

Free Guide: 7 Energy Practices for Everyday Wellness



Exploring and Experiencing Self Healing

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The Sacred Commute: Starting Your Day with a Park Walk

Transitioning from the stillness of sleep to the demands of the day can often feel like a jolt. A morning walking meditation in a park serves as a "sacred commute"—a bridge between your internal world and the external environment. By moving through nature, you aren't just exercising your body; you are recalibrating your nervous system.

Why the Park?

Unlike a treadmill or a busy sidewalk, a park offers **soft fascination**. This is the psychological concept where natural patterns (leaves rustling, clouds moving) capture your attention without draining your mental energy. This allows your "directed attention" to rest, effectively curing morning brain fog.

The Morning Ritual: A Four-Pillar Practice

To maximize the added value of your walk, integrate these four elements as you move through the greenery:

1. Mindful Movement (The Exercise)

Don't rush. The goal is to synchronize your breath with your stride.

- **The Heel-to-Toe Roll:** Feel the ground. Notice the shift in weight from your heel to the ball of your foot.
- **The 4-4-4 Rhythm:** Inhale for four steps, hold for four steps, and exhale for four steps. This rhythmic breathing signals to your brain that you are safe and centered.

2. Radical Gratitude

As your blood begins to pump, turn your focus outward.

- **Visual Inventory:** Silently name five things you see that you are grateful for (the dew on the grass, the shade of the oaks, the morning light).
- **Internal Inventory:** Acknowledge the miracle of your own mobility. Gratitude for the legs that carry you and the lungs that breathe the crisp morning air shifts your mindset from "scarcity" to "abundance."

3. Embodied Affirmations

Affirmations are most effective when the body is in motion, as the physical rhythm helps "lock in" the mental state. Match your affirmations to your pace:

- *"I am grounded. I am capable. I am at peace."*
- Repeat these not as a wish, but as a present-tense reality. Feel the confidence of the words vibrating in your chest as you walk.
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4. The Prayer of Presence

Whether religious or secular, prayer in a park is an act of connection to something larger than yourself.

- **The Open Palm:** Walk with your hands slightly open at your sides.
- **The Intention:** Use this time to surrender the anxieties of the upcoming day. Ask for the wisdom to handle challenges and the eyes to see beauty in the mundane.

The Added Value: Beyond the Physical

While the cardiovascular benefits are undeniable, the real "ROI" of a morning park walk is **emotional resilience**. By the time you return to your door, you have already accomplished several "wins":

Benefit	Impact on Your Day
Cortisol Regulation	Natural light suppresses melatonin and stabilizes cortisol, waking you up naturally.
Perspective Shift	Standing among ancient trees reminds you that your daily stresses are temporary and small.
Mental Clarity	The combination of oxygen and "green space" boosts creative problem-solving by up to 50%.

Pro-Tip: Leave the headphones in your pocket. The soundscape of the park—the birds, the wind, and even the silence—is the soundtrack your brain needs to start the day with intention rather than distraction.



The Alchemical Touch: Massaging Your Chakras for Daily Renewal

Massaging your body with intention is more than just physical maintenance; it is a form of somatic clearing. By focusing on the areas where the seven chakras—the body's primary energy centers—are located, you bridge the gap between your physical form and your energetic state.

This practice allows you to physically "touch" your stress and manually guide it out of your system, replacing stagnant energy with a sense of fluid calm.

The Ritual of Visualization and Touch

To begin, use a natural oil or simply the warmth of your palms. As you massage each area, visualize a luminous, spinning wheel of light that becomes brighter and steadier with every stroke.

1. The Root (Muladhara) – Base of Spine/Hips

- **The Action:** Use firm, grounding strokes on your lower back, hips, and thighs.
- **Visualization:** See a vibrant red light. Imagine you are brushing away gray "dust" of insecurity, replacing it with a solid, crystalline foundation.
- **The Feeling:** "I am safe. I am grounded."

2. The Sacral (Svadhithana) – Lower Abdomen

- **The Action:** Gently massage the area below your navel in a clockwise, circular motion.
- **Visualization:** An oceanic orange glow. Visualize any emotional blockages melting into a fluid, clear stream that flows freely through your hips.
- **The Feeling:** "I am creative. I flow with life."

