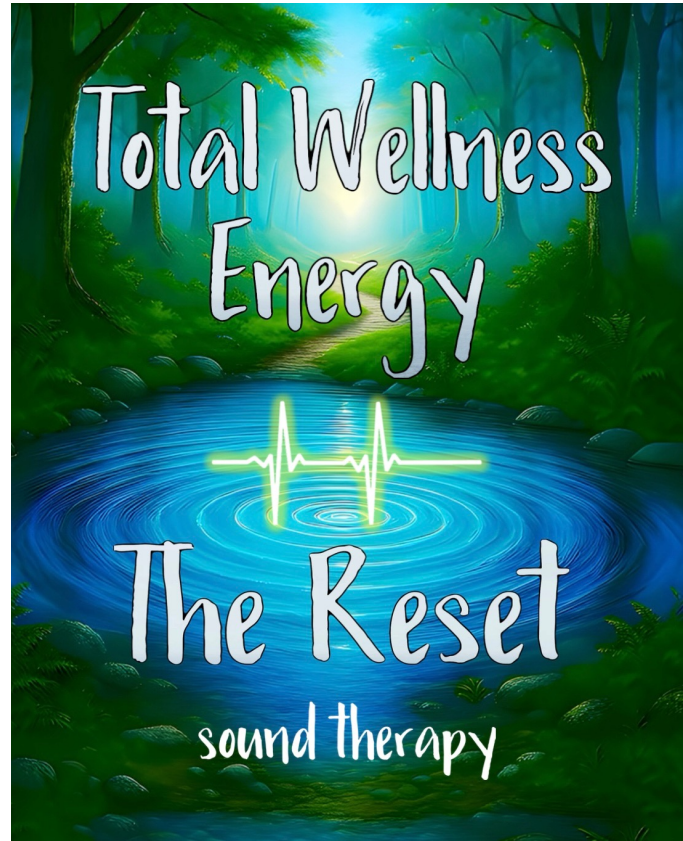




WELLNESS BENEFITS GUIDE

P D F D O W N L O A D [—————](#)

**SOUND THERAPY
BENEFITS GUIDE**



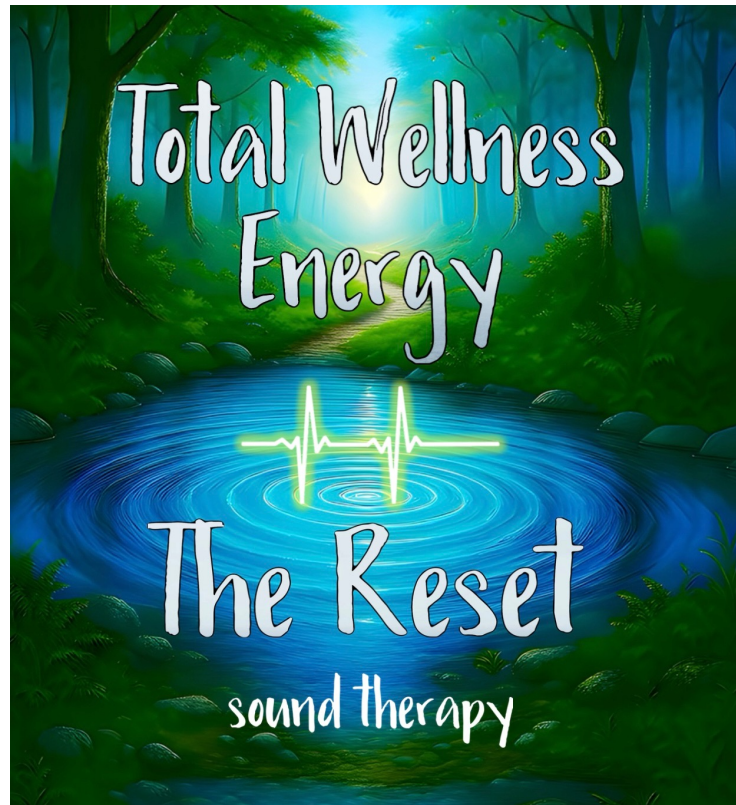
Experience the power of sound therapy!

Melt away stress and anxiety,
release emotional trauma, improve
sleep, ease pain and inflammation,
and sharpen your memory and
focus...naturally.

