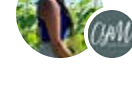


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I Went to a Sound Bath Meditation and Came Out Healed (Mostly)



Shaunte Young · Follow

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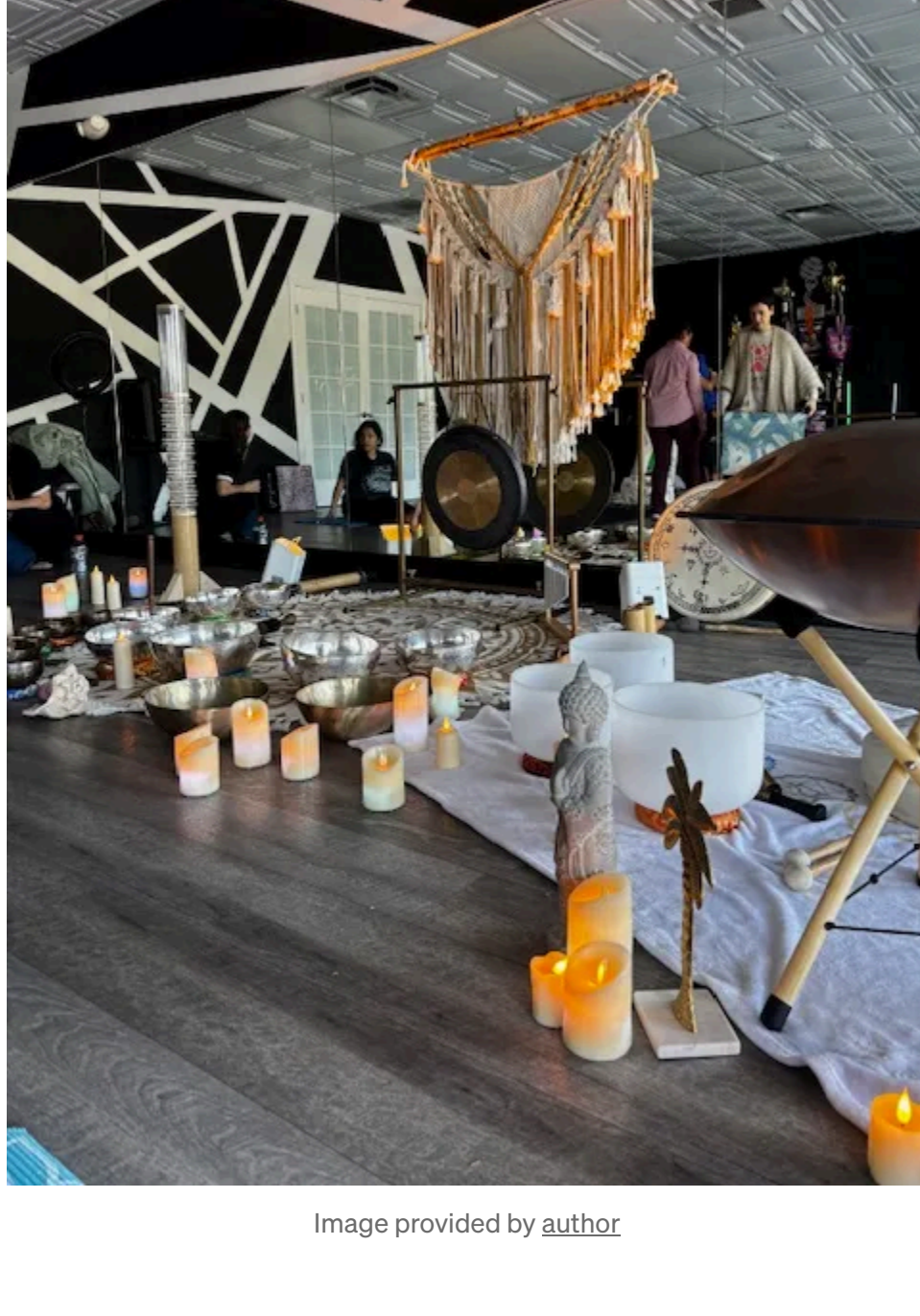


Image provided by author

One of my goals for 2025 is to deepen my spirituality. Growing up, church was a constant. In college, I leaped and converted to Catholicism. But since then, my spirituality has felt like it's barely hanging on, clinging to the edges while life barrels forward. Marriage, kids, work, and the endless suburban shuffle have all chipped away at the consistency I once had.

I still go through the motions — I pray when I remember, show up at church on Easter like a faithful holiday guest, and try to stay grounded in gratitude. But it's hard to ignore that a big piece of my spiritual connection feels... absent.

Over the past year, though, I've felt this nudge — an undeniable pull to reconnect with God. But heading back to church in the traditional sense? That doesn't feel like the answer right now. What used to be a refuge for me has shifted into something that feels too heavy. The thought of organized religion, with its rules and rituals, feels more like a system of control than a pathway to peace.

So yeah, I'm struggling.

Then, in the middle of a doom-scrolling session (because who doesn't turn to their phone when they're avoiding their own thoughts?), I saw an ad on Instagram for a local sound bath and meditation session to kick off the new year. Without overthinking it...

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