



CymaTones

User Guide

FREQUENCY · MADE PERSONAL

A friendly walk-through of every feature on the platform — with screenshots · big readable type · and one clear path through each ritual.



app.cymatones.com

CYMA 1000 DERIVED

START HERE

Welcome

CymaTones is a frequency-wellness platform built on the original Cyma 1000 archive — 700 clinical commutations from Dr. Peter Guy Manners. Every tone in the library is one of those originals · never generated, never fabricated.

This guide walks through every feature on the platform, one by one, in the order you'll meet them. Skim the Table of Contents to jump straight to what you need — or start at Getting Started and read through.

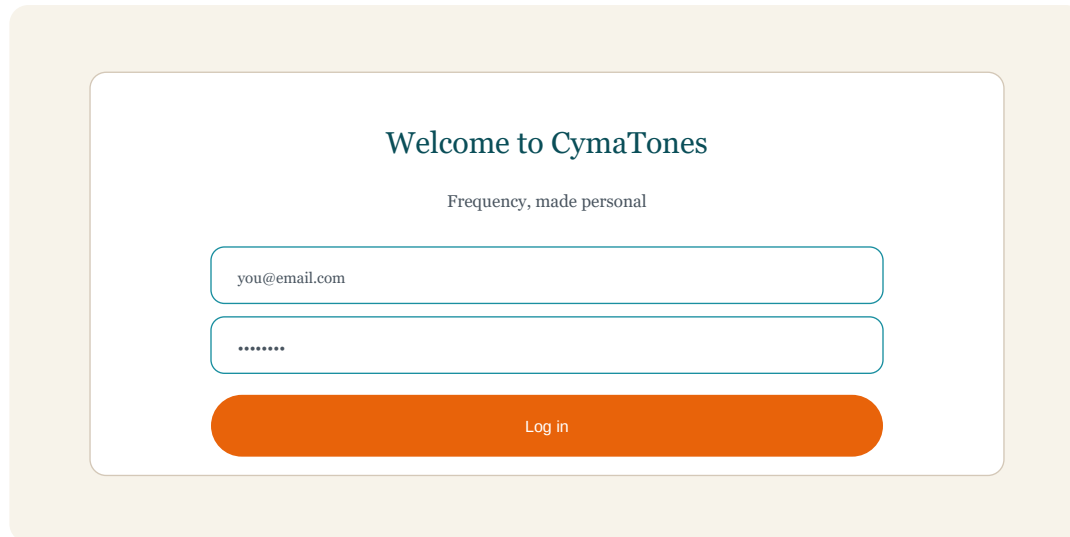
A note on wellness

CymaTones is a **wellness and relaxation** tool. Nothing on the platform diagnoses, treats, cures, or prevents any medical condition. The frequencies, scans, and rituals are practices — not medical advice. If you have a health concern, please talk to a qualified healthcare provider.

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1 • Getting Started



The sign-in screen at app.cymatones.com

Sign up

Creating an account takes about a minute. All you need is an email address.

- 1 Go to **app.cymatones.com**.
- 2 Tap **Sign up**.
- 3 Enter your email + a password you'll remember.
- 4 Confirm your email if we send a verification link.
- 5 You'll land on the onboarding walkthrough — follow it or skip to explore.

Log in

Already have an account?

- 1 Go to **app.cymatones.com**.
- 2 Tap **Log in**.
- 3 Enter your email + password.
- 4 You'll land on your dashboard.

Tip • Forgot your password? Tap "Reset" on the login page and follow the email link.

Add CymaTones to your home screen or desktop

Open CymaTones with one tap, full-screen like an app. Nothing to download from an app store.

- 1 On a phone: open the menu () and tap **Add to home screen**.
- 2 On a computer: click your profile circle (top right) and choose **Add shortcut to desktop**.
- 3 Chrome, Edge and Android open the install box right away. iPhone, iPad, Mac Safari and Firefox show the exact steps for that browser (iPhone: Safari **Share** → **Add to Home Screen**; Mac Safari: **File** → **Add to Dock**).

Tip • Tapped "Don't show again" on the install reminder? The menu option is always there, so you can add it anytime.

Every section at a glance

The section hubs open with a mini dashboard at the top of the page, with the section's pages underneath.

- 1 Tap any menu item (Sanctuary, Cosmos, Frequencies...): it goes straight to that section.
- 2 Sanctuary, Social, Frequencies, Playlists, BioScan and Search show the few things that matter most there right now. Sleep, Nutrition, Fitness and Cosmos show theirs inside the page itself.
- 3 Sanctuary shows Sleep, Nutrition, Fitness and Scales side by side; Social shows the Park and Campus.
- 4 Tap any number, highlight or button to jump straight there.

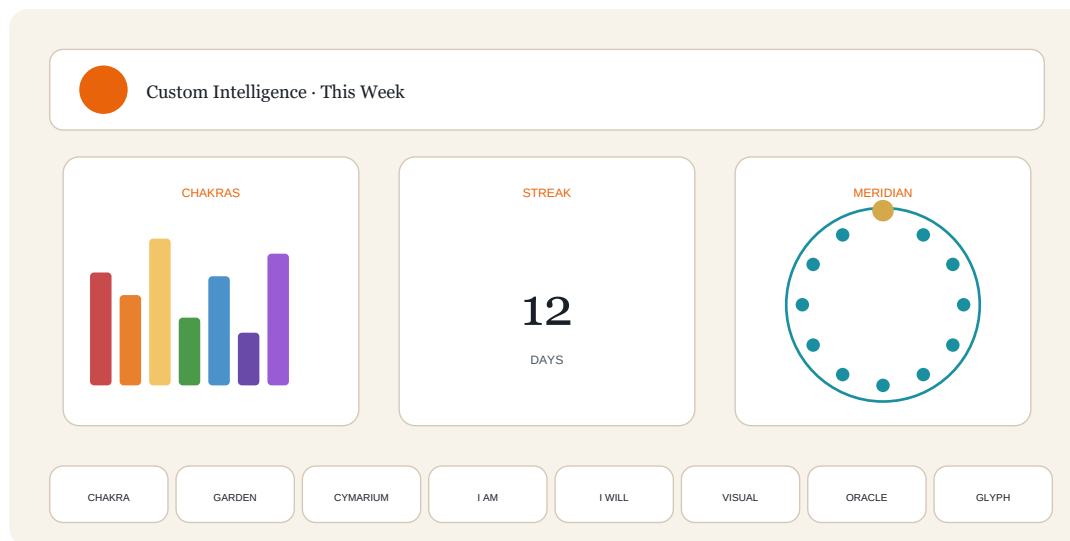
Tip • The dashboards only show the key things, so they stay quick to read.

Subscription plans

Two options — pick what fits.

- 1 **Monthly** · **\$9.99/month** — full access, cancel anytime.
- 2 **Lifetime** · **\$199 one-time** — full access, forever.
- 3 Both plans unlock the whole library, all bioscanners, the garden, and every guided tool.
- 4 Manage or cancel anytime from **Settings** → **Subscription**.

2 • The Dashboard



Your dashboard reflects your patterns back to you

Frequency Footprint + one clear card look

Your **Frequency Footprint** leads the dashboard: your listening time, sessions and frequencies over the past seven days, with a trend line of each day's minutes. Every card below it, on your dashboard and in Community, shares one compact look and shows its key number as a picture: rings, bars, trend lines and today's moon.

- 1 Read the Footprint at the top: **7-Day Listening**, **Sessions** and **Frequencies**, with the week's trend line beside them.
- 2 Scroll the cards. Each one shows its key number first, then its chart and details, all open.
- 3 Want a shorter page? Tap **Hide** above any big chart to fold it away, and **Show** to bring it back.

***Tip** • Nothing was taken away: every chart and detail from before is still on the card.*

Custom Intelligence

The more you use CymaTones, the more it knows what you need. Your dashboard shows this week's chakra vitality, meridian flow, streak, and a frequency forecast made just for today.

- 1 Open **app.cymatones.com** and log in — the dashboard is the first thing you see.
- 2 Scroll to see: chakra vitality, five-element balance, meridian flow clock, streak, daily forecast.
- 3 Tap any card to dive deeper — most cards open a full-page view of what they show.

Daily quick-launch tiles

Right under the Frequency Footprint, **Quick access** holds quick buttons for your daily rituals: **Daily I AM** · **Daily I WILL** · **Journal** · **Daily Oracle** · **Daily Glyph** · **Daily Dream**, with a small check on the ones you have done today. **Daily Dream** counts 3-2-1 and starts recording straight away, so you can speak a dream before it fades. Add it to your phone's home screen from the Daily Dream page (Android: **Add to home screen**; iPhone: Safari **Share** → **Add to Home Screen**) and the moon icon opens straight to the countdown.

- 1 Look just under the Frequency Footprint at the top of the dashboard.
- 2 Tap any tile to jump straight to that ritual.

*Tip • **Journal** opens your Journal, the same one you'd reach by tapping the scroll object in your garden.*

Your practice cards + community cards

Each part of your practice has its own card near the top of your dashboard: **Sleep**, **Dreams**, **Nutrition**, **Fitness**, **Room Resonance** and **Campus**, each showing the one thing worth doing right now. Further down, most have a matching **community card** with this week's community-wide totals.

- 1 Tap a practice card's button to jump straight in (check in, speak a dream, cook, train, read a room, continue a class).
- 2 Scroll to the community section to see how the whole community is practicing this week.

Tip • Community cards only ever show totals, never a name or anyone's own entries, and a number stays hidden until at least three members are part of it.

Frequency Impact + Next for you

Two cards side by side. **Frequency Impact** shows where your listening focused this week across body systems and wellness areas. **Next for you** shows the three body systems you reached least, each with one track to play next.

- 1 Scroll to the listening section of the dashboard.
- 2 Read where your week went on the left · tap the play button on the right to balance it.

Tip · Next for you refreshes daily, so there is always a fresh nudge.

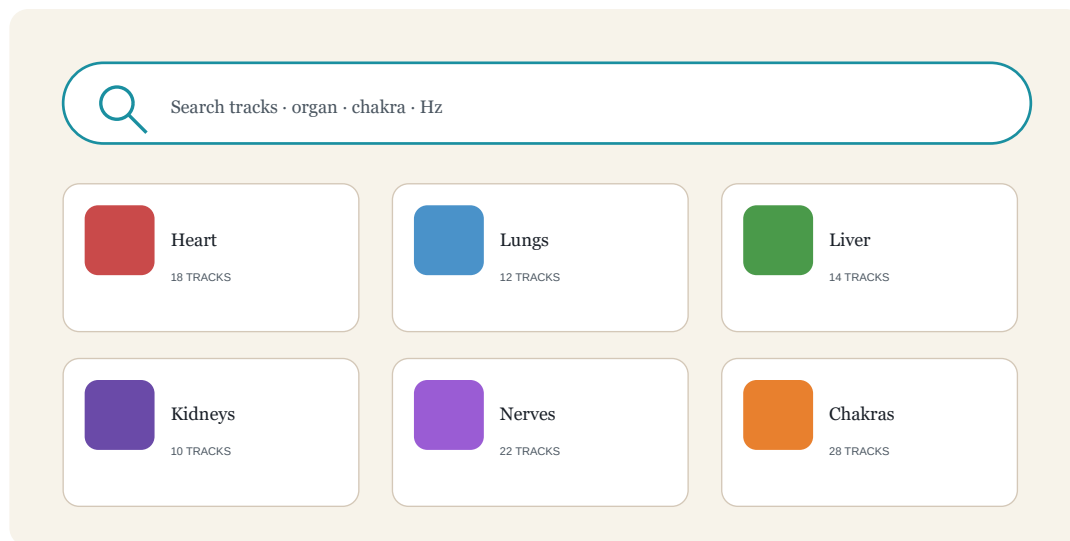
Your sacred window

One card for the ~2.5 days each month when the Moon moves through your Sun sign, honored in George W. Carey's tradition (Sacred Secretion) and the Carey-Perry cell-salt tradition (alkaline support).

- 1 The card shows where you are: **prep** (5 days before), **window**, or **cooldown** (3 days after), with a 7-day strip.
- 2 Today's gentle food invitation, your cell salt, and your sign's playlist sit right under it.
- 3 Tap **The Sacred Secretion teaching** to read the tradition and this phase's foods.
- 4 Tap **Full calendar** for the animated spine and a month planner · page through months and tap any day for its guidance.

Tip · Add your birthday in Cosmos settings to unlock it. It's a traditional, food-positive rhythm to notice, never medical advice.

3 · The Frequency Library



Smart search up top · category grid below

Browse the categories

The library page opens on a grid of category cards. Each card is colored by its organ system.

- 1 Tap **Frequencies** in the top nav (or the tile on your dashboard).
- 2 Scroll the category grid — Heart · Lungs · Liver · Kidneys · Nerves · and more.
- 3 Tap any card to open that category's track list.

Smart Search

Above the category grid you'll see a search bar. Type a body part, a chakra, an element, an emotion, or a Hz number — the best matches surface first. "Lungs" returns lung-primary tracks, not every mention.

- 1 Tap the search bar at the top of the Frequencies page.
- 2 Type what you're looking for — e.g. "lungs", "heart chakra", "639".
- 3 Ranked results appear instantly. Tap any result to open that track.
- 4 Clear the search (✕) to return to the category grid.

Search by Body Signal

On **Search**, open **By body signal**: a tidy checklist of 61 signals in 10 groups (sleep, digestive, emotional and more). Tick every signal you notice and you get up to 50 frequencies, the ones named or described for your signals first, then ones that support the related vital organs, each with a short reason. Supportive frequencies to explore, not medical advice.

- 1 Open **Search** and choose **By body signal**.
- 2 Tick the signals you notice (the filter box finds one fast, e.g. "insomnia").
- 3 Tap **Show frequencies** in the bar at the bottom.
- 4 Tap **Play all** to start them as your By Body Signal Custom Playlist, or **Save as Playlist** to keep a copy.

Play All

When you open a category, a big **Play All** button sits at the top of the track list — one tap plays every tone in that group, back-to-back.

- 1 On the Frequencies page, tap the category card you want.
- 2 On the category page, tap **Play All · N tracks** at the top of the list.
- 3 The whole group starts playing · track 1 first · auto-advances tone by tone.
- 4 You'll be taken to the track page for the currently-playing tone as it moves.

The Playlist View

While a playlist is playing, a **Playlist · X/Y** button appears in the top toolbar on any track page. It opens the full queue.

- 1 On the track page, tap **Playlist** in the top row of controls.
- 2 A panel opens showing every track in the queue.
- 3 Currently-playing track is highlighted teal. Done tracks show ✓. Upcoming show a hollow arrow.
- 4 Tap any track to jump straight to it — the queue stays intact.

HEART · PLAYLIST

Track 3 of 8

✓ Heart · 639 Hz Resonance

✓ Anahata · Heart Coherence

→ Circulation · 528 Hz

- Cardiovascular Balance

- Heart · Nervous System

- Blood / Qi

The Playlist View · tap any row to jump

Pets: playlists for your animals

Open **Pets** for 32 ready-made frequency playlists for your animals. Choose your animal (dogs, cats, horses, small pets or birds) and a need: calm for storms, vet visits, time alone or travel; sleep; comfort for aging joints; rest and recovery; vitality; digestive comfort; skin and coat; emotional wellbeing; behavioral calm. Horse playlists use only the Horse tones. Wellness support that complements your veterinarian, never veterinary care.

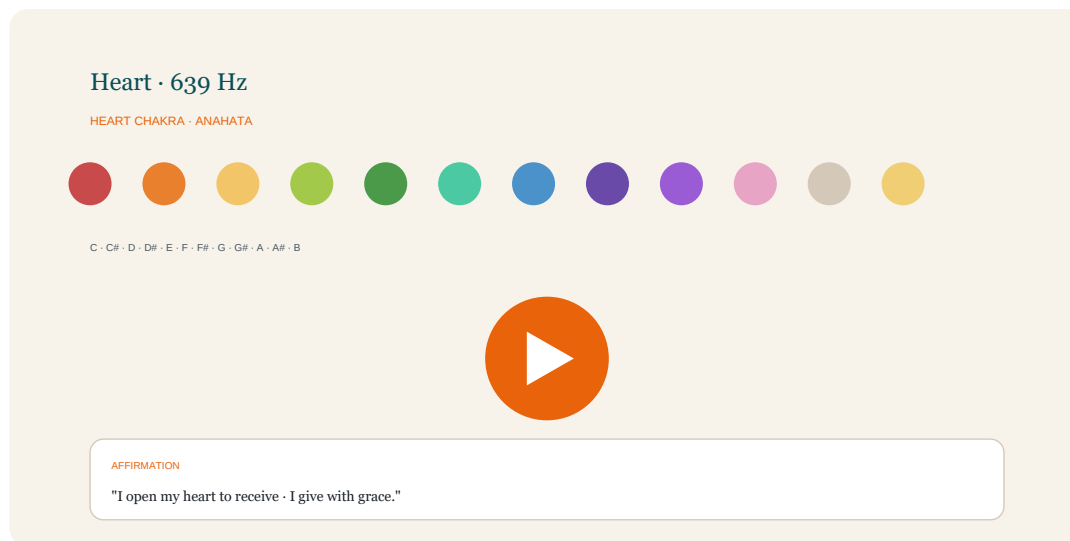
- 1 Open **Pets** and tap your animal, or a need tile.
- 2 Tap **Play** on a playlist: it is saved to your Custom playlists and starts playing.
- 3 Keep the volume soft, play from across the room, and start with 10 to 20 minutes.
- 4 See a veterinarian for illness, injury, pain or any sudden change.
- 5 At the foot of each Pets page, **Learn more about caring for your animals** links to the Campus animal-care courses.

Plants: care, playlists, Bach flowers and herbs

Open **Plants** (Sanctuary) for eleven plant needs: seeds and sprouting, rooting cuttings, strong stems, leafy growth, flowering, fruiting, transplanting, rot recovery, weather and pest stress, houseplants and low light, and rest. Each need starts with real care basics, then the Bach flowers gardeners pair with it and a ready-made plant playlist. Plus Bach flowers for plants (how gardeners give essences), an electroculture guide with a copper-antenna build and a side-by-side trial, and growing guides for twelve herbs. A complementary practice: good light, water, soil and airflow come first.

- 1 Open **Plants** and tap a need tile, for example **Rooting cuttings** or **Rot recovery**.
- 2 Follow the care basics first, then read the Bach flowers paired with that need.
- 3 Tap **Play** on the need's playlist: it is saved to your Custom playlists and starts playing.
- 4 In **Bach flowers for plants**, tap **Play the tone** to hear a flower, and see how gardeners add drops to the watering can.
- 5 Try the electroculture trial on two matching plants, and use the herb guides for light, water, soil and harvest.

4 • The Track Page



Every frequency has its own page · rainbow bar shows the note

What you see

From the top down: player controls · a rainbow note bar showing the track's chromatic note · then a stack of info cards.

- 1 **Player controls** — play/pause · loop · prev/next · toolbar toggles for Text · Chakra · Meridian · Visual · Overlay Affirmation · Overnight · Playlist View.
- 2 **Rainbow note bar** — 12 colored dots (C · C# · D · D# ...) with the track's note highlighted.
- 3 **Affirmation** — a short intention that pairs with this tone.
- 4 **TCM Perspective** — the Traditional Chinese Medicine reading (organ, meridian, element).
- 5 **Life Giver · Root Cause · Related Ailments · Chakra Alignment · Emotional Theme · Use Guide · Recommended Time · Technique** — each in its own card.

Tip · On playlist play, all of this info updates automatically as the queue advances — you always see the currently-playing tone.

Overnight · play all night

Tap **Overnight** and the track (or your whole playlist) plays on a continuous loop through the night on a calm, dark screen, and keeps going with your screen off. Lovely for sleep, meditation or all-night frequency work.

- 1 On any track page, or while a playlist plays, tap **Overnight** in the toolbar.
- 2 Press play · loop is on by default, so it repeats until you stop it.
- 3 Lock your phone or switch apps · the lock-screen controls keep working.
- 4 If your phone still pauses audio when the screen sleeps, tick **Keep screen on** and dim the screen.

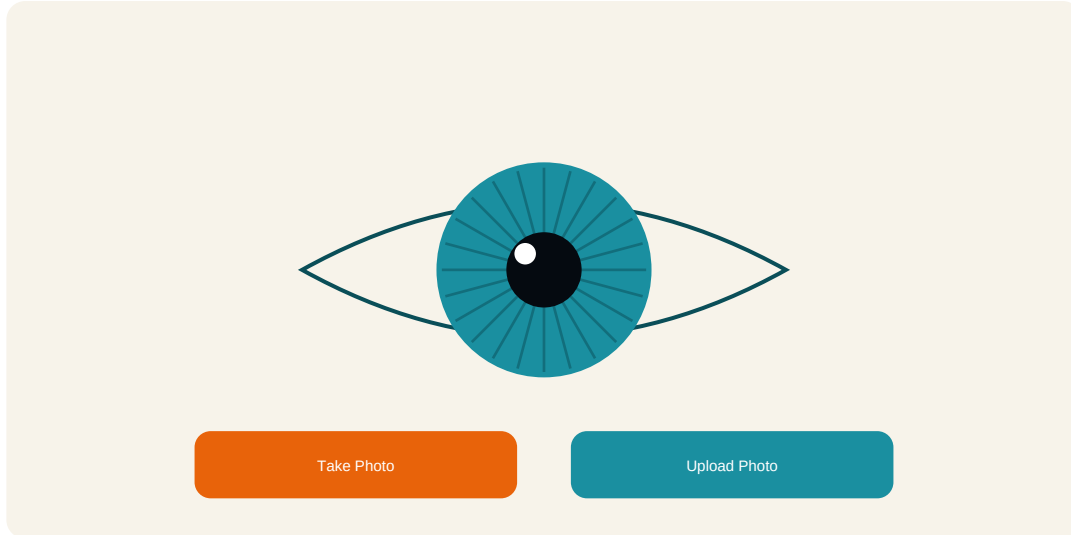
Tip · Plug your phone in for a full night · looping audio all night uses battery.

Track reviews

Below the info cards you'll find the reviews section — ratings and notes from other members who've listened to this tone.

- 1 Scroll to the **Reviews** section at the bottom of the track page.
- 2 Read what others said — each review shows the member's gardener name + a colored avatar (their element).
- 3 To write your own: tap **Write a review** · pick 1–5 stars · add optional text · Submit.
- 4 You can edit or remove your own review anytime (tap Remove).

5 · BioScans



The eye scan · take a photo or upload one

Four scanners read signals from your body and match them to frequencies. Everything runs locally in your browser · we never upload raw photos or audio to third parties.

CymaVoice • vocal-resonance scan

Reads coherence, emotional tone, and vocal signature from a short recording. A 3, 2, 1 countdown gets you ready, a big meter shows we hear you, and on a computer your words appear on screen in large type. Results take about a minute and save to Scan history automatically, even if your screen times out. A wellness reflection, not a diagnosis.

- 1 Tap **Scan** in the nav • pick **New Scan**.
- 2 Tap **Start 30-Second Scan** and allow the microphone (if it is blocked, the page shows how to allow it).
- 3 After the 3, 2, 1 countdown, follow the prompts on screen in your normal voice.
- 4 A take that is too quiet is caught before it is sent, so it never uses up your weekly scan.
- 5 Wait about a minute for the analysis, then open **See my results**, **Play my Scan Playlist** or **Scan history**.

Tip • Quiet room • phone at chin height • normal speaking voice.

CymaVision • eye scan (with photo upload)

Reads iris + sclera patterns for present-moment signals. Both eyes are scanned separately — left first, then right.

- 1 Tap **Scan** → **Vision**.
- 2 For your **LEFT eye**, tap either **Take Photo** (camera) OR **Upload Photo** (from your gallery).
- 3 Confirm the photo • repeat for the **RIGHT eye**.
- 4 Both photos are analyzed together and you get one combined reading.

Tip • Uploading is often easier than holding the phone to your own eye — the analysis works exactly the same for both paths.

CymaTongue • tongue scan

Reads the body, coating, and markings against the traditional TCM organ-system map.

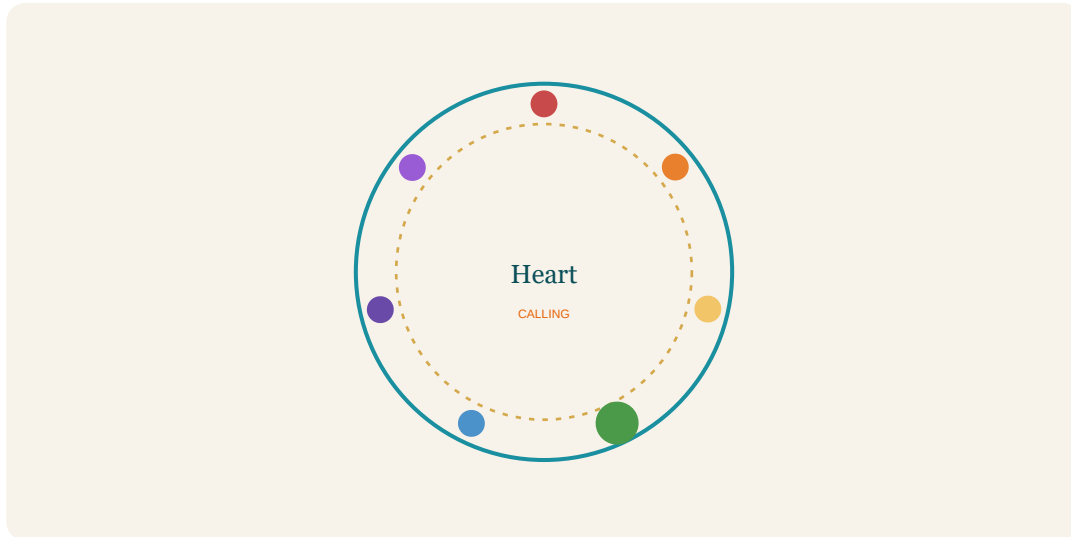
- 1 Tap **Scan** → **Tongue**.
- 2 Follow the guidance: stick your tongue out fully, good light, phone about 8 inches away.
- 3 Take (or upload) a photo.
- 4 The reading maps each zone of your tongue to its organ.

CymaNails • fingernail scan

Reads ridges, half-moons (lunulae), and color from all 10 nails.

- 1 Tap **Scan** → **Nails**.
- 2 Follow the guidance to photograph all 10 nails.
- 3 Get your reading + the frequency protocol matched to what surfaces.

6 · Guided Tools



The Chakra Compass points to what's calling

Short, structured rituals that build a frequency practice around a specific need. Each opens as a card on your dashboard.

Chakra Compass

Three steps · body, emotion, mind · and the compass points to the chakra calling for your attention.

- 1 On the dashboard, tap the **Chakra Compass** card.
- 2 Answer 3 short questions.
- 3 The compass shows which chakra is calling · tap the recommended track to play it.

Mood Tuner

Name the feeling that's present and the tuner picks a frequency to sit with — or one to shift toward when you're ready.

- 1 Tap the **Mood Tuner** card on the dashboard.
- 2 Pick the feeling that's present.
- 3 Choose **Sit with it** or **Shift it**.
- 4 Tap the recommended track.

Bloom Path · Bach Flower Attunement

Name what you want to call in and what's ready to release · the path picks a Bach companion from the traditional 38.

- 1 Tap the **Bloom Path** card on the dashboard.
- 2 Follow the 3-step flow.
- 3 Meet your Bach flower companion + the frequency that pairs with it.

Body Map

Tap where you're holding tension — the map surfaces the frequencies aligned with that region.

- 1 Tap the **Body Map** card on the dashboard.
- 2 Tap any zone on the body silhouette.
- 3 Tracks matched to that zone appear in a list · tap any to play.

Schumann Harmonize

A grounding tool that builds a balancing playlist from your listening, anchored on the Earth's 7.83 Hz signature.

- 1 Scroll to the **Schumann** card on the dashboard.
- 2 Tap the **Harmonize** button.
- 3 A personalized playlist appears — bookended by Schumann-tuned tracks.
- 4 Tap play · settle in.

Tip · Best for when you feel scattered — 15 minutes brings you back into rhythm with the planet.

Awaken & Expand

The ascending partner to Schumann Harmonize. An upward session through your higher-center tones (life force, spinal fluid, corpus callosum, pituitary, third eye, pineal, crown) plus one lunar tone chosen by today's moon, over a quiet binaural bed that rises from alpha through theta and delta to gamma.

- 1 Find the **Awaken & Expand** card beside Schumann on the dashboard.
- 2 Put on **headphones** · binaural beats need a different tone in each ear.
- 3 Tap **Awaken now**, then **Begin the ascent**.
- 4 The bed follows the playlist · pause the player and it pauses too.

Tip · Schumann grounds, Awaken lifts · try Schumann first on scattered days, Awaken when you want to go inward and up.

Room Resonance · Feng Shui for one room

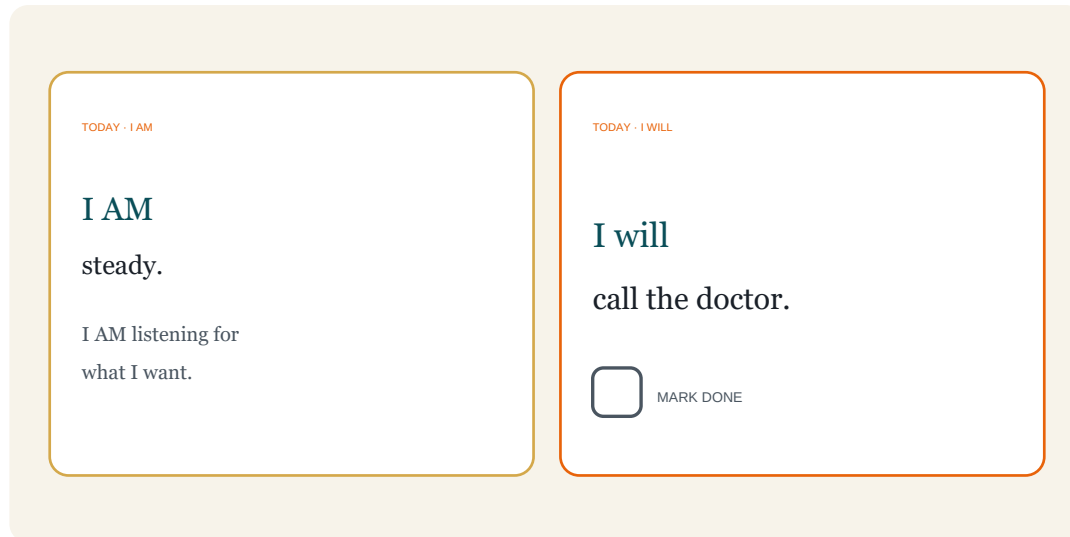
A gentle Feng Shui reading of one room from eight guided photos and the direction your entry door faces. Traditional wisdom for reflection, never a score.

