

The Space Between Sounds

A 7-Day Silence Guide

BunchBeats

bunchbeats.com

A note before you begin: This guide uses breath, sound, and silence to explore states of awareness. If you are prone to epilepsy or seizures, stop if you feel unwell — particularly during Days 2 and 5 where tone patterns are used. If you are pregnant, have a hearing condition, or are under medical care, consult your physician before beginning. This guide is for general wellness and does not diagnose or treat any condition.

You do not need any special equipment. A pair of headphones will deepen some days, but all practices work with speakers or without audio entirely.

Take your time. One day per day is the rhythm — though if life asks you to pause, simply resume where you left off. There is no failure in silence.

Day 1 — Arrival

Begin by arriving. Not arriving somewhere else — arriving here, in this body, in this moment.

Find a comfortable position. You may sit on a chair with feet flat on the floor, or cross your legs on a cushion. Rest your hands gently on your knees or in your lap. Close your eyes if that feels natural; otherwise soften your gaze toward the ground.

Bring your attention to your breath. Do not change it — simply notice what is already happening. The air entering your nostrils. The coolness of it. The slight warmth as it leaves your body. The gentle rise and fall of your chest or abdomen.

Now count each cycle of breathing: one inhale, one exhale — that is one. Count to five, then start again at one. If you lose count, begin at one with no judgment. The mind will wander. That is its nature. When you notice it has drifted, gently return to the count.

Start with five minutes. Use a timer if it helps. There is no prize for holding still — the prize is noticing that you have arrived.

When the time is up, open your eyes slowly. Carry this sense of arrival with you through the rest of your day.

5 minutes of breath counting. No player required.

Day 2 — Sound

Yesterday you arrived through breath. Today you arrive through sound.

Put on headphones if you have them. Open the BunchBeats player and select the ****Calm**** preset. Set your timer for ten minutes. Press play.

The tones will begin — a soft, steady pulse moving between left and right channels. Listen without trying to analyze. Let the sound wash over you like water over smooth stone.

Notice the difference between the left tone and the right tone. One may feel slightly deeper; the other might seem closer to your forehead. The space between them is where attention lives. You do not need to locate the sound — simply let it find you.

If thoughts arise, let them pass like clouds across a sky you did not paint. Return to the tones. If the tones fade into the background, return to them. This is the practice: returning, again and again, to the present sensation.

Ten minutes may feel longer than expected. That is fine. The mind likes to measure time. Silence does not.

When the timer ends, sit for a moment in the after-sound — that residual hum that lingers when the tones stop. Notice how silence was already there, beneath everything.

10 minutes with BunchBeats **Calm**** preset. Headphones recommended.**

Day 3 — Body

Sound has given you a doorway. Today you walk through it into the body.

Begin with the ****Deep meditation**** preset on BunchBeats. Set your timer for ten minutes. Press play and close your eyes.

Let the tones anchor you, then slowly sweep your attention through your body from the top of your head down to the tips of your toes. Notice the crown of your head — the weight of it, the texture of air against skin. Move to your forehead, your jaw, your shoulders. Let each area soften as you visit it.

Do not force relaxation. The body knows how to relax; it only needs permission. When you reach your hands, notice the space between your fingers. When you reach your feet, feel their connection to the ground. Move through slowly — this is not a race.

If you encounter tension, do not pull at it. Simply breathe into that space and let it be what it is. Tension is just attention that forgot to leave.

When the tones fade, sit for a few moments with the map of your body still warm in awareness. You are not your thoughts. You are not your problems. You are this living, breathing architecture — present, here, complete.

10 minutes with BunchBeats **Deep meditation**** preset. Headphones recommended.**

Day 4 — Thought

The body is a landscape. The mind is the weather that moves across it.

Today you will learn to watch the weather without getting caught in the storm. No player needed — just your attention and the breath you practiced on Day 1.

Find your comfortable position. Close your eyes. Bring your attention to the breath for one minute, establishing a steady rhythm. Then shift your focus outward — not through the eyes, but through the mind.

Thoughts will arise. A memory. A worry. A plan for dinner. When you notice one, gently label it: "thinking." Not "thinking about my email" — just "thinking." This tiny act of naming creates distance between you and the thought. You are the sky; the thought is a cloud passing through.

