

60-Minute Sound Bath Script: Cosmic Rest & Integration

Total Time: 60 Minutes

(Theme: Waning Moon Release, Jupiter Wisdom, and Deep Sleep)

I. Opening: Grounding and Alignment (5 Minutes)

(0:00 - 0:05) Instruments: Rain Stick, Koshi Terra Chime, C and G Bowls

Welcome. Thank you for choosing this moment for deep rest. Please allow your body to settle completely, releasing any need to do, to hold on, or to prove anything. We begin by accepting the beautiful support of the earth beneath us.

Take a deep breath in through your nose, gathering up any residual tension, and let out a long, soft sigh as you exhale. Feel the gentle pull of **gravity**, anchoring your awareness here. (*Cue: Rain Stick – one long, slow pour.*)

Tonight, we align with the quiet wisdom of the cosmos. The Moon is in its **Waning phase**, teaching us the profound beauty of **release, reflection, and surrender** before a new cycle begins. We acknowledge this energy of letting go.

Overhead, the mighty, benevolent planet **Jupiter** shines bright, currently sitting in the airy constellation of **Gemini**, inviting us to integrate lessons learned and expand our inner truth. We set the intention now for **deep, restoring sleep**, and the **integration of our whole selves** through sound.

(Before we proceed, please know that I will be weaving the tones of the crystal bowls, the steady pulse of the drum, and my voice together. I ask for your patience and presence as I navigate these instruments to create this singular, restorative space just for you.)

(Cue: Koshi Terra Chime – one gentle ring. Hold the C Bowl softly, then introduce a soft strike on the G Bowl.)

II. Guided Chakra Integration & Release (10 Minutes)

(0:05 - 0:15) Instruments: C, D, E, F, G, A, B Crystal Bowls (played individually)

We begin the work of integration, flowing energy gently through our primary centers using sound and color visualization.

(0:05) Root Chakra (C): Bring your awareness to the base of your spine. Visualize a deep **Red** light here. Feel the low, grounding vibration. Breathe into any instability or doubt, and on your next exhale, visualize the **Red** energy **releasing** down into the ground to be composted. **We are safe.** (*Cue: Play the C Bowl for one minute.*)

(0:07) Sacral Chakra (D): Gently move your focus up to your lower abdomen. Visualize a warm, flowing **Orange** light. Feel the energy of the **D note**—the essence of creativity and emotion. Breathe into this space, and on the exhale, release the need to control or force an outcome. **We surrender.** (*Cue: Play the D Bowl for one minute.*)

(0:09) Solar Plexus Chakra (E): Move to your solar plexus, the center of personal power and will. Visualize a vibrant, powerful **Yellow** light. Breathe in self-respect, and exhale any feelings of inadequacy or powerlessness. **We trust.** (*Cue: Play the E Bowl for one minute.*)

(0:11) Heart Chakra (F): Shift your attention to the center of your chest. Visualize an expansive, healing **Green** light. Breathe in deep self-compassion. Exhale any stored pain, grudges, or

judgments. **We forgive.** (Cue: Play the **F Bowl** for one minute.)

(0:13) Throat Chakra (G): Focus on your throat, the center of truthful expression. Visualize a clear, bright **Blue** light. Breathe in clarity, and exhale any words left unsaid. **We speak our truth gently.** (Cue: Play the **G Bowl** for one minute.)

(0:15) Third Eye (A) & Crown (B): Now, gently ascend. Visualize the **Third Eye (A)** filling with deep **Indigo** and the **Crown (B)** radiating pure **Violet** light. Let the light of the cosmos pour in. **We know.** (Cue: Play the **A Bowl, then B Bowl** for the final minute, allowing them to ring out brightly.)

III. Vocal and Cosmic Sound Journey (25 Minutes)

(0:15 - 0:40) Instruments: Voice, Drum, Bowls (alternating focus)

(Begin singing softly and ethereally. Your voice should be gentle and non-linear, maintaining a quiet intensity throughout.)

(0:15 - 0:21) BLOCK 1: Sing and Drum Focus (6 Minutes)

(Vocal - Waning Moon Release: Grounding & Shadow)

"This deep dark is not absence, it's a velvet, quiet space. No need to rush the harvest, no need to keep the pace. Every tension you collected, every shadow you've embraced, Let the Waning Moon dissolve it, leaving no empty trace. We are heavy with our history, rooted in the ground, Let the rhythm be the anchor, let the silence be the sound."