3. The Solar Plexus (Manipura) – Upper Abdomen

- **The Action:** Use light, soothing strokes just below the ribcage. This area often holds "knots" of anxiety.
- **Visualization:** A golden yellow sun. Imagine the warmth of your hands burning away the fog of self-doubt until the sun shines with piercing clarity.
- **The Feeling:** "I am powerful. I am enough."

4. The Heart (Anahata) – Center of Chest

- **The Action:** Use your fingertips to tap gently or move in soft figure-eights over the sternum.
- **Visualization:** A soft emerald green light. As you massage, imagine a tight flower bud slowly opening its petals, releasing a fragrance of peace.
- **The Feeling:** "I am loved. I am open."

5. The Throat (Vishuddha) – Base of Throat

- **The Action:** Use very light, upward strokes along the neck and the jawline (where we hold unspoken words).
- **Visualization:** A shimmering sky blue. Visualize a clear, cool wind blowing through your throat, clearing any debris that hinders your truth.
- **The Feeling:** "I speak my truth with grace."

6. The Third Eye (Ajna) – Between the Brows

- **The Action:** Use your index finger to make tiny, slow circles between your eyebrows.
- **Visualization:** A deep indigo light. Imagine a "third eye" blinking open, clearing away the "static" of overthinking to reveal a calm, starry night sky.
- **The Feeling:** "I see clearly. I trust my intuition."

7. The Crown (Sahasrara) – Top of Head

- **The Action:** Use your fingertips to "shampoo" your scalp or apply gentle pressure to the very top of your skull.
- **Visualization:** A pure violet or white light. Imagine a beam of light connecting the top of your head to the cosmos, rinsing your entire body from top to bottom.
- **The Feeling:** "I am connected. I am divine."

The Added Value: Why This Works

Benefit	How it Transforms You
Lymphatic Drainage	Physical touch stimulates the movement of lymph, physically "cleaning" toxins from the tissues near chakra points.
Vagus Nerve Activation	Massaging the neck and chest stimulates the vagus nerve, instantly switching the body from "Fight or Flight" to "Rest and Digest."
Neural Rewiring	Combining physical touch with visualization (neuro-association) trains your brain to trigger a relaxation response whenever you touch these points.

Final Note: As you finish, "sweep" your hands down your arms and legs and flick your fingers toward the earth. This symbolizes the final release of all that you have cleaned, leaving your energy body polished and your physical body deeply calm.



The Kitchen Alchemist: Salad Preparation as Moving Meditation

We often view meal preparation as a chore to be rushed, but transforming a salad into a meditation turns a mundane task into a profound act of self-care. It is an exercise in **sensory immersion**—a way to anchor yourself in the present moment through the colors, textures, and aromas of the earth.

Part I: The Preparation (The Zen of the Knife)

In salad meditation, the "added value" lies in the process, not just the result. Every action is a deliberate movement.

- **The Washing:** As you rinse your greens, feel the cool water on your skin. Visualize the water washing away not just dirt, but the lingering stresses of your day. Watch the droplets bead on the leaves like liquid diamonds.
- **The Sound of the Crunch:** Listen to the architectural sound of a cucumber being sliced or the crisp snap of a bell pepper. These "micro-sounds" act as an anchor, pulling your wandering mind back to the cutting board.
- **The Geometry of Nature:** Observe the intricate patterns inside a red onion or the fractal beauty of kale. Acknowledge that you are working with living art.
- **The Emulsion:** When whisking your dressing, watch the oil and vinegar resist and then finally merge. This is a lesson in balance—harmonizing the sharp and the smooth.

Part II: The Mindful Consumption (Savoring the Prana)

Eating mindfully is the practice of **Internal Awareness**. It transforms "fueling up" into a ritual of gratitude.

The Five-Step Eating Meditation:

1. **The Visual Blessing:** Before taking a bite, look at the bowl. Notice the spectrum of colors. A diverse salad is a visual representation of a diverse range of nutrients.
2. **The Scent Awareness:** Bring a forkful toward your face. Inhale deeply. Can you smell the earthiness of the beets, the brightness of the lemon, or the "green" scent of the spinach?
3. **The First Contact:** Notice the temperature. Is it crisp and cold? Soft and room-temperature? Feel the texture against your lips before you even begin to chew.
4. **The Slow Chew:** Aim for 20–30 chews per bite. As the food breaks down, notice how the flavor profile changes—from the initial hit of dressing to the subtle sweetness of the vegetables.
5. **The Gratitude Gulp:** As you swallow, visualize the "Prana" (life force) of the plants entering your bloodstream, revitalizing your cells.

