Write your question down. (Preferably not a yes or no question.)

What do you see?

Why do you think you are seeing this?

What do you feel about this thing that you are seeing?

What do you think your Guides want you to know about this thing that you see?
Now take that same question and write about the bell. What do you see?

Why do you think you are seeing this?

What do you feel about this thing that you are seeing?

What do you think your Guides want you to know about this thing that you see?
Do the same process with sound now.
Can you hear the bell?

Where do you hear it?

Why do you think you are hearing it there?

Do you like the sound?

What do you think your Guides want you to know about this sound?
Use this page to write any other notes or observations you have.