

Sound and Frequency Practice Log

This page helps you test sound practices in your actual life. Record what you used, how long you used it, and what changed. Keep what works. Release what does not.

Before you begin

Choose one sound source and one purpose. Keep the volume comfortable. If a sound increases distress, dizziness, pain, agitation, or sensory overload, stop.

Date and time:

Sound source or frequency:

Volume and duration:

My intention in one sentence:

Body state before, 1 to 10:

Emotional state before, 1 to 10:

What I noticed

Describe observable changes rather than trying to prove a spiritual result.

Breathing:

Jaw, shoulders, belly, and hands:

Thought speed:

Emotion or memory that surfaced:

Body state after, 1 to 10:

Emotional state after, 1 to 10:

Five-session comparison

Use the same practice five times before deciding whether it supports you. Change only one variable at a time.

Session 1: source, minutes,

before/after, notes

Session 2: source, minutes,

before/after, notes

Session 3: source, minutes,

before/after, notes

Session 4: source, minutes,

before/after, notes

Session 5: source, minutes,

before/after, notes

Integration

A useful practice should make your real life more workable, not become another performance.

The sound that supported me:

The time of day that worked:

The duration my body preferred:

When I should skip this practice:

How I will use this next week: