



Welcome to *voxAnna LifeTones*! These tones come playfully, carrying the power to touch something deep inside of you that awakens you:

Your compassion and self love

Your inner freedom

Your peace with the circumstances in your life

Your dormant potentials

The memory of who you truly are - the knowing that you are already whole and at home within

Yes, your natural innate state of inner peace, joy and plenitude that fills you from within

That which is already prevailing inside of you

What are voxAnna Life Tones?

The LifeTones are simple yet powerful tonings or songs where my voice carry healing vibrations to your body and energy system. They assist your whole being to allow its natural state of

harmony and well-being. You may use them as a sound bath, a sound experience or a sound meditation.

The Different Qualities of LifeTones

Click on the links to get to know these qualities:

- Soothing (Lenande) - allowing a safe space of pure love & compassion
- Releasing (Befriande) - setting yourself free and opening up to receiving
- Playing (Lekande) - allowing life to play you
- Inviting (Inbjudande) - inviting & welcoming the new into your reality
- Embracing (Tillåtande) - allowing, welcoming, embracing what is
- Connecting (Aktiverande) - activating and deepening aspects of yourself
- Harmonising (Harmoniserande) - allowing harmony with your circumstances
- Awakening (Väckande) - awakening to who you truly are

How Do I Listen?

I invite you to create a safe space for yourself when you're listening.

Give yourself a time frame that allows you to go deeper. Maybe 15 minutes, or more. You may put the toning on repeat, or just be in silence before and after listening.

Allow yourself to be still. Do it your own way, or follow my guidance:

Take a few deep breaths, presence yourself in your body and relax.

Tell your body that you are safe.

Say that there's nothing you have to do right now. Nothing to achieve or live up to. Only be present to yourself, and feel that you are alive!

Here & now is already your destination

- you are alive, and deep inside, your heart is singing just because of this

You may allow thoughts, emotions, physical sensations to come and go

It's all well

You can notice without holding on to them or trying to make them go away

There's nothing for you to do with the tones

Just be present & receive; breathe, allow, experience

As you begin, you may gently ask yourself, beyond thought:

What am I ready to receive?, and allow your Life Tones experience to be the answer

I wish you many enriching moments with voxAnna LifeTones!

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Want to hear more? Drop me an [email](#) or connect with me on Facebook!