Table Of Contents

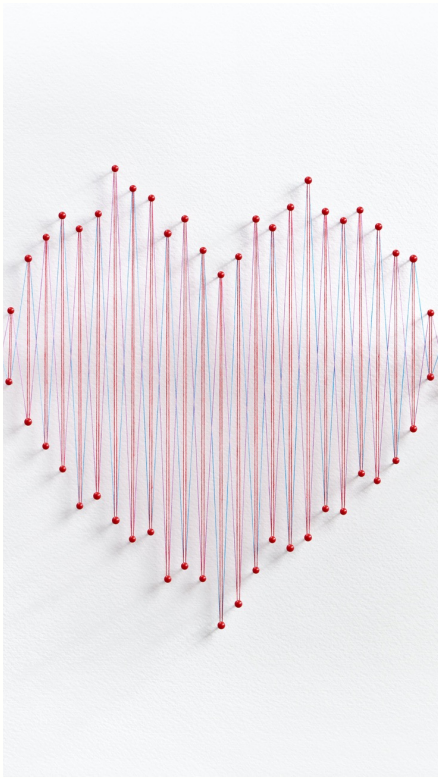
- About The Reset Album
- Wellness Benefits Per Song
- Evidence for Sound Therapy
- FREE Sound Therapy Audio





Sound therapy is a valuable tool amongst the many that are needed for emotional stability and mental wellness.

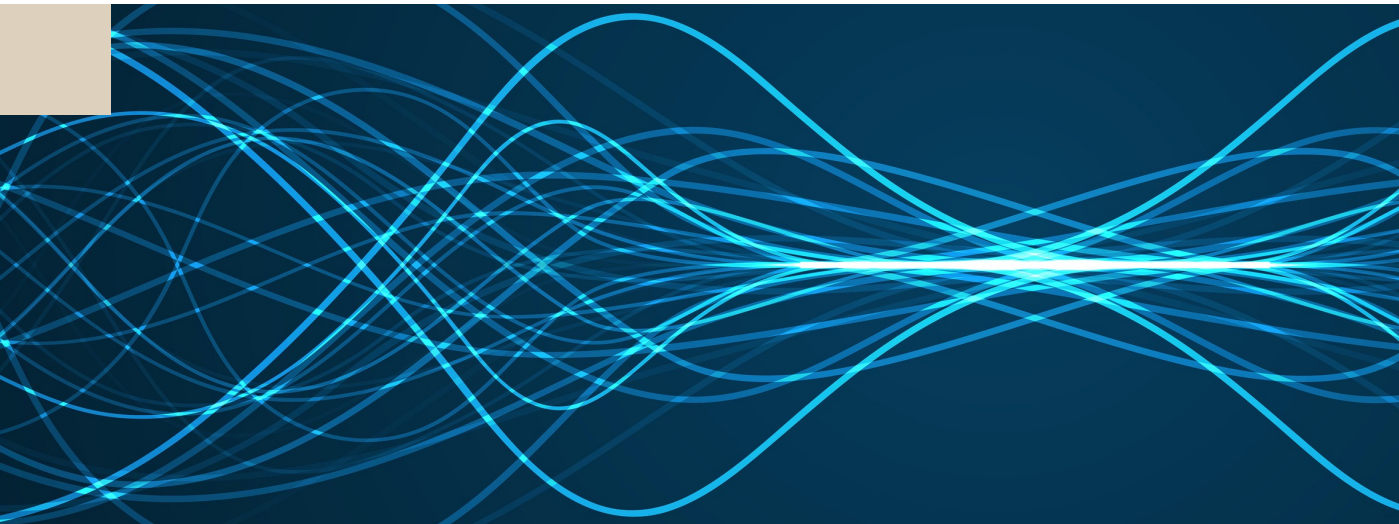
The Reset offers immediate relief, calm, and greater wellness anytime.



All Tracks at 60 BPM

60 bpm is the average resting heart rate. This creates a relaxed yet alert mental state, beneficial for concentration and memory.

Reduce stress in daily living. This album is intending to be played while working, cleaning, studying, resting, babysitting, entertaining guests, etc.



There is a unique **pure
tone embedded** in
each of the 12 tracks.



This album empowers you to
choose tracks that target
specific areas of your mind,
body and emotional wellness.