Then return to the breath for a few cycles. Let the next thought come. Label it. Return.

You may encounter emotion alongside thoughts — a tightness in the chest, a warmth in the face, a flutter in the stomach. Label these too: "feeling." Then return to the breath.

The goal is not empty-mindedness. The goal is clarity — seeing thoughts as they are, without being swept away by them. Some days the clouds will be thick. Some days the sky will be clear. Both are good.

10 minutes of breath-and-label meditation. No player required.

Day 5 — Edge

Today you walk to the edge of ordinary awareness and look over.

Open BunchBeats and select the **Creativity** preset — the one tuned to theta-range tones. This is the frequency of deep meditation, of twilight sleep, of the space between waking and dreaming where ideas arrive uninvited and fully formed.

Set your timer for ten minutes. Press play. Close your eyes.

The theta tones will carry you deeper than you have gone before. The left-right pulse may feel wider now — as if the sound is filling a larger room inside you. Let it. Do not try to control the depth. Depth is not something you achieve; it is something you allow.

As the tones deepen, your thoughts may slow, then pause, then arrive in fragments — an image, a phrase, a sensation without a source. This is the creative threshold. Something is stirring beneath the surface.

Keep a pen and paper beside you. When the timer ends, write down one line — just one — of whatever came to you. It may make perfect sense. It may seem nonsense. It may be a color you cannot name. All of it counts.

The edge is not a place you reach once. It is a door you walk through again and again, each time seeing something new.

10 minutes with BunchBeats **Creativity preset. Have paper ready. Headphones recommended.**

Day 6 — Silence

Yesterday you visited the edge. Today you sit in the center.

No player. No tones. No sound at all.

Find your position. Set a timer for twelve minutes. Close your eyes. Begin with three deep breaths — deeper than usual, just to settle in. Then let the breath return to its natural rhythm.

Now listen to silence.

Not the absence of sound — but silence itself, as if it were a thing you could hold. Beneath the hum of the refrigerator, beneath traffic outside, beneath the whisper of your own circulation, there is a stillness that does not move. Rest in it.

Thoughts will come. They always do. When they arrive, do not push them away. Let them pass through silence like birds passing through sky. The sky does not chase the birds. It simply holds them.

If twelve minutes feels too long at first, start with six. Build gradually. Silence is not a test — it is a homecoming.

When the timer ends, do not rush to open your eyes. Sit for a moment in the transition back. Notice how the world sounds different after silence — sharper, perhaps, or softer. Both are true.

You have spent the week arriving through breath, sound, body, and thought. Today you arrive through nothing at all. This is the core practice. Everything else is preparation.

12 minutes of silent sitting. No audio required.

Day 7 — Field

A journey inward needs a path back outward.

Today you close the circle by returning to where you began. Re-read your notes from Day 1 — or simply sit for one minute and remember the feeling of counting your breaths, arriving in this body, in this moment.

Then open your eyes and look around you. The room is the same as it was a week ago, but something has shifted. You have spent seven days practicing attention — turning it toward breath, sound, body, thought, creativity, and silence. Each day was a different lens on the same thing: presence.

Now choose one practice to carry forward. It does not need to be the most impressive one. It needs to be the one you will actually do when life gets busy and the motivation fades. Perhaps it is five minutes of breath counting before bed. Perhaps it is the Calm preset while drinking morning tea. Perhaps it is twelve minutes of silence on Sunday mornings.

Whatever you choose, commit to it not as a discipline but as a relationship — something you return to again and again, each visit revealing something new.

The field is where practice meets life. You are ready for it.

Choose one daily practice. Revisit Day 1's breath count as your anchor.

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Continue the Journey

This guide is a doorway, not a destination. For deeper exploration, visit the BunchBeats player at [\[bunchbeats.com\]\(https://bunchbeats.com\)](https://bunchbeats.com) — where binaural tones meet breath awareness in every session.

If this guide found you at the right time, consider supporting its creation on Ko-fi: [\[ko-fi.com/bunchbeats\]\(https://ko-fi.com/bunchbeats\)](https://ko-fi.com/bunchbeats) — a cup of coffee helps keep silence free for everyone.

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