The Added Value: Mind-Body Benefits

Dimension	The Meditative Impact

Digestive Health	Slow, mindful chewing triggers the cephalic phase of digestion, releasing enzymes that prevent bloating and improve nutrient absorption.
Cognitive Rest	Focusing entirely on the manual task of chopping provides a "digital detox," giving your prefrontal cortex a much-needed break from screens.
Emotional Regulation	The act of nourishing yourself with vibrant, colorful foods reinforces a "self-worth" loop, reducing the impulse for emotional overeating.

A Visualization for the Meal

As you eat, imagine each green leaf as a concentrated "battery" of sunlight. You are literally consuming the energy of the sun and the minerals of the earth.

The Mantra: "I am what I eat, and I eat with intention. This bowl is a gift from the earth to my body."



The Arboreal Embrace: The Art of Tree Hugging

Hugging a tree—often called **Silvotherapy**—is a powerful way to ground your electrical system and exchange energy with the natural world. Trees are massive conduits, pulling energy from the earth through their roots and from the sun through their leaves. When you enter their bio-field, you aren't just touching bark; you are plugging into a living battery.

Phase I: Finding Your Partner

Not all trees offer the same energy. Take a moment to walk through the park or forest and "listen" with your intuition.

- **The Oak:** Known for strength, stability, and ancient wisdom.
- **The Pine/Evergreen:** Known for cleansing, revitalization, and upward movement.
- **The Willow:** Known for flexibility, emotional healing, and grace.

The Approach: Approach the tree with respect. Before touching it, stand a few feet away and set an intention. Think of it as a mutual greeting rather than a one-sided transaction.

Phase II: The Giving Exercise (Clearing the Vessel)

Before you can receive, it is often helpful to give. Trees are natural recyclers; they take in what we exhale and turn it into life. They can do the same for your emotional "carbon dioxide."

1. **The Palm Connection:** Place your palms flat against the bark.
 2. **The Emotional Release:** Close your eyes and visualize any heavy, dark, or stagnant energy in your body—stress, anger, or fatigue.
 3. **The Downward Flow:** Imagine this energy flowing out of your heart, down your arms, and into the tree. Visualize the tree's roots taking that energy deep into the earth to be composted and neutralized.
 4. **The Breath:** Exhale deeply as you release, trusting the tree to handle the weight.
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Phase III: The Receiving Exercise (Charging the Battery)

Once you have cleared your "vessel," you are ready to receive the high-vibration energy the tree offers.

1. **The Full Embrace:** Wrap your arms around the trunk. Rest your cheek against the bark. If the tree is too large, simply press your chest and forehead against it.
 2. **The Upward Draw:** Visualize the tree's sap—the "blood" of the forest—pulsing with vital life force.
 3. **The Visualization:** Imagine a **bright green or golden light** flowing from the trunk into your heart center. Feel it spreading to your limbs, recharging your cells and quietening your mind.
 4. **The Pulse:** Try to sense the subtle vibration of the tree. Many people report a slight "hum" or a deep sense of rhythmic stillness.
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The Added Value: Why Hugging a Tree Works

Benefit	The Scientific & Energetic Reality
Vibration Alignment	Everything vibrates. Trees have a different vibrational frequency than humans. Touching them can help "slow down" our frantic human frequency to a more natural, biological pace.
Phytoncides	Trees emit antimicrobial organic compounds called phytoncides. When you are close enough to hug a tree, you inhale these, which boost your Natural Killer (NK) cell activity (immune system).
Oxytocin Boost	The physical act of hugging—even a tree—triggers the release of oxytocin, the "bonding hormone," which reduces blood pressure and anxiety.

Never walk away abruptly. Once you feel "full" or balanced:

- Place your hand on the tree one last time.
- Silently (or aloud) offer a word of thanks.
- Leave with the awareness that you are now carrying a piece of the forest's stillness within you.

A Note on Presence: The more skin-to-bark contact you have, the more direct the energetic exchange. If possible, find a quiet spot where you can take off your shoes and connect your roots to the tree's roots simultaneously.



The Heart-to-Heart Connection: Energetic Exchange with Your Animal Companion

Connecting with a pet—whether it's the quiet purr of a cat, the loyal presence of a dog, or the powerful stature of a horse—is one of the purest forms of energetic resonance. Animals live entirely in the **present moment**. When we interact with them mindfully, they act as "biological mirrors," reflecting our inner state and helping us return to a state of coherence.

The Pre-Connection: Setting the Field

Before you touch your animal, check your own "frequency." Animals are hyper-aware of cortisol and adrenaline. If you are rushed or anxious, they will feel it as a "noise."

- **The Grounding:** Take three deep breaths.
- **The Intent:** Approach them not to *take* comfort, but to *share* a moment of peace.

Phase I: The Giving (The Flow of Loving-Kindness)

Animals are natural healers, but they also absorb the "static" of their environments. Giving back to them helps clear their field.

1. **The Soft Gaze:** Look at your pet with "soft eyes"—a relaxed, unfocused stare that signals safety. For cats, this includes the "slow blink."
2. **The Palm Radiance:** Place your hands on a neutral area (the shoulders for a dog/horse, the side for a cat). Visualize a **warm, golden light** flowing from your heart, down your arms, and into their body.
3. **The Affirmation of Safety:** Silently broadcast the thought: "*You are safe, you are loved, you are nourished.*"
4. **The Rhythmic Stroke:** Move your hand in long, slow strokes that follow their breathing pattern. This "limbic resonance" syncs your heart rates.

Phase II: The Receiving (The Wisdom of the Animal)

Each species offers a unique energetic "medicine." To receive it, you must become a "listener" with your skin and heart.

- **The Cat (The Purr Frequency):** A cat's purr vibrates between **25 and 150 Hertz**. This frequency is medically proven to improve bone density and heal soft tissue. Close your eyes and let the vibration enter your fingertips, traveling up to your own chest to "reset" your nervous system.
- **The Dog (The Unconditional Joy):** Dogs radiate an expansive, outward energy. When a dog leans against you, imagine their "unfiltered" love washing over you like a wave, clearing away your self-criticism and social anxieties.
- **The Horse (The Heart Field):** A horse's heart is five times larger than a human's, and its electromagnetic field can be felt from several feet away. When standing by a horse, match your breathing to theirs. Feel their massive, grounded strength entering your solar plexus, giving you a sense of quiet authority and emotional stability.

The Added Value: The Science of the Bond

Benefit	The Biological Reality
Coherence	"Heart Rate Variability (HRV)" synchronization occurs when we pet an animal, leading to a state of physiological "flow" for both species.
The Oxytocin Loop	Eye contact with a dog or horse triggers a mutual oxytocin release—the "cuddle hormone"—which lowers blood pressure and induces trust.
Mirror Neuron Activation	By observing an animal's relaxation, our brain's mirror neurons trigger the same relaxation in us, providing a shortcut to meditation.

Closing the Exchange: The Mutual Bow

When you feel the session is complete, don't just walk away.

- **The Release:** Remove your hands slowly.
- **The Acknowledgment:** Give them a final, gentle pat or a word of gratitude.
- **The Observation:** Notice how they react. Often, an animal will take a deep breath, shake their fur (releasing energy), or go into a deep sleep after an intentional energetic exchange.

A Note on Consent: Always let the animal choose the level of closeness. If a cat walks away or a horse shifts its weight, respect that boundary. The most powerful energetic exchange happens when it is a **voluntary dance** between two souls.



The Sonic Architect: Healing Through Voice and Vision

The intersection of **vocal vibration** and **mental imagery** creates a potent "bio-resonance" that can accelerate physical and emotional healing. While visualization provides the blueprint for health, the voice acts as the construction crew, sending physical sound waves through the cellular structure to manifest that mental image.

The Science of the "Internal Massage"

Every cell in your body is a miniature resonator. When you speak, hum, or chant with intention, you aren't just making noise; you are creating a **low-frequency mechanical vibration** that travels through your bones and tissues. This sound can physically stimulate the vagus nerve and improve lymphatic flow, while the accompanying visualization "directs" that energy to where it is needed most.

The Three-Step Self-Healing Protocol

To combine these forces, find a quiet space where you can sit or lie comfortably.

1. The Tonal Scan (The Sound)

Start by making a low, steady "Aum" or a simple "Hmm" sound. Feel where the sound vibrates in your body.

- **The Low Tones:** Resonance in the belly and pelvis.
- **The Mid Tones:** Resonance in the chest and heart.
- **The High Tones:** Resonance in the throat and head.

