HELLO FOUNDING MEMBER

Welcome to Vb OnDemand

You've arrived.

To the source for streaming sound meditations, body tunings, diverse wellness practices and tutorials on shadow work.

Binge Worthy Meditations

Check out brand new & original streaming meditations and complimentary tutorials with your members only access.

Watch Season 1: Episodes 1.0

Watch the Discovery Series: Episodes 1.0

Watch Season 2: Episodes 1.0

Watch Season 3: Episodes 1.0

Members Only Events Schedule

COMING SOON

SHADOW SOUNDS CONCERT SERIES

BROOKLYN, NY & Live Stream

RSVP

COMING SOON

VIBROBATH SIGNATURE EXPERIENCE

BROOKLYN, NY & Live Stream

RSVP

Spiritual Happy Hour every Thurs.

Gimme more? More shadow work baby! Conversations on all things spiritual is available to you LIVE every Thursday on The Talk Show with your hosts, Devi Rambosda & Kelly Berry.

WATCH ALL EPISODES

Shop Merch

I Do Shadow Work Baby! T-Shirt

$40.00 USD

Check out all the Vb Wear!

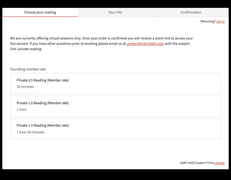
Exercise It! T-Shirt

$40.00 USD

Book private readings

Take your practice even deeper with a private session with either Devi or Kelly.

As a founding member you receive reduced rates on individual personal sessions automatically added at checkout.



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As a founding member you also receive exclusive discounts on packages.

0.5 readings apply code '3PACK' at checkout.

Book a 3 Pack

1.0 readings apply code '4PACK' at checkout.

Book a 5 Pack

FAQs

Where can I find my promo codes for Vb services and products?

If you are a founding member, you are eligible to receive up to 25% off of Vb add-on services such as personal readings with either Devi or Kelly. If you are a monthly member, you will need to upgrade your membership to access discounts on services including readings/private sessions. All members are eligible for 20% off of all Vb merchandise. All promo codes will be automatically applied to your order at checkout. If you don't see the code and the discount taken before you pay that means there's a glitch so please reach out to us directly at contact@vibrobath.com in order to resolve the issue.

Are personal readings/private sessions online or in-person?

Currently, personal readings/sessions are only offered by Devi and Kelly on digital format via LIVE zoom video calls. We are working to expand our abilities to offer in-person sessions in the NYC area to start in the months to come.

Does Vibrobath offer trainings & courses for members?

Yes, we do! Voice Design and Brand Therapy courses are currently accepting applicants and will launch in 2023. To learn more and be added to the waitlist, please visit our Training & Courses page.

How often is new content released on Vb OnDemand?

A new season of The Bat Cave will be released every month on the 5th of every month. If you wish to be notified of new releases and announcements please be sure to sign up to receive email communications from us and make sure we don't get caught in your SPAM filter.

What is a shadow week?

Shadow work is the ability to see the unseen. It is the ability to observe your subconscious with the conscious mind to be aware of your shadows or the parts of yourself that you hide or might not want to see for yourself or embrace in your external world. Simply put, shadow work is a process for personal development and growth. For a more complete answer check out the Shadow Work tutorial on the Vb OnDemand platform.

Why is Vb OnDemand limited to people ages 18+?

The meditations, sound journeys, body tunings, tutorials, and spiritual happy hours accessible through the Vb platform are intended for mature audiences only. Not only are the meditations advanced, language and imagery used may not be suitable for a younger audience. Shadow Work is powerful and we are committed to setting a safe container to practice for all our members.

What should I do if my shadows get to be overwhelming?

We've been there, shadow work is for the spiritual warrior and sometimes those demons can get intense! We are working to continue to expand support for all our members through email, readings, community events (virtual & IRL), the healer's hotline, and more. If this is an emergency, please call 9-1-1 or your local healthcare provider. Take care of you.

Contact us.

Need additional support? We got you. Reach out with questions, for personalized suggestions, and/or community connections.

contact@vibrobath.com

Anytime, anywhere.

Name *

First Name Last Name

Email *

Message *

SEND

FOLLOW

CALL THE HOTLINE...RIGHT MEOW! 1-866-720-VBNYC

Support

Community Guidelines

Terms of Services

Payment & Cancellations

Merch Return Policy

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Welcome to the library of shadow work tutorials.