- 1 Open **Spaces** (in the menu, or Sanctuary → Spaces) and start a new reading.
- 2 Stand in your entry doorway facing out, phone flat, and tap **Start the compass** (on iPhone, tap Allow).
- 3 When the dial says **Steady**, tap **Lock**, then confirm the direction or tap the one that matches your door.
- 4 Take the eight photos one at a time, then tap **Analyze**.
- 5 Your dashboard **Room Resonance** card shows each room's latest rating (Flourishing, Balanced or Needs attention) and a quick win from its last reading, and nudges you when a room hasn't been read in a month.

***Tip** · Phone compasses drift near metal and electronics, so the compass only suggests. No compass, or rather not allow it? Tap the direction yourself.*

SECTION SEVEN

7 • Daily I AM & I WILL



Two daily anchors • who you are • what you'll do

Daily I AM

A single affirmation each morning • frames who you are today. Generated fresh • pin the ones you love • builds a growing archive.

- 1 Tap the **Daily I AM** tile in the NavBand (bottom of dashboard).
- 2 Read today's affirmation. Sit with it for a moment.
- 3 Tap the pin ★ to save it to your pinned collection.
- 4 Come back tomorrow for a fresh one.

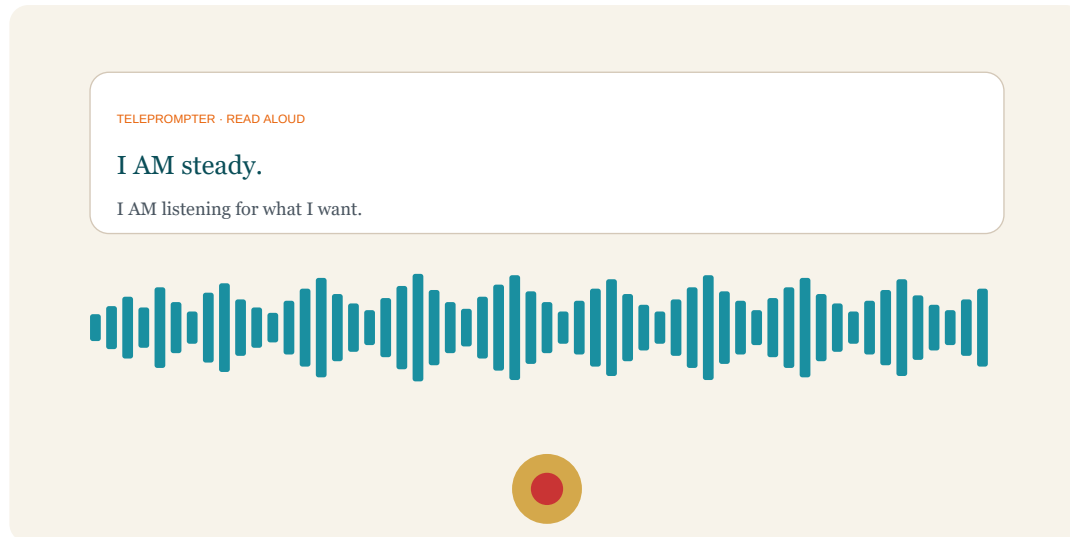
Daily I WILL · success tracker

One intention. One check-off. A growing record of small steps.

- 1 Tap the **Daily I WILL** tile in the NavBand.
- 2 Type your intention for today — "I will ____".
- 3 When it's done, come back and tap the checkbox to mark it complete.
- 4 Every completed I WILL joins the archive below.

***Tip** · I AM is who you are · I WILL is what you'll do. Together they anchor the day.*

8 • Voice Affirmations



Record with the teleprompter · overlay on any frequency

Record your own affirmations with a guided teleprompter, then overlay your voice — layered and spatial in 3D — over any frequency you're listening to.

Record an affirmation

The teleprompter walks you through it line by line.

- 1 Tap **Sanctuary** → **Affirmations**.
- 2 Pick an intent (Grounding · Confidence · Calm · custom · more).
- 3 Tap the record button — the teleprompter scrolls at reading pace.
- 4 Read each line clearly as it appears.
- 5 When the take feels right, save it to your library.

Overlay your voice on a frequency

Any track page has an **Overlay Affirmation** button in the toolbar.

- 1 Play a frequency track.
- 2 On the track page, tap **Overlay Affirmation** in the top toolbar.
- 3 Pick one of your saved affirmations from the picker.
- 4 Your voice starts overlaying — layered, spatial, threaded through the frequency.

Nutrition • your living kitchen

Sanctuary → Nutrition keeps a private, living inventory of the food you really have, built from photos of your kitchen and quick updates. The AI only suggests what it sees; you confirm every change, and every change can be undone. A kitchen companion, not medical advice.

- 1 Open **Sanctuary** → **Nutrition** and answer the one-minute setup: who is eating, your zones (fridge, freezer, pantry, spice rack or any place you name) and any food boundaries.
- 2 Open a zone and tap **Update with photos**. Take a few photos of shelves, the door and drawers. Overlap is fine: the same item in two photos is counted once.
- 3 Check the one review screen: fix a name or amount, untick anything wrong, then tap **Save to my kitchen**. Food that is not visible is kept unless you mark it **Used up**.
- 4 After shopping, tap **Quick add** and type one food per line (for example “2 cans black beans”).
- 5 Open **Use Soon** for the food to reach for first. Each is labeled **Label date** (a date you entered) or **Estimated** (typical storage times). It never says food is safe, so always check.
- 6 Tap any food to change the amount, mark it opened, move it (for example to the freezer), edit its date, or see its full history and **Undo**.
- 7 In **Appliances**, mark what you cook with as Available, Preferred, Avoid or Unavailable, or set one to **Only this today**.
- 8 Open **Meals** and tap **What can I make?**. Pick your effort (Bare Minimum to Go All Out), your time and servings. You only see meals you can make right now: every ingredient is in your kitchen and there is enough of it, use-soon food first. Anything touching your allergies, diet or never-suggest list is set aside, with the reason shown. Meals one or two things away sit in a separate **Almost** list that names what you would need.
- 9 Salt, pepper, cooking oil and water count as in your kitchen unless you untick them in Nutrition → Settings → **Basics you always keep**.
- 10 Tap **Why this meal?** on any idea to see why it fits, then **Cook this** to start **Live Cook**.
- 11 In Live Cook, gather what you need, then follow one big step at a time. Tap the speaker to hear a step, or the mic for hands-free: say “next”, “repeat”, “start timer”, “how much?” or “what does julienne mean?”. Run several timers at once, and tap any underlined word for its meaning.

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- 12 When you finish, **Meal Complete** shows what comes off your kitchen (the amounts the recipe used, in each food's own unit). Change anything that was different (Less, More or Didn't use), say whether there are leftovers and where they go, then tap **Update my kitchen**. **Undo this meal** reverses all of it. Cooked without Live Cook? Tap ✓ **I made it** on the meal.
 - 13 Open **Plan** for your living 7-day calendar. Tap **Plan it** on any meal you can make, or **Plan my week** to fill every empty day with meals you can make all at the same time, use-soon food earliest. Each planned meal sets its ingredients aside, so other ideas never count them twice. Nothing is used up until you tell Nutrition you made it.
 - 14 **Pin** a meal to keep it put. If your kitchen changes, **Recalculate** frees any flexible meal you can no longer make (it gives its food back and asks for a new meal); a pinned meal just shows what is short. **Out** or **Skip** frees its food too.
 - 15 Leftovers become real food in your kitchen (portions, with the day they were cooked). The **Freezer Bank** holds leftovers and ready meals in your freezer, oldest first: plan one for a busy night, **Thaw in the fridge** (never on the counter), eat a portion, or **Spin it** into a new meal.
 - 16 In **Use Soon**, tap **Rescue my food** for meal ideas that must use your at-risk food, or rescue one food at a time: cook with it, freeze it, portion and freeze it, used it, tossed it, or never suggest it again. Food past its usual window is only offered **Tossed it**: freezing will not make it safe. A small tally shows what you rescued and tossed this week.
 - 17 Tap **Nourish** on any meal for its nutrition per serving and its **Body Support** tags (for example Heart & Circulation, Bones & Teeth, Immune Function). Each tag shows its evidence: the nutrient, how much one serving gives, the % of the Daily Value, the ingredients it comes from and the official statement behind it. Nutrients come from USDA FoodData Central; ingredients that cannot be weighed (a "bag") are listed as not counted. Tap **Explain in plain words** for a short explanation that can only restate that evidence.
 - 18 In the **Nourish** tab, pick a Body Support area to lean toward. Meal ideas you can already make are re-ranked toward it; nothing is added and nothing becomes a shopping list. **Balance my week** (also in Plan) shows which areas your planned meals cover and suggests swaps that add variety, never touching pinned meals or meals using up food due soon.
 - 19 After **Meal Complete**, tap **Add to My Cookbook** to keep the meal exactly as you made it, with what you changed, Taste and Ease stars, Make again and notes. Tap ♥ to make it a favorite: the Cookbook, your Kitchen and your dashboard tell you when you have everything to make it again. **Cook it again**, **Plan it** or **I made it** right from the Cookbook.
 - 20 Open **Community** for recipes shared by other cooks. Every card is checked against **your** kitchen, allergies and diet: **You can make this now**, **Almost** (what you would need), or not

right now. From a recipe, **Cook it, Plan it** or ✓ **I made it**. Tap **Save to try** to keep it in **Saved** (My Cookbook stays for meals you made). Search, follow chefs, and see what the chefs you follow share.

- 21 Reviews are **Verified Made It**: only cooks who made the recipe and finished it with Meal Complete can rate **Taste** and **Ease** and say whether they would make it again, and never on their own recipe. Comment and reply, or **Report** anything that does not belong: three reports hide it until our team looks.
- 22 To share one of your meals, tap **Share** on it in My Cookbook and add a line about what makes it good. The recipe (ingredients, amounts, steps) goes out with your chef name, which is your **gardener name**, never your real name or email. Your kitchen, notes and ratings stay private. Set your chef avatar, color and a short bio in Community. Recipes describe food, not health: no “cures” or “detox” claims.
- 23 Turn on **Money-saving mode** in What can I make? to stretch your food and budget. Meals built on pantry staples (rice, pasta, oats, beans, canned goods), bigger batches that last, one protein stretched across more servings and food that is due soon come first. Each card shows why (staples, makes enough for 2 meals, ❄ freezes well...) and how to stretch it with food you have (“serve it over ½ cup rice → stretches it to 4 servings”). Tune it: **Balanced** or **Maximum savings** (pricier meals folded away), **Make it last** 1 to 5 days, **Pantry staples first**, **Save the pricey stuff** and **Freezer-friendly batches**. Nutrition never guesses prices: it uses a simple published guide of staple, everyday and pricier foods, and every idea is still one you can make right now.
- 24 In the **Nourish** tab, **Ways to eat well** sets two optional lenses side by side. **Everyday nutrition** is public health guidance for most healthy adults, from the Dietary Guidelines for Americans, 2020–2025 and the World Health Organization’s healthy diet fact sheet: a balanced plate, vegetables and fruit, whole grains and fiber, lean and plant proteins, healthy fats, water, less added sugar, salt and ultra-processed food, plus gut-friendly, steady-energy and Mediterranean-style eating. **TCM food energetics** shares the tradition in its own terms: warming, neutral and cooling foods, the five flavors with their elements, organs and organ-clock times, a gentle “how do you usually feel?” starting point, and how the tradition eats and cooks, with links to the Campus TCM courses. **This season** and **One food** show both lenses side by side, and ✓ marks foods already in your kitchen (tap **What can I make with these?** to cook with them). Want your meal ideas to lean toward a balanced plate? Tap the button in Everyday nutrition; it uses your Body Support lean and you can turn it off any time. If you have a health condition, take medication, or are pregnant, talk with your doctor or a registered dietitian before changing how you eat.

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- 25** In the **Nourish** tab, **Explore a framework** offers the optional **Blood type framework**. It is a wellness framework some people follow; mainstream research has not found evidence that blood type determines which foods suit you, so explore it as one approach and listen to your own body. Pick Type O, A, B or AB (positive or negative makes no difference in this framework) to see its theme, the foods it emphasizes (✓ when they are already in your kitchen) and meal ideas themed to it, each checked against your own allergies and diet. Tap **What can I make with these?** to open What can I make? with those foods. Not sure of your blood type? You don't need it to eat well. **Clear my choice** any time; it stays on your device only, and it never changes your meal ideas, pantry or plan.
- 26** Share your kitchen with your household: in Nutrition → Settings, tap **Invite someone to this kitchen** for a one-use code (valid 7 days). They enter it when they open Nutrition and share your inventory, plan, cookbook and history. Each person's photos stay private to them. The owner can remove members; members can leave.

***Tip** • Your dashboard Kitchen card shows the one thing worth doing next. Download or delete your kitchen data, photos included, in Nutrition → Settings. Body Support tags are everyday nutrition associations (“supports”), never medical advice or a diet for any health condition.*

Fitness • train with your Future Self

Sanctuary → Fitness builds an adaptive plan that fits your body, time and space, with visual, hands-free sessions demonstrated by your Future Self. Everything works with no equipment. The coach suggests; you decide. Private to you. A wellness companion, not medical advice.

- 1 Open **Sanctuary** → **Fitness** and follow the setup: read the privacy note, choose your goal and focus areas, days a week and session length (plus a busy-day minimum), the ways you like to move in order of preference, where you train, and where you are starting from.
- 2 Design your **Future Self**: an illustrated goal visualization built from sliders (leaner to stronger, definition, focus areas, figure, skin, hair and outfit). No photo is used. It demonstrates every move in your sessions and is never a promise of how you will look, or by when.
- 3 Each day, open **Today** and do the 20-second check-in: energy, soreness, any pain, the time you have, where you are, and a machine if you want one. Today's session adapts, and every change is explained in one sentence. Choose **Accept plan**, **Adjust** or **Keep original**.
- 4 Short on words? Type it: "I only have 8 minutes", "I'm traveling", "No weights today", "I want to lift weights", "I only want to stretch", "My legs are sore", "I want the StairMaster" or "I want the leg press". At the gym, pick a machine in the check-in and the session is built around it.
- 5 Mid-session, tap **Easier**, **Harder** or **Substitute** to see up to three swaps that keep today's goal: the same kind of movement for the same muscles, one step easier or harder, each with its demonstration and a one-line reason. Pick one, or keep the move with fewer or more reps. If you say it instead, the coach makes the top swap and shows **Undo**.
- 6 Open **Plan** to see your week. Tap today or a later day to change it or make it a rest day. If you miss a day, Fitness proposes moving it to a spare rest day or letting it go. It never doubles up, and it keeps your recovery days.
- 7 In a session, your Future Self demonstrates each move with its name, round, reps or timer, and cues. Use the buttons (Next, Back, Pause, Easier, Harder, Substitute, Explain, Show me, How many?, How much longer?, I'm tired, Done), skip or extend rest, and turn on **Voice** to say the same commands. The mic only listens during a session, shows ● Listening, and nothing is recorded.

