

Sound Bath Consent & Waiver



Introduction to Sound Healing

Sound healing is an ancient practice that uses instruments such as crystal singing bowls and Himalayan bowls to create vibrations that move through the body. These healing frequencies can help release stress, clear energetic blockages, and restore balance to your mind, body, and spirit. Many people also experience deep relaxation and meditative states as the sound waves resonate within.

Benefits of Sound Healing

Sound therapy may promote stress relief, support emotional well-being, reduce tension, and encourage overall balance. The vibrations of sound can reach deeply, sometimes at a cellular level, helping the body to realign and restore itself naturally.

Contraindications and Release Notes

While sound healing can be deeply restorative, there are certain conditions that require extra care:

- **Implants and Fusions:** If you have a joint replacement (hip, knee, shoulder) or a spinal/cervical fusion, be aware that vibrations may be felt at these sites.
- **Pacemakers:** Vibrations may interfere with pacemakers, sometimes causing palpitations, dizziness, or shortness of breath. For this reason, participation is not recommended unless you have written clearance from your healthcare provider. If you begin the session and notice effects, fees cannot be refunded. Release notes must be provided at the session—without them, participation will not be permitted.
- **Pregnancy:** Expectant mothers may attend with written clearance from their healthcare provider. Vibrations may sometimes stimulate uterine activity, which is of particular concern in the third trimester.

- **Chronic Conditions:** If you have multiple sclerosis (MS), fibromyalgia, arthritis, or any nerve condition or injury, symptoms may occasionally be triggered or intensified. While a doctor's note is not required, it is recommended that you consult your physician to decide if attending is right for you.

What to Expect During and After the Sound Bath

During the sound bath, you may feel vibrations moving throughout your body—sometimes all over, sometimes in specific areas such as the chest or throat. Many people describe these sensations as warm, tingly, or resonating in their muscles or bones. Some may not feel anything at all, and that is normal, too. Other possible experiences include mild ear discomfort, nausea, heart palpitations, lightheadedness, or a headache. Some participants fall into deep meditation or even drift asleep. If at any point you feel uncomfortable, you are welcome to step out and return when ready.

After the session, your body may respond similarly to how it does after a deep tissue massage. Possible effects include:

- Headache
- Sensitivity to light or sound
- Muscle or joint soreness in areas such as the back, shoulders, legs, or hips
- Fatigue, sleepiness, or hunger
- Emotional release (frustration, sadness, or sensitivity)
- Digestive changes (including constipation)
- Increased thirst or sore throat
- Cold-like symptoms (fever, ear or neck discomfort)

These effects may last a few days up to a week, depending on how your body processes the session. Listening to your body is essential: rest if you feel tired, drink water if you are thirsty, and honor the signals your body gives you.

Closing Note

Sound healing is a gentle yet powerful modality that encourages relaxation, balance, and inner peace. By being mindful of your body's needs, you can receive the many benefits this practice offers.

Acknowledgment & Signature

By signing below, you acknowledge that you have read and understood the information above, and you agree to take responsibility for your participation in this sound bath session.

Print Name: _____

Signature: _____

Date: _____

Soul Healing Sounds

Email: contact@soul-healing-sounds.com