



Your Practice Journal

The reflection of your sound journey

"True mastery lies in noticing the subtle."

WELCOME

The art of observation

Welcome to your blank space.

This journal is neither a task nor a demand, but an invitation to observe yourself more deeply. Do not seek perfect results or complicated words; true mastery lies in noticing the subtle.

Simplicity is key. We have designed these pages without strict dates or rules so you can use them at your own pace. Whether you practice every day or once a week, this space is here to welcome you.

With love, Dylan and Dana.

How to use this journal

Sound and vibration work in layers. Sometimes changes are immediate, like a deep sigh; other times they are quiet, like realizing your mind is less racing today than it was yesterday.

To get the most out of this journal, we suggest the following:

- 01 **Write right after finishing:** Take just one or two minutes to fill out your practice sheet immediately after using your tuning forks, while the sensation of the vibration is still fresh in your body.
- 02 **Be honest and brief:** You do not need to write long paragraphs. Use bullet points, short phrases, or keywords.
- 03 **Scan your body and mind:** When describing how you feel, pay attention to small physical details (the rhythm of your breath, the lightness in your shoulders, the looseness in your jaw) and mental ones (the speed of your thoughts or the level of mental silence).
- 04 **Your practice has no expiration date:** If you decide to print this journal, you can make copies of the blank template as many times as you need. If you prefer to use it digitally, simply save a copy of the original blank file and use it again when you finish your first 31 days. Your record does not end here; the space grows with you.

On the next page, you will find an example of how you can fill out your daily record.

My Practice

EXAMPLE

DATE

January 2, 2026

TIME OF DAY

Night, before sleep

TUNING FORK OR CHOSEN RITUAL

Nighttime closing ritual (Yin 256 Hz + Otto 128 Hz)

MY INTENTION / AFFIRMATION FOR TODAY

*"I silence my thoughts, release my body,
and surrender to rest."*

How did I perceive my state before starting? *(Physical tension, mental noise, emotions)*

Mind racing, reviewing tomorrow's tasks.

Accumulated tension in the jaw and neck.

Feeling exhausted but unable to disconnect.

How do I perceive my state upon finishing? *(Subtle changes, looseness, silence)*

When using the Yin, I felt the mental fog clear.

The Otto on my chest made me sigh deeply twice.

My body feels heavy (in a pleasant way) and ready for sleep.

My Practice

ENTRY 01 / 31

DATE

TIME OF DAY

TUNING FORK OR CHOSEN RITUAL

MY INTENTION / AFFIRMATION FOR TODAY

How did I perceive my state before starting? *(Physical tension, mental noise, emotions)*

How do I perceive my state upon finishing? *(Subtle changes, looseness, silence)*

My Practice

ENTRY 02 / 31

DATE

TIME OF DAY

TUNING FORK OR CHOSEN RITUAL

MY INTENTION / AFFIRMATION FOR TODAY

How did I perceive my state before starting? *(Physical tension, mental noise, emotions)*

How do I perceive my state upon finishing? *(Subtle changes, looseness, silence)*

My Practice

ENTRY 03 / 31

DATE

TIME OF DAY

TUNING FORK OR CHOSEN RITUAL

MY INTENTION / AFFIRMATION FOR TODAY

How did I perceive my state before starting? *(Physical tension, mental noise, emotions)*

How do I perceive my state upon finishing? *(Subtle changes, looseness, silence)*

My Practice

ENTRY 04 / 31

DATE

TIME OF DAY

TUNING FORK OR CHOSEN RITUAL

MY INTENTION / AFFIRMATION FOR TODAY

How did I perceive my state before starting? *(Physical tension, mental noise, emotions)*

How do I perceive my state upon finishing? *(Subtle changes, looseness, silence)*

My Practice

ENTRY 05 / 31

DATE

TIME OF DAY

TUNING FORK OR CHOSEN RITUAL

MY INTENTION / AFFIRMATION FOR TODAY

How did I perceive my state before starting? *(Physical tension, mental noise, emotions)*

How do I perceive my state upon finishing? *(Subtle changes, looseness, silence)*



My Practice

ENTRY 06 / 31

DATE

TIME OF DAY

TUNING FORK OR CHOSEN RITUAL

MY INTENTION / AFFIRMATION FOR TODAY

How did I perceive my state before starting? *(Physical tension, mental noise, emotions)*

How do I perceive my state upon finishing? *(Subtle changes, looseness, silence)*

My Practice

ENTRY 07 / 31

DATE

TIME OF DAY

TUNING FORK OR CHOSEN RITUAL

MY INTENTION / AFFIRMATION FOR TODAY

How did I perceive my state before starting? *(Physical tension, mental noise, emotions)*

How do I perceive my state upon finishing? *(Subtle changes, looseness, silence)*

My Practice

ENTRY 08 / 31

DATE

TIME OF DAY

TUNING FORK OR CHOSEN RITUAL

MY INTENTION / AFFIRMATION FOR TODAY

How did I perceive my state before starting? *(Physical tension, mental noise, emotions)*

How do I perceive my state upon finishing? *(Subtle changes, looseness, silence)*

My Practice

ENTRY 09 / 31

DATE

TIME OF DAY

TUNING FORK OR CHOSEN RITUAL

MY INTENTION / AFFIRMATION FOR TODAY

How did I perceive my state before starting? *(Physical tension, mental noise, emotions)*

How do I perceive my state upon finishing? *(Subtle changes, looseness, silence)*

My Practice

ENTRY 10 / 31

DATE

TIME OF DAY

TUNING FORK OR CHOSEN RITUAL

MY INTENTION / AFFIRMATION FOR TODAY

How did I perceive my state before starting? *(Physical tension, mental noise, emotions)*

How do I perceive my state upon finishing? *(Subtle changes, looseness, silence)*

My Practice

ENTRY 11 / 31

DATE

TIME OF DAY

TUNING FORK OR CHOSEN RITUAL

MY INTENTION / AFFIRMATION FOR TODAY

How did I perceive my state before starting? *(Physical tension, mental noise, emotions)*

How do I perceive my state upon finishing? *(Subtle changes, looseness, silence)*

My Practice

ENTRY 12 / 31

DATE

TIME OF DAY

TUNING FORK OR CHOSEN RITUAL

MY INTENTION / AFFIRMATION FOR TODAY

How did I perceive my state before starting? *(Physical tension, mental noise, emotions)*

How do I perceive my state upon finishing? *(Subtle changes, looseness, silence)*

My Practice

ENTRY 13 / 31

DATE

TIME OF DAY

TUNING FORK OR CHOSEN RITUAL

MY INTENTION / AFFIRMATION FOR TODAY

How did I perceive my state before starting? *(Physical tension, mental noise, emotions)*

How do I perceive my state upon finishing? *(Subtle changes, looseness, silence)*

My Practice

ENTRY 14 / 31

DATE

TIME OF DAY

TUNING FORK OR CHOSEN RITUAL

MY INTENTION / AFFIRMATION FOR TODAY

How did I perceive my state before starting? *(Physical tension, mental noise, emotions)*

How do I perceive my state upon finishing? *(Subtle changes, looseness, silence)*

My Practice

ENTRY 15 / 31

DATE

TIME OF DAY

TUNING FORK OR CHOSEN RITUAL

MY INTENTION / AFFIRMATION FOR TODAY

How did I perceive my state before starting? *(Physical tension, mental noise, emotions)*

How do I perceive my state upon finishing? *(Subtle changes, looseness, silence)*

My Practice

ENTRY 16 / 31

DATE

TIME OF DAY

TUNING FORK OR CHOSEN RITUAL

MY INTENTION / AFFIRMATION FOR TODAY

How did I perceive my state before starting? *(Physical tension, mental noise, emotions)*

How do I perceive my state upon finishing? *(Subtle changes, looseness, silence)*

My Practice

ENTRY 17 / 31

DATE

TIME OF DAY

TUNING FORK OR CHOSEN RITUAL

MY INTENTION / AFFIRMATION FOR TODAY

How did I perceive my state before starting? *(Physical tension, mental noise, emotions)*

How do I perceive my state upon finishing? *(Subtle changes, looseness, silence)*

My Practice

ENTRY 18 / 31

DATE

TIME OF DAY

TUNING FORK OR CHOSEN RITUAL

MY INTENTION / AFFIRMATION FOR TODAY

How did I perceive my state before starting? *(Physical tension, mental noise, emotions)*

How do I perceive my state upon finishing? *(Subtle changes, looseness, silence)*

My Practice

ENTRY 19 / 31

DATE

TIME OF DAY

TUNING FORK OR CHOSEN RITUAL

MY INTENTION / AFFIRMATION FOR TODAY

How did I perceive my state before starting? *(Physical tension, mental noise, emotions)*

How do I perceive my state upon finishing? *(Subtle changes, looseness, silence)*

My Practice

ENTRY 20 / 31

DATE

TIME OF DAY

TUNING FORK OR CHOSEN RITUAL

MY INTENTION / AFFIRMATION FOR TODAY

How did I perceive my state before starting? *(Physical tension, mental noise, emotions)*

