

# SONIC DREAMING GUIDE

EVERYTHING YOU NEED TO KNOW TO DEEPEN  
INTO YOUR SONIC DREAMING EXPERIENCE -  
AT YOUR OWN PACE, IN YOUR OWN WAY.

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# WELCOME BEAUTIFUL DREAMER

Welcome to this sacred space of *Sonic Dreaming*, a place where the veil thins, the heart softens, and the remembering begins.

If you've found yourself here, trust that your soul has guided you. You've answered an ancient call to return to your power, your truth...your dreaming.

This is not just a guide - it's a companion for your journey home to the wisdom that has always lived inside of you.

You are a visionary, a way-shower, a paradigm shifter. And you are not alone.

This space was created in devotion to you and your unique soul path. May it nourish, activate, and support your unfolding in ways that words cannot fully describe - but your being will deeply feel.

Thank you for being here. Thank you for dreaming!

With infinite love,  
Annalie





# WHAT IS A SONIC DREAMING?

Sonic Dreaming is a sacred sound journey—a soul-led experience designed to reconnect you with your true essence, awaken your inner wisdom, and activate the remembrance of who you are beneath all conditioning.

Rooted in the ancient art of shamanic journeying, Sonic Dreaming weaves intuitive soundscapes, frequency, soul language, soul singing, and intention to guide you into altered states of consciousness. It is a modern evolution of an ancient practice—a fusion of ritual, sound, and soul technology that opens the gateway to what many cultures have known as The Dreaming, The Otherworld, or The Unseen.

Each Sonic Dreaming is unique, created intuitively and infused with the energy of those who will receive it. It's not about following a structure or seeking external answers—it's about softening into your body, surrendering to sound, and letting your soul take the lead.

In this space, you're invited to explore, feel, release, remember, and reimagine. You might receive guidance, insight, healing, or simply a deep sense of connection. *There is no right way* to journey—only what your soul is ready to reveal to you.

*Sonic Dreaming is not a performance*—it is a co-creation between you, the sound, and the unseen.

It's a remembering.

A returning.

A reclamation of your original essence and the infinite dreaming that lives within you.



# BEFORE YOU BEGIN

Here are some gentle yet powerful invitations to support your journey into Sonic Dreaming.

Take what resonates, leave what doesn't - your soul always knows the way.

Allow yourself to soften, receive, and be guided by what feels true.

## **1. Trust Your Unique Experience**

There's no "right" way to enter your Dreaming.

Let go of any expectations or comparisons—especially if this is your first time. What you experience is exactly what you need. Trust it.

## **2. You're Not Making It Up**

If you ever think, "Did I just imagine that?", you're not alone.

Your imagination is a sacred bridge to the unseen realms.

The more you trust, the more the external world will reflect what you experience within.

## **3. Activate Your Inner Senses**

You might not "see" visions—and that's okay.

Your soul & the unseen communicates through many intuitive channels, including:

- Clairaudience – Clear hearing
- Claircognizance – Clear knowing
- Clairsentience – Clear feeling
- Clairempathy – Clear emotions
- Clairgustance – Clear tasting
- Clairsalience – Clear smelling

Explore which senses are most alive for you. As you practice the more these senses develop. Your heart and imagination are powerful allies in this space.



#### **4. Approach with Wonder**

Let your inner child lead the way—with curiosity, playfulness, and an open heart.

If your mind resists, lovingly acknowledge it.

You can even say: *“Thank you, but I’m just going to observe for now.”*

This softens the mental chatter and invites your deeper wisdom to emerge.

#### **5. Set a Clear Intention**

Before you begin, ask yourself:

*What do I desire clarity, healing, or guidance on?*

A clear intention is like a sacred map.

It tells your greater being and soul guides why you’ve shown up and opens a meaningful path forward.

#### **6. Call upon Protection**

Always travel with a guide or symbol of protection.

This could be your greater being, a spirit animal, an ancestor, a loved one, or a cosmic being.

They’ll walk with you through the dreaming, offering protection and guidance.

Not all energies in the unseen are benevolent, just like here we have to be discerning of the energies we listen to, so journey with awareness and care.

#### **7. Create Your Sacred Space**

Choose a peaceful, undisturbed space.

Lie or sit comfortably.

Use:

- Headphones for full immersion (or a quality speaker)
- An eye mask or low lighting to reduce distractions

Let your environment support you in surrendering to the journey.

## 8. Record Your Experience

Bring a journal or something to write with.

After your journey, note any messages, emotions, or symbols that came through.

Trust that even if nothing "big" happened, something shifted energetically.

## 9. Energy First, Then Physical

Energy precedes matter, so you may first experience shifts during your Sonic Dreaming—before anything changes in your physical world. As a result, opportunities may begin to arise in your everyday life, inviting you to respond in a new way.

If old patterns reappear, it doesn't mean you've failed—it means you're being given a powerful chance to complete and transform them.

The key is in your response. Taking grounded, practical action is what helps anchor the energetic shifts and weave them into your daily life.

## 10. Integration is Everything

True transformation happens after the journey when you bring the wisdom into action.

Don't skip this step. Notice what life brings to your awareness, and respond in a different way. Compassion will support you as you find your way back home.



### Bonus Resource

Here's an **AFTER CARE GUIDE** with more information about what you might experience - during or after your Dreaming.

If something unexpected comes up, you'll have a reference point to support you. You might not experience any of the things listed—and that's okay too.



# JOURNAL

## YOUR INTENTION/THOUGHTS/REFLECTIONS

[illegible]



# FINAL MESSAGE FROM MY HEART TO YIURS

Dear Soulful Dreamer,  
Thank you for journeying through this guide and for answering the call of  
your soul.

Whether this is your first time exploring Sonic Dreaming or you're returning  
home to a space you've long known, know that your presence here is no  
accident. You are remembering. Reconnecting. Reclaiming the parts of you  
that were never truly lost - only waiting to be heard, felt, and seen again.

There is no right way to experience Sonic Dreaming. Allow your journey to  
unfold in its own rhythm. Trust what comes, release what doesn't, and  
remember, you are never separate from your power, your wisdom, your true  
nature & your dreaming.

May this guide serve as a gentle companion as you move deeper into your  
inner world. And may your dreaming ripple out into the world in ways that  
awaken, inspire, and transform.

I am deeply honoured to walk alongside you.

With all my heart,  
Annalie

**Need support? I'm here if you have questions or need help integrating  
your experience, please contact me.**

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