

The Twin Swan Lyre ~ Sacred Union ~ Sound Journey  
Preparation PDF



This is a 23min Journey.  
Please make sure that you will be undisturbed during this process.  
Create a nest for yourself where you can lie down or sit up comfortably.  
Light a few candles and dim the lights.  
The best would be to have some headphones.

The journey is provided to you in 2 forms:  
An MP3 Download  
and a Youtube Video.

The MP3 version will suffice for The Journey.  
The Youtube video is for your viewing pleasure.

Once you have the MP3 ready  
Settle in and Journey Well.

When The Journey is complete, you are encouraged to journal and drink some eat and  
have a little nibble to eat.

The MP3 Link:  
<https://drive.google.com/file/d/1WYCq7oRZqPH5qc5CPt2xpheagAevs6i3/view?usp=sharing>

Wishing Well  
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