How do I perceive my state upon finishing? *(Subtle changes, looseness, silence)*

My Practice

ENTRY 21 / 31

DATE

TIME OF DAY

TUNING FORK OR CHOSEN RITUAL

MY INTENTION / AFFIRMATION FOR TODAY

How did I perceive my state before starting? *(Physical tension, mental noise, emotions)*

How do I perceive my state upon finishing? *(Subtle changes, looseness, silence)*

My Practice

ENTRY 22 / 31

DATE

TIME OF DAY

TUNING FORK OR CHOSEN RITUAL

MY INTENTION / AFFIRMATION FOR TODAY

How did I perceive my state before starting? *(Physical tension, mental noise, emotions)*

How do I perceive my state upon finishing? *(Subtle changes, looseness, silence)*

My Practice

ENTRY 23 / 31

DATE

TIME OF DAY

TUNING FORK OR CHOSEN RITUAL

MY INTENTION / AFFIRMATION FOR TODAY

How did I perceive my state before starting? *(Physical tension, mental noise, emotions)*

How do I perceive my state upon finishing? *(Subtle changes, looseness, silence)*

My Practice

ENTRY 24 / 31

DATE

TIME OF DAY

TUNING FORK OR CHOSEN RITUAL

MY INTENTION / AFFIRMATION FOR TODAY

How did I perceive my state before starting? *(Physical tension, mental noise, emotions)*

How do I perceive my state upon finishing? *(Subtle changes, looseness, silence)*

My Practice

ENTRY 25 / 31

DATE

TIME OF DAY

TUNING FORK OR CHOSEN RITUAL

MY INTENTION / AFFIRMATION FOR TODAY

How did I perceive my state before starting? *(Physical tension, mental noise, emotions)*

How do I perceive my state upon finishing? *(Subtle changes, looseness, silence)*

My Practice

ENTRY 26 / 31

DATE

TIME OF DAY

TUNING FORK OR CHOSEN RITUAL

MY INTENTION / AFFIRMATION FOR TODAY

How did I perceive my state before starting? *(Physical tension, mental noise, emotions)*

How do I perceive my state upon finishing? *(Subtle changes, looseness, silence)*

My Practice

ENTRY 27 / 31

DATE

TIME OF DAY

TUNING FORK OR CHOSEN RITUAL

MY INTENTION / AFFIRMATION FOR TODAY

How did I perceive my state before starting? *(Physical tension, mental noise, emotions)*

How do I perceive my state upon finishing? *(Subtle changes, looseness, silence)*

My Practice

ENTRY 28 / 31

DATE

TIME OF DAY

TUNING FORK OR CHOSEN RITUAL

MY INTENTION / AFFIRMATION FOR TODAY

How did I perceive my state before starting? *(Physical tension, mental noise, emotions)*

How do I perceive my state upon finishing? *(Subtle changes, looseness, silence)*

My Practice

ENTRY 29 / 31

DATE

TIME OF DAY

TUNING FORK OR CHOSEN RITUAL

MY INTENTION / AFFIRMATION FOR TODAY

How did I perceive my state before starting? *(Physical tension, mental noise, emotions)*

How do I perceive my state upon finishing? *(Subtle changes, looseness, silence)*

My Practice

ENTRY 30 / 31

DATE

TIME OF DAY

TUNING FORK OR CHOSEN RITUAL

MY INTENTION / AFFIRMATION FOR TODAY

How did I perceive my state before starting? *(Physical tension, mental noise, emotions)*

How do I perceive my state upon finishing? *(Subtle changes, looseness, silence)*

My Practice

ENTRY 31 / 31

DATE

TIME OF DAY

TUNING FORK OR CHOSEN RITUAL

MY INTENTION / AFFIRMATION FOR TODAY

How did I perceive my state before starting? *(Physical tension, mental noise, emotions)*

How do I perceive my state upon finishing? *(Subtle changes, looseness, silence)*

Acknowledging your transformation

EXAMPLE

When rereading your notes weeks later, do not look for perfect or immediate results, but rather trends and signs of accumulated well-being. Return to this page after a month of practice to note the subtle patterns you have discovered on your own journey and to take stock of your evolution:

My discoveries:

- *I have noticed that the tension in my neck and shoulders decreases much faster when I use the Otto 128 Hz after getting home from work.*
- *On the days I use the Yin 256 Hz before bed, I do not wake up in the middle of the night.*
- *I find it easier to calm down when I feel overwhelmed; my body now recognizes the sound of the Om 136.1 Hz as an automatic cue to loosen my jaw and breathe.*

Acknowledging your transformation

My discoveries:

Acknowledging your transformation

My discoveries: