



# For John and Mare

## A Gentle Guide to Three Listening Styles

Welcome. This little guide tells you about the three listening styles in the app. It explains what each one is, how it is made, and how to enjoy it.

Every style is made from two things: **your own hum** and a soft **orchestra melody**. No one talks. There is only music.

### Many Voices

a slow, warm choir

### Starlight

bright and floating

### Quiet Sequence

steady and simple

A free app and a sibling of *Voice of Creation*. This app is independent. It is not part of, and is not affiliated with, any other organization or program.

# Getting Ready to Listen

*A few easy steps. There is no wrong way to do this.*

## Find a quiet place

Pick a spot where you will not be bothered for a little while. Turn off loud sounds if you can.

## Get comfortable

Sit in a soft chair or lie down. Let your hands rest. Close your eyes if you like.

## Choose a comfortable volume

Keep it soft. The music should feel like it is in the room with you, not pushing at you.

## Headphones are optional

You can listen on a speaker. Headphones are nice, though. Some sounds move from your left ear to your right ear, and headphones help you hear that.

## Start with a breath out

Before the music begins, let out one **full, slow breath**. Breathe out first, all the way. Then just wait. The next breath will come in on its own. You do not need to pull the air in, and there is nothing to count. Just let your breathing do what it wants.

# Many Voices

*A slow, swelling choir made from your hum.*

## What it is

Imagine your hum, copied many times. Some copies are a little higher and some are a little lower. Put together, they sound like a soft choir, and every voice in it is yours.

## How it is built

- **The choir:** layers of your hum at different pitches, rising and falling slowly like waves.
- **The strings:** a string section split into many parts, so the sound is rich and full.
- **A low hum underneath:** one deep, steady note that stays the whole time.
- **The melody:** a soft solo violin sings the tune, with a touch of horn and harp.

## How it feels

The music is in a gentle minor key (musicians call it the Aeolian mode). It can feel thoughtful and calm. It moves slowly, about as slow as a resting heartbeat or slower, and there is no strong beat to follow.

**Length:** about 9 to 30 minutes.

**Nice for:** a quiet pause in the day, or a time when you want to slow down and just be.

# Starlight

*Bright, light, and floating, like a clear night sky.*

## What it is

Starlight is open and airy. It uses a happy five-note scale (called major pentatonic). With this scale, almost every note sounds good with every other note, so nothing feels sharp or tense.

## How it is built

- **High violins:** quiet and high, like light far away.
- **Harp sparkle:** little twinkles of harp, here and there.
- **Chimes from your hum:** every hum has soft, high tones hidden inside it. These are pulled out and turned into gentle chimes.
- **Your hum as a cloud:** your hum is spread out and softened until it floats under everything.
- **Wide sound:** the music is spread far left and far right, so it feels big and roomy.

## How it ends

Near the end, the music slowly gets darker and softer, like the sky after sunset. This makes it a nice choice for winding down at the end of the day.

**Nice for:** evenings, bedtime, or any time you want something light and peaceful.

# Quiet Sequence

*Steady, simple, and easy to follow.*

## What it is

Quiet Sequence is like a slow, calm clock made of music. One note plays each second, nice and even. It is in a bright, cheerful key.

## How it is built

- **Short phrases first:** the melody starts with tiny groups of 3 or 4 notes.
- **Moving side to side:** these short phrases drift gently from left to right and back again.
- **Longer phrases next:** little by little, the groups grow to 5, 6, or 7 notes.
- **The whole tune:** then the full melody plays once, all the way through.
- **A rest:** after that comes a quiet pause.
- **Underneath:** your hum stays low and steady the whole time, and a harp answers from the other side.

## How it feels

Because the beat is so steady, many people find it easy to settle into. Short pieces build into the full song, step by step, a bit like watching a picture slowly come together.

**Nice for:** mornings, a calm start to a task, or any time you like something even and simple.

# Picking a Style

*Go with what feels right. You can always try another one.*

|                          |                                             |
|--------------------------|---------------------------------------------|
| Morning or a fresh start | Quiet Sequence, for its steady, bright beat |
| Middle of the day        | Many Voices, for a slow, warm pause         |
| Evening or bedtime       | Starlight, which fades softer at the end    |

## Notice and note

After you listen, stay still for a moment. Then ask yourself, "*How do I feel right now?*" Write a few words in the app's journal. It can be one word, like "calm," "sleepy," or "the same." Over time, your notes can help you find which style you like best for each part of your day.

## Your downloads

You can download each track as a **FLAC** file. FLAC keeps the full sound quality, with nothing lost. Longer tracks sometimes come in **numbered parts** (Part 1, Part 2, and so on). Play them in order, one after another, as a playlist.

Many people find this music relaxing. **This is music for listening, not a treatment. Talk with your doctor about health questions.**

Thank you for listening. Enjoy the music.