HOW TO WATCH

Binge watch episodes in chronological order and/or...watch each episode as it corresponds to the companion season of *The Bat Cave* (aka the meditation series dedicated to shadow work) choose from seasons 1, 2, or 3.

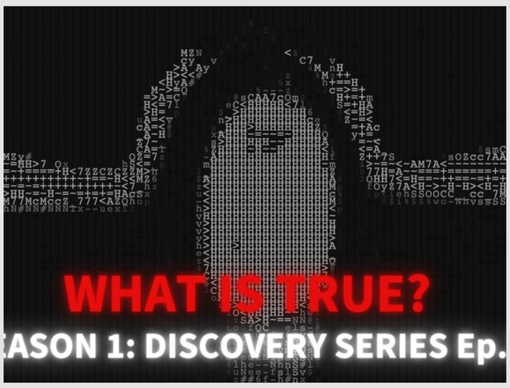
Ep. 1: What is Shadow Work?

Ep. 2: What is a Shadow?

Ep. 3: What is True?

Episode 1: WHAT IS SHADOW WORK?

Episode 2: WHAT IS A SHADOW?



Episode 3: WHAT IS TRUE?

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Episode 1: WHAT IS SHADOW WORK?

Welcome to the dark side! Want to learn more, dive deeper? Explore with us in this Vb tutorial series on *Shadow Weeerrrrq*.

Discovery: Ep 1

- What is your relationship like with your shadows?
- What are the tools for Shadow Work?
- What are the stages of Shadow Work?
- What are we in for?
- How can you access more creativity, pleasure, alchemize pain, trauma, explore yourself, be a master of your human experience?

If you've asked one of these questions before, then you're in the right place and you're not alone! Welcome to a source of individual and community support for inner personal developmental work, we got your back. Watch this video tutorial and learn what shadow work means to us and the Vb method. This is episode 1 of our discovery series.

Episode 2: WHAT IS A SHADOW?

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Episode 2: WHAT IS A SHADOW?

Now that we have built a baseline for understanding shadow work, how do we define a shadow? We're about to explore together.

Hey *sssshhhadows*!

Discovery: Ep 2

Now that we understand "the work" how do we identify and observe a shadow? Join us as we dive deeper into this complex topic of shadow work. In this tutorial we discuss:

- How to observe our shadows in a non-polarizing way and invite all parts of our Selves to the shadow work party
- How to identify a behavior or behaviors that might be driving your perception or processing system
- Begin to understand the differences between the "higher self", the ego, and action without making any part of the self "bad" or "broken"
- Methods to soothe the nervous system and disengage from a fight or flight stress response

〈 Episode 1: WHAT IS SHADOW WORK?

Episode 3: WHAT IS TRUE? 〉

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Episode 3: WHAT IS TRUE?

Perspective, truth, fact, fiction...the lens in which we observe determines our reality, and shadows are tricky!

So how do we learn to be more adept at seeing ourselves and our environments clearly? And what does truth feel like in the body?!

Discovery: Ep 3

There are just as many perspectives as there are truths but discovering what is true for us as individuals isn't always so cut and dry. In this latest episode of the Discovery Series we discuss how to identify what feels like a ten in the body and when something feels off. Let intuition be your guide and come to the shadow work party armed with some tips and tricks.

In this tutorial we discuss:

- How to determine and recognize what feels safe in the body
- The relationship between the voice and the pelvic floor for creative expression
- How to check if you are in the present or in a memory
- How to recognize movement patterns in the body and/or patterns of thought in the mind
- Tools for developing your intuition by building internal trust
- How to be a more active listener and how to cultivate more calm in yourself and those around you

〈 Episode 2: WHAT IS A SHADOW?

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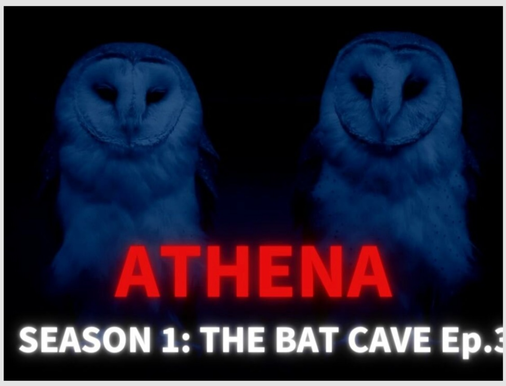
THE BATCAVE

Season 1

Episode 1: SKIN

Episode 2: VOICE



Episode 3: ATHENA

Episode 4: TELLURIC

Episode 5: IAP

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Episode 1: SKIN

Get ready to be fully embodied and present in your skin. Welcome to season 1 of The Bat Cave. The full sensory experience begins right here, right now.

