

Tuning In

A Self-Guided Sound Experience

A six-week practice of sound, reflection,
and nervous system support

HOW TO USE THIS JOURNAL

This journal is a companion to the sound experiences.

It's not meant to be completed perfectly or all at once.

Each week includes a few reflection prompts designed to help you notice
what's already present. Short answers are enough.

You're welcome to write more - or less, depending on what feels supportive.
If something doesn't resonate, you can skip it.

This is not about fixing, analyzing, or figuring anything out.

It's about allowing space and paying attention.

This journal is an invitation, not an assignment.



WEEK 1

Grounding and Safety

Arriving in the body and establishing steadiness

Suggested time: ~40 minutes

Reflection

Where in my body do I feel the most supported right now?

What in my life feels stable, even if I usually overlook it?

What helps me feel more present when my mind starts to wander?

Sound Experience

Find a comfortable position where your body can soften.

You may sit or lie down.

Allow yourself to listen without effort.

Notes (optional):

Integration

What helps me return to a sense of steadiness when I feel scattered?

There's nothing you need to do with this. Let it settle naturally.



WEEK 2

Emotional Awareness

Feeling without overprocessing

Suggested time: ~40 minutes

Reflection

What emotion has been most present for me recently?

If that emotion didn't need to change, what might it want me to notice?

What helps me stay with a feeling without needing to act on it?

Sound Experience

Find a position that feels supportive.

Let the sounds meet you where you are.

You don't need to focus or follow anything.

Notes (optional):

Integration

What helps me allow emotions to move without taking over?

There's nothing you need to do with this. Let it settle naturally.



WEEK 3

Confidence and Inner Stability

Steadiness without performance

Suggested time: ~40 minutes

Reflection

Where in my life do I already know the answer, even if I hesitate to trust it?

What does confidence feel like in my body, not my thoughts?

What is one small decision I can make without second-guessing?

Sound Experience

Allow your body to receive the sound without effort.

If your attention drifts, gently return to listening.

Notes (optional):

Integration

Where can I practice trusting myself in a simple, grounded way?

There's nothing you need to do with this. Let it settle naturally.



WEEK 4

Heart Expansion and Resilience

Openness without self-abandonment

Suggested time: ~40 minutes

Reflection

What feels nourishing for me to give right now?

What feels depleting, even if I have been calling it “being kind”?

What boundary would help me stay open without feeling drained?

Sound Experience

Let the sound create space rather than effort

You don't need to hold anything open.

Notes (optional):

Integration

What supports me in staying open while also honoring my limits?

There's nothing you need to do with this. Let it settle naturally.



WEEK 5

Truth and Authenticity

Listening to internal authority

Suggested time: ~40 minutes

Reflection

Where in my life am I holding back what feels true for me?

What am I afraid might happen if I stop explaining myself?

What would it feel like to let my truth be enough?

Sound Experience

Listen without shaping the experience.

Notice what happens when nothing is required of you.

Notes (optional):

Integration

What would change if I trusted my inner knowing a little more?

There's nothing you need to do with this. Let it settle naturally.



WEEK 6

Integration and Clarity

Bringing It all together

Suggested time: ~40 minutes

Reflection

What feels different in me now compared to when I began?

What does aligned look like in my daily life, in practice, not theory?

What feels ready to move forward from this place of clarity?

Sound Experience

Allow the sound to integrate everything you've explored.

There's no need to direct the experience.

Notes (optional):



CLOSING REFLECTION

Over the past six weeks, you've created space to slow down, listen, and reconnect.

There's no right way to integrate this experience.

You're welcome to return to any session whenever you need support.

What feels clearer for me now than it did before I began?

Take what's useful. Leave the rest.