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- 8 Tap **Something hurts** (or say it) at any time. The move stops at once and Fitness asks what you feel and where. For effort or tightness you can switch to a gentler move; sharp pain, a pop, numbness, chest pain, dizziness or trouble breathing end the session with advice to rest and get checked.
 - 9 Browse the **Library** for every move's demonstration, setup, cues, common mistakes and when to stop. Calisthenics are ladders (wall → incline → knee → full push-up). Like a move, skip it, or never show it again.
 - 10 The ladders go further when you are ready: push-ups up to archer and pseudo-planche, the pistol squat step by step (box pistol, assisted, shrimp, pistol), Bulgarian and skater squats, hollow holds and V-ups, and pull-ups on a bar (dead hang, scapular pull, slow negatives, pull-up). The **Gym & weights** tab holds dumbbell, kettlebell, band, barbell and machine moves. You always choose the load: one you could lift two or three more times with good form.
 - 11 Open **Stretch** for stretch-only or mobility sessions (full body, neck and shoulders, back, hips, legs, before bed and more). A stretch day is a complete session.
 - 12 In **Frequencies**, Fitness suggests CymaTones tracks that fit the session. You choose the playlist, or **No frequencies**, and set coach and frequency volumes; the frequency softens while the coach speaks. Frequencies keep you company; they do not burn fat, build muscle or treat anything.
 - 13 Choose your **coach voice** in Fitness settings or before a session: the warmest natural voice your device has is picked for you, and you can choose any other, set speed and pitch, or pick a personality (cheerful, zen guru, British, Aussie, pirate, cowboy or robot). Voices come from your own device, so they differ from phone to phone. The moves, numbers and form cues never change, and safety messages are always said plainly.
 - 14 After a session, say how it felt and your energy. **Progress** shows your week, minutes, ladder levels and “ready for the next rung?” suggestions you accept or decline. Measurements are optional; success is never only the scale.
 - 15 Over time, **Progress** grows with you. The **Weekly review** compares this week with your usual one (sessions, minutes, energy after), lists highlights and what changed in your plan and why, and offers a small reflection question. **12-week trends** show sessions, minutes or energy.

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- 16 After about three weeks, **Long-term insights** suggest what would help: a lighter **recovery week**, fewer days or shorter sessions when life is busy, moving your plan to the days you really train, the next ladder rung when a move feels easy, or low-impact mode if something has hurt more than once. Each one says why. Tap the button to accept, or **Not now** to hide it for three weeks. Nothing changes without your yes.
 - 17 Your **Future Self evolves** through five stages (Seedling, Sprout, Bloom, Grove, Radiant) with a brighter aura and an emblem. See your stage at the top of the **Future Self** tab. It grows with sessions, weeks you showed up, ladder rungs and milestones, never with body shape, weight or looks.
 - 18 Want to record? Before a session, under **Record**, choose **Record workout** (a short clip of each main exercise, up to 60 seconds each) or **Progress video** (one 20-second clip), then tap **Allow camera**. Recording is off until you do. Sound is off unless you turn it on, and **Future Self | Me** puts the camera beside your Future Self. A red ● **REC** shows whenever it's recording, and it stops the moment you pause, tap **Something hurts**, swap, rest or leave.
 - 19 Open **Journey Studio** for your milestones (first session, weeks in a row, minutes moved, first push-up or pull-up, new ladder rungs; save the ones you love) and your clips. Each clip is **Only me** by default; download or delete any of them.
 - 20 Open **Community** to cheer each other on. Nothing is shared until you tap **Turn on community sharing** (turn it off any time and everything you shared is hidden again). Tap **Share something**, pick **Progress**, **Workout**, **Achievement**, **Transformation**, **Challenge** or **Motivation**, add a clip, a finished session, a milestone or a challenge, and choose who can see it: **Only me**, **Friends** (your Friendship Stones) or **Community**. Posts show your gardener name, never your real name. Cheer others with applause, and report anything unkind or unsafe (three reports hide a post until it's reviewed).
 - 21 Open **Challenges** and tap **Join**: your own window starts that day, every session you log counts automatically, and a missed day never resets anything but a streak. When you finish, tap **Share it**. Finished challenges also appear as milestones in Journey Studio.
 - 22 In Journey Studio, the **Social Share Studio** makes a card with your Future Self: pick **A milestone**, **A workout**, **A challenge** or **My week**, a shape (**Story**, **Square** or **Landscape**), and switch on **Creator Mode** for Fitness.CymaTones branding and the workout details. Edit the suggested caption, tap **Make the card**, look it over, then **Download**, **Share...** (your device's own share sheet), **Copy caption** or **Post to CymaTones** (where you choose who sees it). Nothing is ever posted for you.
 - 23 Make a **highlight reel**: use the suggested highlights (each says why) or pick your own, order them, choose **vertical**, **landscape** or **square**, add a title, captions and, if you like, **Creator**

Mode branding. The reel is made on your device in real time and silent, so keep the tab open. Watch it first, then **Save to Journey**, **Download** or **Share** it yourself. Nothing is ever posted for you.

***Tip** • Your dashboard Fitness card shows today's one next step. Download or delete all your fitness data in Fitness → Settings, or just your recordings in Journey Studio. Check with a health professional before starting a new program, especially with a health condition, an injury or pregnancy.*

Sleep • your sleep and rest companion

Sanctuary → Sleep helps you wind down, log your nights and naps, and notice what helps you rest, learning from your own history. Every time is labeled Reported (you said so) or Estimated (our best guess). A personal journal, not a medical tool.

- 1 Open **Sanctuary** → **Sleep** and answer the one-minute setup.
- 2 In the evening, tap **Begin wind-down** and play the suggested session.
- 3 Tap **I'm going to bed** when you get into bed (this saves bed time, not sleep time).
- 4 Set up your **wake & sleep rituals** in Sleep → Settings: pick a **sleep tone** and a **morning tone** (suggestions, or **Browse all frequencies**), add one of your recorded affirmations or **Record a new one**, and set the volume. Tap **Save my rituals**.
- 5 Your **sleep ritual** starts when you tap **I'm going to bed**: the tone fades in, your affirmation plays over it, and it plays for your usual time to fall asleep plus five minutes, then fades (or tick **Keep playing all night**). ■ **Stop** ends it any time.
- 6 Your **wake ritual** plays at your wake time while CymaTones is open (tick **Keep screen on** in bed): the tone fades in over a minute, then your affirmation. Tap **I'm awake** to log your wake time and catch a dream, or **Snooze 9 min**. A locked iPhone can't ring from a web page, so keep your phone's alarm too: tapping **I'm awake** starts your wake ritual then.
- 7 Each morning, confirm your sleep window, rate your night 1–10 and pick your energy.
- 8 For naps, pick a type in **Naps**, start the timer, and tell us if you slept.
- 9 See every night and nap in the **Journal** calendar and timeline.
- 10 Two-sleep (biphasic) rhythm? Choose it in setup, then tap **The watch begins** when you wake between sleeps and **Back to sleep** after. The watch is part of your rhythm, never broken sleep, and Sleep offers gentle sessions, journaling and affirmations for it.
- 11 Keep a **Dream journal** in Sleep → Dreams: the telling, who and where, how it felt, your own symbols and meaning. **Suggest tags** picks words from your own telling, never meanings.
- 12 Groggy? Tap **Tap to speak it** and just talk. Your words appear as you speak and your voice memo is saved privately, so nothing is lost. Tap **Done**, then replay and tidy it later. Each night keeps one dream: **Speak it again** replaces that night's recording and words (it asks first).
- 13 Every dream you record is kept in your **dream journal** (Sleep → Dreams, or Daily Dream → Your dream journal), by month, with its voice memo, words and the night it came from.