Season 1: Ep 1

Unlocking the door to fully embracing the self means fully embracing your shadows…but it doesn't always have to be such serious work! Exploring your shadow self can be pleasurable and fun! Invite in more play and creative expression into your daily rituals. Get lost, get connected, experience an immersive sensory, sensual, and intoxicating begin to your shadow journey.

Episode 2: VOICE 〉

Episode 2: VOICE

Get ready to be fully embodied and powerful in your voice. Welcome to season 1 of The Bat Cave. The full sensory experience continues right here, right now.

Season 1: Ep 2

Unlocking the door to fully embracing the self means fully embracing your shadows...and when we invite all parts of ourselves to reside within us we have the potential to unleash our most powerful expression through our voice. Join us as we explore a layer deeper and connect with our highest selves and learn the foundational pieces to letting our voice boom and power out beyond our own field.

〈 Episode 1: SKIN

Episode 3: ATHENA 〉

Episode 3: ATHENA

Get ready to travel deeper into your subconscious. Welcome to season 1 of The Bat Cave. The full sensory experience continues right here, right now.

Season 1: Ep 3

We continue our shadow work journey with a sound bathing experience calling in our ancestors, guides, and creator energies. Now that we've connected ourselves to our bodies, to our voice, it's time to delve deeper and connect with ourselves, the planet, space, and spirit. Are you ready to see how far the rabbit hole goes?

〈 Episode 2: VOICE

Episode 4: TELLURIC 〉

Episode 4: TELLURIC

Get ready to meet your guides and prepare to observe. Welcome to season 1 of The Bat Cave. The full sensory experience continues right here, right now.

Season 1: Ep 4

Let's travel further, let's explore our subconscious realms, meet our wiser selves in meditation and clear the mind to prepare ourselves to be present and have mastery over self, compassion and patience to let our creative expressions be fully realized. This open meditation is perfect for every day rituals and grounding practices.

〈 Episode 3: ATHENA

Episode 5: IAP 〉

Episode 5: IAP

Get ready to be a force for optimal health in your world. Welcome to season 1 of The Bat Cave. The full sensory experience of season 1 concludes right here, right now.

Season 1: Ep 5

Season 1: The Bat Cave is a full meal of body, mind, soul, human, creator connections. Once we can learn to master our ability to sense, feel, express, we can learn to manifest what we desire in the material. Dive into this breath work exercise tailored to harness your power, heat, fire and wind within the center of your being, your core. This guided and active meditation is the foundation to any movement practice and an excellent way to refine your abilities to channel your breath and awareness to the environment around you.

〈 Episode 4: TELLURIC

Episode 1: DIAMOND

Episode 2: TINY SPEAKERS

Episode 3: STORM

Episode 4: KHRONOS

Episode 5: MIRROR

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Episode 1: DIAMOND

Experience pleasure & safety in the body as we buckle up to go on a journey to the subconscious in season 2 of The Bat Cave. Lift off commences right meow!

Season 2: Ep 1

In order to journey to the layers of our subconscious and explore the shadows aka make the unseen seen, we must first cultivate safety in the body. Find a sense of comfort, pleasure, openness in the throat and in the pelvis to enhance the dialogue between your body and your mind. The beginning of the hero's journey requires trust and belief in self. Begin by enhancing sensation in the body to unlock the next layer of exploration of your Self.

Episode 2: TINY SPEAKERS

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Episode 2: TINY SPEAKERS

Activate your sensory speakers & antennas in season 2 of The Bat Cave. The journey to the subconscious continues right meow!

Season 2: Ep 2

Power up your shadow work spacesuit as we continue our journey to the subconscious. Activate your feet, feel each and every pore of your skin, build upon safety in the body allowing you to navigate and travel within. In union with body and higher self, we can uncover the truths within our Selves. Hear your song sing through you!

〈 Episode 1: DIAMOND

Episode 3: STORM 〉

Episode 3: STORM

Season 2 of The Bat Cave continues with a sound journey to cleanse & clear. Invite in the rains of the storm!

Season 2: Ep 3

Bathe in the sounds of the rains, the forests, the ethereal and subterranean. Allow yourself to be immersed in symphony of nature sounds and invite in the storm to cleanse & clear & allow your shadows to be fully observed with curiosity. So bundle up and get cozy with your favorite demons! Embrace the Self!

〈 Episode 2: TINY SPEAKERS

Episode 4: KHRONOS 〉

Episode 4: KHRONOS

Season 2 of The Bat Cave continues with a guided journey to travel through space & time. Join us for a trip to the corners of...

Season 2: Ep 4

Ready to trip out in the corners of your mind, hear the subwoofers of your being?! Then let's go, follow this guided path to travel to place beyond time, beyond ego, beyond logic, to arrive at...a portal for the mind to travel. We'll be with you the whole ride and travel together to arrive back safely where we started and in the space you are currently in.

〈 Episode 3: STORM

Episode 5: MIRROR 〉

Episode 5: MIRROR

Season 2 of The Bat Cave concludes with an exploration of this new version of you. Explore with breath to see your reflection.

Season 2: Ep 5

What does it feel like to see yourself with greater clarity? What does it feel like to hear yourself with greater accuracy? What excites you about the skin that you're in? Tap into a permission to play, express, feel deep into your skin with breath and alter your perception. Witness your intuition, your inner and outward reflection, liberate your Self!

〈 Episode 4: KHRONOS

THE BATCAVE

Season 3

Episode 5: STEPS

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Episode 1: I LOVE ME

Welcome to Season 3 of The Bat Cave. If you've made it this far, massive hug to self. In this season we set a foundation of trust and venture into physical movement as a catharsis.

Let yourself go, and express!

Season 3: Ep. 1

We begin the season setting the foundation. Right away, active your musical instrument from your feet to heart to the crown of your head. Together, we will practice vocal toning through vibrations. Become aware of your ability to activate all of your senses to journey deeper within the self. Hum your body into more space! Allow your your hands to become tuning forks. You are an instrument.

Episode 2: IMAGINATION 〉

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Episode 2: IMAGINATION

Now that we've primed the body with vibration, let's settle with deep full rich breath. Allow for ease, actively listen to your body, and allow for play thru imagination.

Season 3: Ep. 2

If life is a series of experiences, which are best lived in the present moment, then what experience do you desire to have right now? Can you *imagine* this feeling? How would *you* breathe? How would *you* move?

Episode 1: I LOVE ME

Episode 3: RAIN

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Episode 3: RAIN

Plunge into the calming waters of a summer rain. We tuned our instruments, we found the present moment...now we self soothe with a cleansing rain.

We can observe the self without having to do!

Season 3: Ep. 3

A strong meditation practice is one that can weather the highs and lows of an emotional storm and can also guide us to a place of grounding and clearing.

Experience the calming and anchoring effects of RAIN, mastered, mixed and curated to soothe waves within you, to assist in clearing away any remnants or modes of being that we wish to discard. This instrumental only meditation is ideal for winding the body down, stepping out of a stress response, or evening grounding.

〈 Episode 2: IMAGINATION

Episode 4: SPACE 〉

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Episode 4: SPACE

Find your rhythm whilst creating space. Let the movement originate from your breath & from your spine.

Season 3: Ep. 4

Enjoy this moving meditation set at a deliberate pace, with cues to stretch & sigh into sweeter dreams and more pleasurable nights. Rotate your awareness and find the areas of your body that seek your attention.

This practice invites you to release your shoulders, and create space and mobility in the hips. Ideal for preparing to ground down, melt into bed, and release tension. Option to follow along reclining or standing to access active exhales and long deep holds in various hip and spine stretches.

〈 Episode 3: RAIN

Episode 5: STEPS 〉

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Episode 5: STEPS

Get ready to rock out at the shadow work *clurrrrb*. Our first dance number, it's some spiritual bass action in here.

Allow yourself to dance out into the world.

Season 3: Ep. 5

Feel each step as a beat, allow each beat to bring you into a dance, feel your movement as your creative expression, your song out into the world.

Made for the Vb spiritual club kids, allow this meditative beat to transport you into complete freedom of movement and expression through body, breath, and trance. Connect with yourself, get nasty with your demons, and let it flow!

〈 Episode 4: SPACE

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