



# HOW TO LISTEN TO 'RELEASE'

A STEP-BY-STEP GUIDE

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## STEP ONE

MAKE YOURSELF COMFORTABLE  
AND LIE DOWN ON A BED, A  
COUCH OR IN NATURE.



## STEP TWO

YOU CAN START TO NEUTRALISE THE ENERGY OF THE ROOM PRIOR TO YOUR HEALING BY BURNING WHITE SAGE.



## STEP THREE

SET YOUR INTENTION FOR THE SOUND  
HEALING. CLOSE YOUR EYES AND  
FOCUS ON YOUR INTENTION.



## STEP FOUR

PLACE YOUR HEADPHONES ON OR YOU  
CAN PLAY RELEASE THROUGH YOUR OWN  
SURROUND SOUND SYSTEM AT HOME.



STEP FIVE

START TO FOCUS ON SLOWING DOWN  
YOUR BREATH.



## STEP SIX

CLOSE YOUR MOUTH AND QUIETLY INHALE  
THROUGH THE NOSE FOR 4 COUNTS.

THEN HOLD YOUR BREATH FOR 7 COUNTS.

FINALLY, EXHALE VERY SLOWLY, SO IT  
TAKES A TOTAL OF 8 COUNTS TO RETURN  
TO THE BOTTOM OF YOUR BREATH.



## STEP SEVEN

REPEAT FOR 4 BREATHS AND WORK YOUR  
WAY UP TO 8 BREATHS.

THIS PRANAYAMA TYPE OF BREATHING  
WILL ALLOW YOU TO GAIN CONTROL OVER  
YOUR BREATHING AND BRING YOU TO A  
DEEP STATE OF RELAXATION.



## STEP EIGHT

THE SONG IS SET AT A FREQUENCY OF 432HZ. THIS FREQUENCY RESONATES THE BODY AND IS SET TO RELEASE EMOTIONAL BLOCKAGES. THE DIGGERIDOO ALLOWS FOR VIBRATIONAL HEALING.

YOU WILL BE ABLE TO FEEL THE VIBRATION THROUGH YOUR BODY. ALLOW YOURSELF TO MOVE THROUGH THE VIBRATION - LET THE DIDGERIDOO MOVE YOUR BODY TO ANOTHER DIMENSION.



## STEP NINE

ALLOW YOURSELF TO MOVE THROUGH THE  
VIBRATION AND SLOWLY BREATHE  
THROUGH THE EMOTIONS THAT MIGHT  
ARISE. YOU MIGHT START TO CRY -  
THAT'S OK - RELEASE YOU HAVE  
CREATED A SAFE SPACE FOR YOURSELF  
TO HEAL.



## STEP TEN

IF YOU ARE FOCUSED ON CERTAIN EMOTIONS, IMMERSE YOURSELF IN THE SOUND OF THE DIDGERIDOO.

IT WILL DISSIPATE TENSION, STRESS AND ANY STAGNANT ENERGY YOUR BODY. ALLOW IT TO RELEASE.



STEP ELEVEN

BREATH IN & OUT...

REPEAT THIS MANTRA  
"RELEASE THIS PAIN LET GO,  
I COME BEFORE THE LIGHT.  
GUIDE AND TAKE ME HOME.  
RELEASE MY HEART,  
MY MIND,  
MY SOUL"



## STEP TWELVE

VISUALISE WHITE LIGHT WASHING  
OVER THE BLOCKAGES AND CLEARING  
WHAT NEEDS TO BE RELEASED, BRING  
YOURSELF BACK HOME - INTO THE  
ALIGNMENT OF YOUR BODY



## STEP THIRTEEN

YOU WILL START TO ARRIVE TO THE LAST FEW MINUTES OF 'RELEASE'. TAKE A DEEP BREATH, ALLOW YOURSELF THE SPACE TO ACCEPT THE HEALING.



## STEP FOURTEEN

START TO BRING YOURSELF BACK TO THE ROOM, MOVE YOUR HANDS AND FEET, SLOWLY STRETCH. KEEP YOUR EYES CLOSED THROUGH ALL THIS. TAKE THE TIME TO BRING YOURSELF BACK.



# RELEASE

AVAILABLE NOW



 ELECTRIC SOUL