Wellness Benefits Per Track

TRACK LIST

1. Mindful

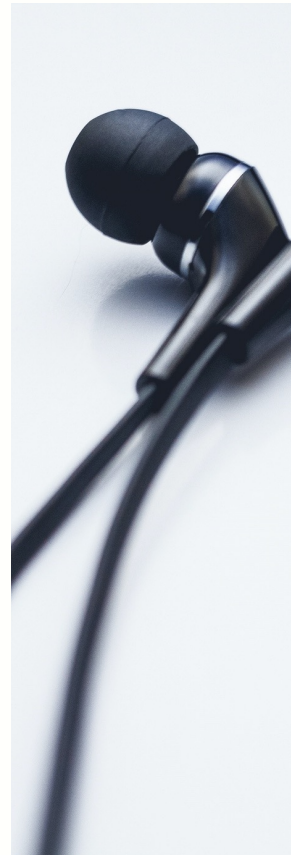
Reinforces a sense of security and confidence. It promotes joy and pleasing energy. It supports independent thinking, reduces emotional sensitivity to stress and cultivates a sense of balanced responsibility. Encourages self-compassion.

2. Secure

Supports emotional integration and helps re- establish a more complete sense of self. It enhances awareness and understanding of one's feelings, increases the ability to express emotions, and deepens connection in relationships.

3. Serene

Encourages appropriate self-expression and compassion for self and others. It supports emotional forgiveness and release. Helps individuals engage more fully with their emotional selves, and nurtures fulfilling relationships.



Wellness Benefits Per Track

TRACK LIST

4. Embrace

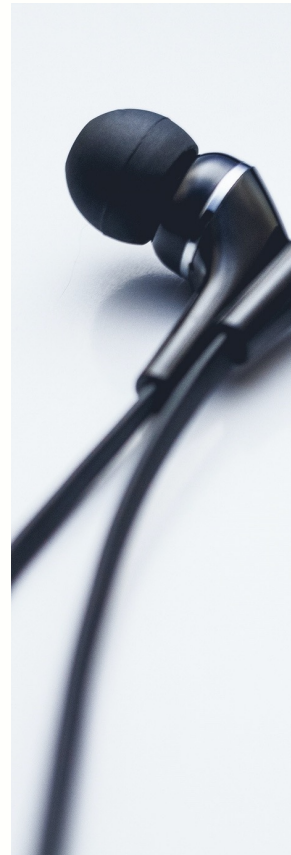
Fosters unconditional love and a secure emotional identity. It enhances self-tolerance and tolerance of others. Promotes mature interpersonal interactions, and supports emotional accountability.

5. Inward

Facilitates acceptance of change and helps reframe anger into constructive understanding. It fosters emotional security, supports readiness for personal growth, and increases calmness when facing challenges.

6. Cultivate

Aligns beliefs with actions and fosters present-moment awareness. It promotes tranquility and strengthens one's connection to infinite possibilities.



Wellness Benefits Per Track

TRACK LIST

7. Valid

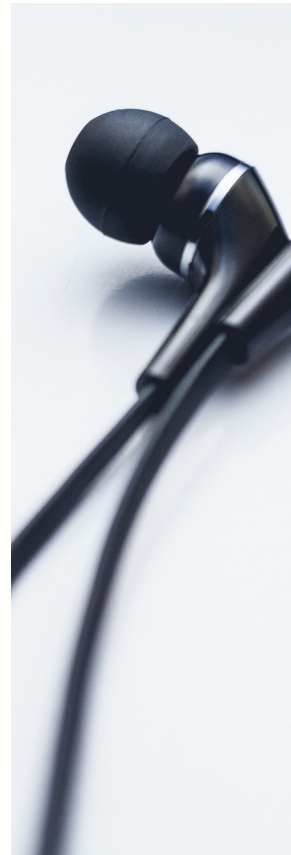
Encourages self-validation and confidence in one's uniqueness and talents. It helps to be secure in regards to self-worth, enhances memory and self-esteem, and invites joyful engagement in life.

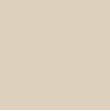
8. Expression

Promotes inner peace and honest self- acceptance. It supports freedom from worry and cultivates emotional objectivity about the past.

9. Present

Supports independent and creative thinking. It supports breaking free from limiting emotional patterns. It expands perspective, and improves problem-solving and mental clarity.





