing crisis".

Just like a physical detox your being will respond to releasing all the negative and toxic energies from your body. Which is why it is so important for you to know this information as I see people getting frustrated when it doesn't work instantly and they believe that healing is not possible or it doesn't happen for them but the truth is that they are purging the old energies to make space for the new. So there will be some discomfort but it won't be forever.

What's important is that you **SELF CARE!**

- Be gentle with yourself
- Be patient, compassionate, kind and loving
- Rest or Sleep when your body signals you to
- Stay well hydrated
- Do things that will nourish you and fill you up

Sometimes people don't go through a healing crisis (everyone is different)
Some people may also feel & experience even at the same time:

- Lightness in their heart and within their whole being
- Connected to the truth of who they are and to their soul
- Clarity in the mind and heart
- Supported by the Universe and their Spirit Allies
- Hope & Optimism
- Inspired to make changes that are supportive to them
- Motivation
- An increased feeling of overall well-being
- Increased Energy
- Better Sleep
- Magical Synchronicities in your waking live
- Signs from the universe/guides/soul
- The Impossible becoming possible
- More ease, grace & trust in self/life
- Acceleration of your soul growth
- Quantum Leaping into alignment and attracting opportunities/people/situations that feel similar to what you experience in your dreaming.

Lastly **EMBODIMENT & INTEGRATION** is key to assist the effects of the Healing, Insights or Guidance you were able to access and receive in your journey. Knowledge is just knowledge that stays solidly planted in your mind until you start to embody and live this knowledge and bring it into your life and practice it! This is when we turn knowledge into WISDOM.

I encourage you to reach out (annalie@annalie.earth or IG: [annalie111](https://www.instagram.com/annalie111)) and let me know if you experience something that was not mentioned here so I can continue to update this document for future Dreamers.

Also please feel free to share your Sonic Dreaming experience if you feel called. I cannot promise that I will always be able to respond but I will certainly listen and read. That information can be of great support for the Community, so if you feel the pull please share.

With all my Love,
Annalie