

# Optimize your experience with **Sound Balms®** through conscious listening.



## 1. Choosing your Sound Balm®

A Sound Balm® is neither singing nor relaxing music, but a medium of frequencies that activate your inner transformation. Also, make sure beforehand that you are ready to change and have clearly defined your needs. Then visit our [online shop](#) and choose the Sound Balm® according to the area of the body or issue you wish to harmonize or treat.



## 2. Selecting your subscription

- ✓ **Subscription: 1 week / 1 Sound Balm® of your choice**  
Perfect for discovering Sound Balms® or for an express treatment, this subscription effectively meets your needs at a specific time.
- ✓ **Subscription: 1 month / all Sound Balms included®**  
It is recommended to listen to the same balm for 7 days, following the suggested [harmonization program](#). Ideal for a global harmonization, this subscription promotes the integration of energy cleansing.
- ✓ **Subscription: 1 year / all Sound Balms included®**  
Like the one-month subscription, it is advisable to use only one balm at a time, for 7 days. Essential for ensuring the long-term support of your transformation, this subscription allows you to deal with all of your life circumstances.

*All subscriptions are non-binding.*

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### 3. Preparing for your experience

- ✓ **Be fully present during the experience.** Working with a Sound Balm® is not trivial, whether you feel the full effects or not. So, avoid listening to it while performing other tasks and give the experience your full attention. There is no need to force yourself to concentrate: simply be present, close your eyes and be receptive. Find a quiet place to avoid being disturbed.
- ✓ **Use high-quality headphones or earphones.** Favoring your inner listening facilitates the implementation of the harmonization process. The incoming sound frequencies resonate with your bone structure, but also your skin and your subtle bodies, your experience will therefore be even more profound.
- ✓ **Choose a comfortable position that promotes relaxation:** lying on your bed, sitting in a chair, wrapped in a cozy throw... whatever you prefer.
- ✓ **Adjust the volume according to your sensitivity.** The volume level affects your experience, the higher the volume, the more powerful the experience. In cases of physical or mental problems (illness, depression), it is best to start with a medium or low volume, then gradually increase. If you're just tired and wish to progress quickly, adjust the volume to your listening comfort.
- ✓ **Follow the rhythm of the sessions.** Listen to your Sound Balm® at least once a day, in the evening before going to sleep or in the morning before breakfast, until change is observed. The balm can be listened to once, several times or repeatedly, depending on your feelings. Stay tuned into your body and trust yourself.
- ✓ **Be consistent in your practice.** Ritualizing your experience will allow you to enjoy greater benefits.
- ✓ **Welcome your feelings.** Impressions of malaise, nervousness and fear are often a sign of an unconscious resistance and the onset of liberation. If this occurs, acknowledge it and continue your sessions, observing what is happening within you and around you: the quality of your sleep and dreams; your general condition, physical and emotional; your professional and romantic relationships; events and synchronicities that arise in your life...

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### 4. Practicing conscious listening

To deepen your experience, write down your impressions after every session (Day 1, 2, 3...) following the chart below:

- ✓ **the number of sessions** (one or more times, depending on your feelings);
- ✓ **the areas of the body that responded;**
- ✓ **your impressions** (cold/hot, heavy/light, emotions...), any images or visions;
- ✓ **the quality of your sleep** (deep/restless, dreams, nocturnal awakenings...);
- ✓ **your general condition the next day** (tired, stiff, fit...).

Each session is different, this protocol allows you to track your progress and promotes awareness. Finally, keep in mind that *it is not because you don't feel anything that nothing is happening.*

You have found Sound Balms® for a reason: trust yourself!

DISCOVER THE RANGE

Do you have a specific question?

Write to [hello@tnso.me](mailto:hello@tnso.me) or visit the [FAQ page](#) of the website.

Balm # \_\_\_\_\_

Week of \_\_\_\_\_ to \_\_\_\_\_

Day	Number of sessions	Areas of the body that responded	Impressions	Quality of sleep	General condition the next day
D1					
D2					
D3					
D4					
D5					
D6					
D7					