2. Targeted Imagery (The Blueprint)

Identify an area of your body that needs healing—perhaps a sore muscle, a congested lung, or an anxious heart.

- **Visualize the Condition:** See the tension or pain as a specific color or texture (e.g., a "tight red knot" or "gray static").
- **Visualize the Remedy:** Picture a "golden liquid light" or a "cool blue mist" standing by, ready to enter the area.

3. The Harmonic Release (The Synthesis)

Inhale deeply, and as you exhale, release a steady tone.

- **The Visualization:** As the sound leaves your throat, visualize the vibration as a **scouring wave of light**. See the sound waves physically breaking apart the "knot" or "static" you visualized earlier.
- **The Transformation:** With each breath, see the area becoming clearer, brighter, and more fluid. Imagine the sound carrying the debris out of your body on the breath.

The Added Value: Why Voice Matters

Using your voice adds a layer of **embodiment** that silent visualization lacks.

Element	The Healing Function
Visualization	Sets the Vector . It gives the brain a specific target and a desired outcome, activating the "placebo effect" and neuroplasticity.
Vocal Toning	Sets the Frequency . The physical vibration breaks up "stagnant" energy and signals the nervous system to move into a parasympathetic (repair) state.
Spoken Affirmation	Sets the Command . Speaking "I am whole" or "I am healing" out loud bypasses the critical mind and embeds the instruction directly into the subconscious.

The "Golden Humming" Exercise

A simple yet profound way to start is the **Golden Humming** technique:

1. Close your eyes and visualize a ball of golden honey at your heart.
2. Begin a soft, nasal hum (Bhramari Pranayama).
3. Visualize the golden light expanding with the vibration of the hum until it fills your entire silhouette.
4. Feel your cells "dancing" in the light.

Final Reflection

Your voice is a personalized healing instrument tuned perfectly to your own body. By combining the **Creative Power of Sight** (Imagery) with the **Formative Power of Sound** (Voice), you become an active participant in your own biological maintenance. You aren't just waiting to feel better; you are literally singing yourself back into balance.

The Mantra: *"My vision creates the path; my voice builds the bridge."*



Breaking the Loop: Grounding as a Circuit Breaker for Anxiety

Anxiety and chronic stress are often "closed-loop" systems. A stressful thought triggers a physical sensation (like a racing heart), which the brain interprets as a threat, triggering more stressful thoughts. To stop this cycle, you must introduce a "circuit breaker." **Grounding and multi-level scanning** serve as this mechanical interruption, pulling your consciousness out of the hypothetical future and pinning it to the tangible present.

The Anatomy of the Grounding Circuit Breaker

When you are spiraling, your "Prefrontal Cortex" (the logical center) loses its grip, and the "Amygdala" (the fear center) takes over. Grounding physically shifts the blood flow back to the logical brain by demanding high-level observation of the "Here and Now."

The Four-Layer Scan: From Surface to Core

Perform this scan slowly, spending at least 30 seconds on each layer.

1. The Sensory Scan (External Anchor)

The senses are the fastest way to exit the mind. Use the **5-4-3-2-1 Technique**:

- Acknowledge **5** things you see (the texture of the floor, the play of light).
- Acknowledge **4** things you can touch (the fabric of your clothes, your own skin).
- Acknowledge **3** things you hear (faraway traffic, your own breath).
- Acknowledge **2** things you can smell.
- Acknowledge **1** thing you can taste.

2. The Sensation Scan (Physical Anchor)

Close your eyes and move your attention from your toes to your crown.

- **The Weight:** Feel the gravity pulling you into your seat.
- **The Temperature:** Notice where your skin feels cool versus where it feels warm.
- **The Tension:** Identify "holding patterns"—clenched jaws or raised shoulders. Don't judge them; simply name them: *"There is tightness in the chest."*

3. The Emotional Scan (The Observer)

Instead of being *in* the emotion, look *at* it.

- Ask: *"What color is this feeling?"* or *"Where is it sitting?"*
- By labeling an emotion (e.g., *"I am noticing a feeling of overwhelm"*), you create **subject-object distance**. You are no longer the overwhelm; you are the one *witnessing* the overwhelm.

4. The Thought Scan (The Sky and the Clouds)

Finalize the scan by watching your thoughts without hitching a ride on them.

