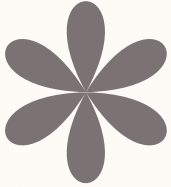


The 7Rs Reflective Framework

This framework can help you make sense of your experience **during and after a soundbath** by bringing attention to what may arise on a **physical, mental, emotional and spiritual level**. It offers a way to explore what felt supportive, what felt difficult, what may have shifted, and what you may want to reflect on or carry into daily life.



RESISTENCE

Anything that feels uncomfortable, tense, blocked or difficult. This may appear as physical tension, restlessness, discomfort, tingling, itchiness, difficult emotions or thoughts, or difficulty letting go. It can also appear as a sense of division, disconnection or separateness, including comparison or judgement, for example, thoughts such as “She is better than me”, “I am alone”, or “Nobody understands me”.



RELEASE

A sense of something softening, shifting or letting go. You might notice a spontaneous sigh or yawn, muscles relaxing, changes in the breath, warmth, goosebumps, tears that feel good, laughter, a pleasant emotion moving through you, a sense of lightness, or a feeling that a thought or tension has eased, has gone.



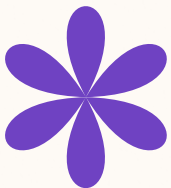
RESONANCE

A sense of ease, connection, openness or flow. You may feel deeply relaxed, expanded, peaceful, or absorbed in the sound. You may experience a sense of oneness, or feel connected to something bigger than yourself or to the universe.



RECOGNITION

Becoming aware of something about yourself or your experience, perhaps a feeling, need, pattern or way of responding that you had not noticed before.



REFRAMING

Seeing something from a different perspective. An experience, situation or thought may begin to feel or make sense in a new way. Something that had previously felt very important or worrying may suddenly seem less significant, lose some of its emotional charge, or take on a different meaning, even though the situation itself has not changed.



RESPONSIBILITY

Considering how you would like to respond to what you have recognised, including any choices, actions or support that might be helpful to you. Ask yourself questions like: what do I need to keep this feeling of resonance in me? How could I release more? How can I process this further?



REFLECTION

Taking time to notice and consider your experience, what it may have shown you, and anything you would like to carry forward from it.