*(Cue: **Introduce the Soft Drum Pulse** (steady heartbeat). **Bowls are silent** for this section, allowing your attention to root the rhythm and voice. Strike the **C Bowl** once at 0:15 and let the tone gently fade beneath the drum.)*

(0:21 - 0:27) BLOCK 2: Sing and Bowl Focus (6 Minutes)

(Vocal - Jupiter Wisdom & Gemini Flow: Expansion & Clarity)

"The mind is busy, spinning, caught in the **Gemini** stream's bright light, Seeking all the answers in the chaos of the night. But the **Jupiter** lens is steady, guiding the waking dream, Shining truth upon the current, cleansing every stream. You don't have to choose a side, just allow the river's flow, Trust the highest wisdom, where the effortless starts to grow."

*(Cue: **Mute the Drum completely.** Use both hands to play the **Full Scale (F, G, A, B)** in a flowing, expansive way while singing. Let the sound wash over the rhythm.)*

(0:27 - 0:33) BLOCK 3: Sing and Drum/Low Tone Focus (6 Minutes)

(Vocal - Surrender to Sleep: Consolidation & Safety)

"The striving is over, darling. Your energy is spent, A final, soft surrender to the time that has been lent. I hold this space for resting, this chamber made of sound, Where the broken pieces gather, where the healing can be found. In the core of your own stillness, a promise starts to bloom, Let the low tones pull you under, beyond the curtained room."

*(Cue: **Reintroduce the Soft Drum Pulse.** The **Bowls become sparse**; use the mallet sparingly on **C (Root), E (Plexus), and G (Throat)**, focusing on the low, resonant tones to guide towards sleep. Introduce a gentle, brief **Rain Stick** shake alongside the voice.)*

(0:33 - 0:40) BLOCK 4: Vocal Fade & Bowl Lullaby (7 Minutes)

*(Cue: Shift to a simple, repetitive humming or non-lexical vocalization over the deepest notes. **Fade the voice and Drum completely by 0:36.**)*

*(Instrumental Lullaby - 4 minutes of only **C, D, and E Bowls** played very gently and sustained, guiding the listener into deep theta state.)*

*(At **0:40**, allow the final bowl tones to resonate into silence, transitioning into the Deep Rest section.)*

IV. Deep Rest and Sleep Induction (10 Minutes)

(0:40 - 0:50) Instruments: Silence, then Koshi Chimes for return

(Spoken softly, sparingly, with long pauses.)

Nothing to do now. Just listen... and sink.

Allow the sounds to wash over you, dissolving the boundaries between your body and the space. You are drifting, safe and warm.

You are safe. You are whole. You are rest.

(Allow 2 minutes of complete silence to deepen the rest state.)

V. Chakra Close Down and Return (10 Minutes)

(0:50 - 1:00) Instruments: Koshi Aqua/Aria Chimes, Rain Stick, C Bowl

We begin the gentle process of returning. We will now perform a **Chakra Close Down**, sealing the energy we integrated for protection.

Visualize a soft, luminous shield forming around your body. The light descends from your **Crown**... sealing the wisdom, securing the peace, and protecting your inner space.

*(Cue: **Start Koshi Aqua and Aria Chimes** used in a continuous, slow sweeping motion from Crown to Root.)*

The protective light continues its descent, closing your heart, securing your power, bringing your emotional body into balance, and finally settling at your **Root**, anchoring you securely to the Earth. You are closed. You are complete.

*(Cue: **Single, clear strike of the C Bowl** to seal the energy.)*

Take a deep, conscious breath, drawing in fresh, crisp air. Feel your physical body on the mat. Gently, wiggle your fingers and toes.

*(Cue: **Rain Stick** – one final, full, slow pour.)*

Slowly, gradually, bring your awareness back to the room. Carry the peace, the rest, and the integration with you. Take your time.

*(Cue: **Koshi Terra Chime** rings softly once to signal the final return.)*

When you are ready, you may open your eyes. May this cosmic rest guide you toward a beautiful, restorative sleep.