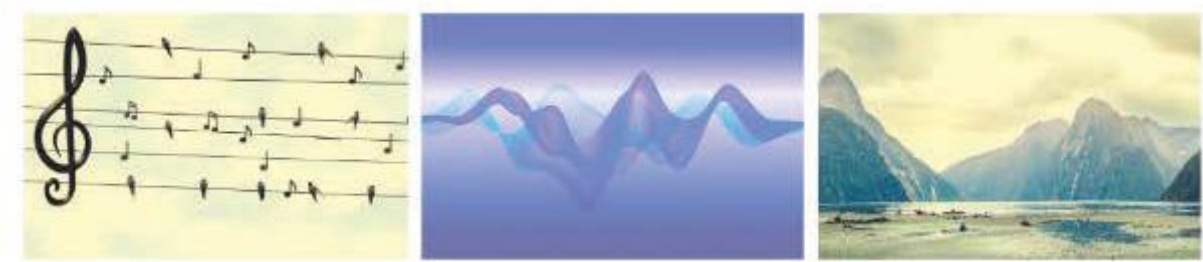


## Deb Dana A Sonic Practice: Soundscapes



The environment around us is filled with sound - creating what is known as a soundscape.

Take some time and begin to tune in to your soundscape. What are the sounds around you?

As you listen, let your awareness move beneath the first layer of sound and tune into the variety of sounds that make up your soundscape.

Begin to notice the soundscapes that surround you as you move through your day and the ways your nervous system responds.

The soundscape I find by the sea is where I feel welcomed. Where are the soundscapes that invite you in?

Our soundscapes are filled with particular sounds called soundmarks. Some soundmarks help us anchor in regulation while others prompt a move into mobilization or shutdown.

Tune in to the soundmarks in the different environments you encounter. Which ones welcome you and which one send a warning?

Imagine a soundscape that helps you anchor in ventral and notice the soundmarks that are important to you.

When we know the soundmarks and soundscapes that help us anchor in ventral safety, we can begin to shape our sound environments to be autonomically nourishing.

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