Wellness Benefits Per Track

TRACK LIST

10. Repaired

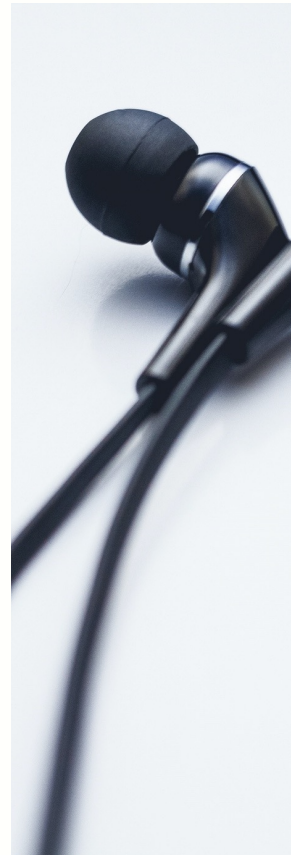
Encourages self-acceptance and helps restore a healthy sense of self. It supports the expression of feelings and strengthens emotional connections. Supports the forming of rewarding relationships with more ease.

11. Expansion

Opens the mind to new possibilities and supports emotional security. It helps develop tolerance for differing opinions, the ability to question personal beliefs, and a grounded sense of belonging.

12. Growing

Reinforces self-acceptance and strengthens the emotional bond with maternal influences. It supports a strong sense of self-worth, openness to nurturing, and acceptance of personal identity.



Sound Therapy Evidence

Harvard Medical School Studies

Reduces stress and anxiety through
brainwave entrainment.

Journal of Music Therapy

Improves PTSD symptoms and
emotional trauma recovery.



Sound Therapy Evidence

National Institute of Health

Helps regulate emotions and
enhances relaxation.

Cognitive Neuroscience Journal

Enhances cognitive function and
memory retention.



Sound Therapy Evidence

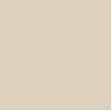
Journal of Pain Research

Supports pain management and reduces inflammation.

Mayo Clinic

Lowers cortisol (stress hormone) and blood pressure.





Sound Therapy Evidence

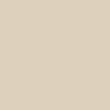
Frontiers in Neuroscience

Improves sleep quality and reduces insomnia.

Johns Hopkins Center for Music & Medicine

Supports emotional balance and mindfulness.





QUOTE

"If you want to find the secrets of the universe, think in terms of energy, frequency and vibration."

- Nikola Tesla

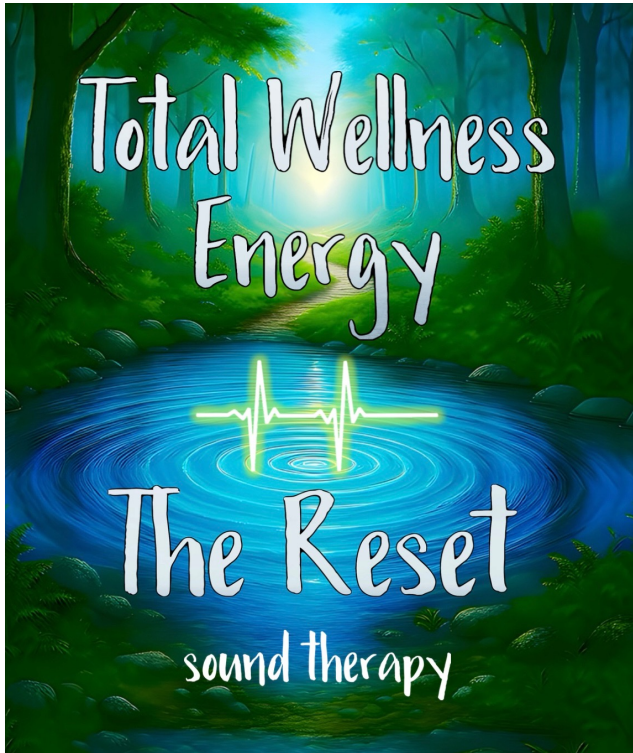
Audio on our website

Stream, Play, Download!

We believe healing should be accessible to all. That's why you can **play this album for free** on our website.

When you choose the paid version, you're supporting us to share these transformative tools with more people.

www.totalwellnessenergy.com



THANK YOU



totalwellnessenergy.com