- Visualize your thoughts as clouds passing through a wide blue sky.
 - If a loop starts (e.g., *"What if...?"*), mentally tag it as **"Thinking"** and return to the breath. This prevents the thought from "hooking" into a physical stress response.
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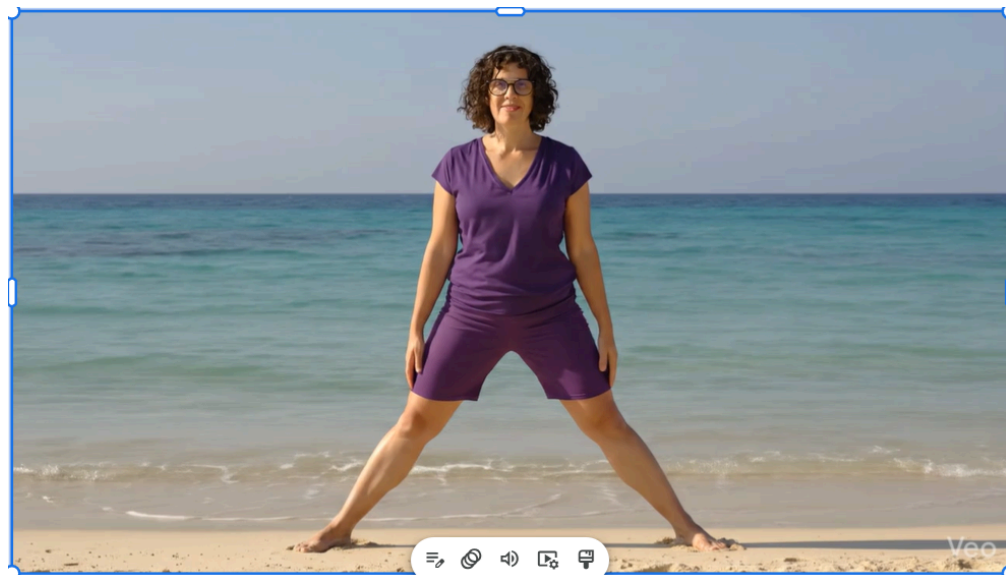
The Added Value: Why Scanning Works

Technique	Psychological Impact
Grounding	Recalibrates the nervous system from Sympathetic (Fight/Flight) to Parasympathetic (Rest/Digest).
Labeling	"Name it to tame it." Labeling emotions reduces activity in the amygdala, lowering the intensity of the stress loop.
Presence	Breaks the "Time-Travel" habit. Anxiety requires the future to exist; presence is a vacuum where anxiety cannot survive.

The "Emergency Brake" Visualization

When the loop feels too fast to catch, visualize yourself as a **deep-sea anchor**. Above the surface, the storm (your thoughts) is raging with wind and waves. But you are at the bottom of the ocean—heavy, still, and completely unaffected by the movement at the surface. The deeper you go into your senses, the quieter the storm becomes.

The Mantra: "I am not my thoughts; I am the space in which they happen. I am here. I am now."



Vibroacoustic Therapy: A Great Added Value for Non-Effort Path to Self-Healing

Vibroacoustic Therapy (VAT) is a sound healing modality designed for wellness. It channels low sound frequencies, specifically in the range of 30Hz-120Hz, into specialized equipment such as mats, recliners, sonic pets, and sound wave bedding kits.

This therapy originates from the work of Olav Skille in Norway, who established the connection between these precise low frequencies and the reduction of pain, stress, insomnia, and anxiety.

The experience is a gentle, immersive tactile sensation—often described as a soft, inner body massage. VAT is particularly valuable because it helps optimize energy use and minimize feelings of being overwhelmed in both the body and mind.

For those facing complex health challenges, including chronic diseases, disabilities, or cancer, VAT can benefit the entire family, supporting both the individual and their caregivers.

While other products may use the term "vibroacoustic therapy" while streaming music, the authentic Vibroacoustic Therapy pioneered by Skille is exclusively represented by TheSoundWell VibroTherapy (www.vibro-therapy.com). This original method is highly beneficial for self-healing and recovery.

Research and purchasing options are available at www.vibro-therapy.com/research and www.vibro-therapy.com/shop.

As Avigaili Berg, founder of TheSoundWell, energy healer, and wellness & wellbeing life coach, notes: "Though traditional methods like OTC pills, Yoga, and Meditation can reduce pain, stress, insomnia, and anxiety, when you are lacking vitality, vibroacoustic therapy is uniquely helpful because it requires no effort."

