



Sound Bath FAQs;

What is a 'Sound Meditation' or a 'Sound Bath'?

When I first heard of a sound meditation, I thought it would be a highly spiritual session with a grandmaster and a dramatized session. The term Sound Bath used interchangeably with sound meditation took my imagination on a wild safari! Wondering what to expect, I was curious and slightly nervous on what was behind the door I would open. Well, it was nothing like I thought it to be, in fact it was the most comfortable, peaceful and relaxing experience ever. When I showed up for my first sound meditation in Dubai it was refreshingly addictive. I booked just one session, but immediately after signed up 2/ month and eventually once a week.

A sound meditation to me is engaging your sense of hearing and touch. Yes, we do feel sound (sound is vibration). The singing bowls that we use are a mix of antiques from Nepal and northern India, carefully selected for their quality and authenticity.

In a typical session, we use sound as a tool to support deep relaxation. There are various instruments out there, and we use a number of them, the ultimate purpose is to create a gentle, yet powerful, experience that energizes the body, clears the mind and draws your attention to the moment.

So, what actually happens during a DG Mindspace Sound Meditation?

When you arrive, you will immediately notice the calm ambient setting. You can choose a spot amongst the layout; you will have to carry your own mat to sit on and later lie down on.

The facilitator will let you know what's about to happen and guide you through a meditation. You'll start seated, then lay down after a light stretch for about 45minutes. With your eyes closed you will listen to the sounds we assemble in perfect harmony and feel the vibrations, allowing your mind to quieten and bringing yourself to a state of inner peace and awareness. At the end of the session there will be 3 minutes of silence, followed by light music to bring you back in room, opening your eyes to the renewed you.

Finally, to conclude, we invite you to sit up at your own pace and stretch if you like. We'll have a light discussion on your experience if you would like to stay back and share it with us.

How is this different from a regular meditation?

While regular meditation could be with sound or not, the essence/ basis is not sound. You would usually focus on your breath, chanting or visualisation in silence (to mention a few). The sound element may be complimentary but not the core or primary element.





The main difference is the focus point is the sound. Hearing, feeling, connecting and submitting to the auditory journey, allows you to be in the present quicker and with great connectivity.

How do I know if Sound Meditation is for me?

If you are new to meditation or even seasoned practitioner, sound meditation is usually a great place to engage your mind. It's relatively easy, enjoyable and energizing. When I first started meditating, it was so hard to focus and switch off, when I discovered sound meditation, the effort I needed was minimal and I could truly say, despite the thoughts, I did meditate more than drift. I quickly realised that sound meditation was a much more accessible alternative, in time I attended multiple meditations which were integrated with sound and found it balanced and enjoyable.

Having worked for decades in fast-paced corporate environments, we know what it's like to feel stressed 24/7 juggling a career and personal life. Whether you're a corporate executive, self-employed, a busy carer/parent or anyone who finds it hard to slow down, sound meditations can be very beneficial for you.

What instruments do you use?

There's a lot of instruments out there, from tuning forks and gongs to drums and wind chimes. Personally, we prefer to use singing bowls for its lasting resonance, strong vibrations and soothing effect. We also use a tongue drum, ocean drum and occasionally a kalimba. The singing bowls we use, have rich, humming sounds with deep harmonic vibrations that surround and penetrate the body when they're tapped or rimmed with a mallet. Our bowls are hand crafted; custom made and go through stages of quality checks before being shipped to us. Our antique collection of bowls are aged over 80years and are sourced from antique specialists that work only with Himalayan bowls. Experience the depth, resonance, tonality and harmony we put together in a sound bath, our bow

How exactly do singing bowls affect our mind and body?

Since we are always doing, thinking, feeling a gazillion things at a time, multitasking our way through life.. all this chatter generates an enormous amount of activity in our brains, known as 'brain waves' which can be measured in frequencies:

Beta 13-30Hz: Awake. This is when we are alert, logical and productive during the day, which over time with little rest, leads to stress, anxiety and restlessness.





Alpha 8-12 Hz: Relaxed. Our memory, imagination and visualisation skills are heightened. We are here during light meditation or when we're daydreaming.

Theta 4-8 Hz: Deep meditation and light sleep. Theta is when we feel most inspired, creative and introspective.

Delta less than 4 Hz: Deep, dreamless sleep where our brain is regenerating.

The optimal range for relaxing, unwinding and destressing is between Alpha and Theta. In this frequency we are conscious of our surroundings and environment yet we experience deep calm, grounding and awareness. Through our method of sound meditation, our goal is to navigate from Beta to Theta, so you can drift off in a meditative and dream-like state to derive the maximum levels of deep relaxation. We then gently transition you out of Theta, bringing your awareness into a relaxed Alpha state so that you will leave feeling a lot calmer than when you came in.

How long do the sessions go for?

Generally, we will play for 30-50 minutes, depending on what you have signed up for.