After a few dreams it notices what keeps returning; after five, trends in your dream feelings and how dreams sit with your sleep and sessions. Tap a recurring word to see those dreams.

- 14 In your dream journal, **The longer story** reads your recurring dreams through a tradition you choose. After five dreams, each symbol, feeling or theme that has returned three or more times gets a reading of what the **recurrence** may suggest, beside how it has shifted (for example, water that came with fear at sea early on and with calm at home lately). After eight dreams across two weeks, it weaves your journal into chapters and the longer story they seem to be telling. Tap **Update** when new dreams arrive. Always reflective, never fact, prediction or medical advice.
- 15 Open a saved dream and tap **Interpret this dream**: choose Jungian, Freudian, Spiritual, Taoist · TCM or Zodiac · cosmic (or **All five lenses**, plus Christian or Islamic if you wish). Each reading names its source and is for reflection only, never fact, prediction or medical advice.
- 16 Build a **wind-down ritual** in Sleep → Rituals, reorder the steps and pick a default · it becomes a checklist when you begin winding down.
- 17 Open **Insights** for your 7- and 30-day baselines and gentle observations once there are enough nights.
- 18 Optional: switch on **Smart estimates** in Sleep → Settings so morning guesses use when you last used CymaTones and first opened it (only the time, only while the app is open).
- 19 Open **Signature** for your sleep fingerprint (your usual window, best-night bedtime, chronotype tendency and more), drawn only from your own nights.
- 20 In **Insights**, **For you** suggests what has gone with your good nights (tap Why this? to see the evidence; mark Helpful, Not helpful or Don't suggest this), followed by your weekly or monthly review.
- 21 Open the **Sleep Lab** to test one change for 7–14 nights (a wind-down, a session, an earlier bedtime, screens away, a short nap, or your own idea). Choose **Alternate nights** for the fairest test. Results show the difference and how likely it is to be chance; keep a winner as part of your ritual.
- 22 After 30 nights, **Insights** shows your deeper patterns across your whole journal, and **Signature** shows how your sleep is evolving month by month.
- 23 Have a wearable? Sleep → Settings → **Connected data**: import Apple Health (export.zip from the Health app), Fitbit (Google Takeout) or a CSV. Only nightly summaries are kept, labeled Connected, and stages come only from your device.

Tip • The Sleep card on your dashboard always shows the one thing to do next. Download or delete your sleep data anytime in Sleep → Settings.

Cleansing & Renewal

Sanctuary → **Cleansing & Renewal** supports your body's natural renewal through healthy habits, the seasons and sound: tones for renewal, how your liver, kidneys, lungs, gut, lymph and skin renew you every day, the TCM view of the seasons and the organ clock, and **Detox Talk**, a moderated member chat. Supportive and non-medical: for any health concern, talk with your doctor.

- 1 Open **Sanctuary → Cleansing & Renewal**. The mini dashboard at the top shows the playlists, tones, organs and organ clock windows.
- 2 In **Tones for renewal**, pick one of eight playlists (Morning refresh, Spring renewal, Breath & letting go, Restore & replenish, Hydration & flow, Gentle digestion, Vitality, Evening wind-down). **Play** starts it and saves it to your Custom playlists; **Save** keeps a copy.
- 3 Read **How your body renews itself**: what each organ does every day, and the habits that support it (water, whole foods and fiber, rest, movement, easing up on alcohol and ultra-processed food, not smoking).
- 4 Explore **The TCM view of renewal**: spring (Wood, the Liver and Gallbladder), autumn (Metal, the Lungs and Large Intestine) and winter (Water, the Kidneys and Bladder), the organ clock and gentle practices. Tap **Open Ways to eat well** for the food lens in Nutrition.
- 5 Join **Detox Talk**: read the guidelines and tap **I'm 18 or older and I agree** once to open the six channels. Text only, no links and no private messages; messages that mention a harmful regimen wait for a moderator.
- 6 At the foot of the page, **Learn more** lists Campus courses on the seasons, the organ clock, qi gong, breath, rest and sleep.

Tip • Pair a playlist with a habit: a glass of water, a walk, a few slow breaths or an early night.

9 • The Garden



A living garden that grows with your practice

Set up your gardener

The first time you open the garden, you'll create a character.

- 1 Tap the **Garden** tile on the dashboard.
- 2 Follow the 3-step onboarding: pick a name • element • look.
- 3 Your gardener spawns in your garden scene.
- 4 Tap the magic mirror anytime to change your look.

Earn seeds

One seed per activity, per day — plus a daily gift for showing up.

- 1 Finish a listening session · earn a seed.
- 2 Complete a bioscan · earn a seed.
- 3 Draw a Daily Oracle · earn a seed.
- 4 Write an I AM · earn a seed.
- 5 Use the Chakra Compass, Mood Tuner, Bloom Path, or Body Map · one seed each.
- 6 Log in daily · get a themed daily gift seed.

Tip · Tap the pouch icon in the top-left of your garden to open the Seed Bank.

Plant · grow · harvest

Turn seeds into blooms that live in your greenhouse.

- 1 Open the Seed Bank pouch · pick a seed · tap **Plant**.
- 2 A stem appears in your herb bed right away.
- 3 The stem blooms into a full flower after ~24 hours.
- 4 When you see a bloom glowing, tap it — "tap to harvest" appears.
- 5 Tap harvest · the bloom flies to your greenhouse with a sparkle.

Yoga mat · guided practice

A yoga mat sits on the ground in your garden. Tap it to open the practice menu — 18 guided follow-alongs across yoga, tai-chi, and breathwork.

- 1 Find the yoga mat on the ground.
- 2 Tap it — the practice radial opens with 18 options.
- 3 Pick one — a guided flow starts on screen.
- 4 Each completed practice logs toward your streak.

Game Table · 13 games, including Garden Chess

Tap the game table in your garden for six frequency games and seven classics: Solitaire, Minesweeper, 2048, Snake, Memory Match, Sudoku and Garden Chess.

- 1 Open **Garden Chess** and pick your opponent: **Seedling** (gentle), **Sprout**, **Bloom** or **Ancient Oak** (the strongest). Play Blossom (White), Moss (Black) or Random.
- 2 Tap a piece, then a square (little dew drops show where it can go), or drag it. All the rules are there: castling, en passant, and your pawn blooms into the piece you choose.
- 3 Check glows rose on your king. **Undo** takes back your move and the reply; **Moves** shows the game so far; your game is kept on this device if you close it.
- 4 Checkmate, stalemate, threefold repetition, the 50-move rule and too few pieces to mate all end the game. Tap **See score & leaderboard** to post your result.
- 5 Every game you finish also counts on the **Garden Chess solo leaderboard** (tap **Solo ranks**, or Community Park → the chess knight → Leaderboard → Solo vs the garden). It ranks the hardest level you have beaten first, then how many times you have beaten it, then Garden Points, so one win at a harder level counts for more than many easy ones.

Community gardens

Visit other members' gardens · they can visit yours.

- 1 From inside your garden, tap the **Community Gardens** gate.
- 2 Your own garden appears first with a "YOUR GARDEN" badge.
- 3 Tap any card to visit.
- 4 Inside, you see their whole garden: plants and herbs, decor and streak pieces, honors, the art on the easel and every Scales dragon they have bonded, flying overhead. Tap a dragon to see who bonded it (only its gardener can ride it).
- 5 Inside their garden, tap the ribbon tree to tie a ribbon (1/day per gardener).

Cosmos • your organized sky

Cosmos gathers the day's sky, your chart and the rhythms that shape your practice into one home, with a summary of your cosmos today and six tabs. For reflection, never medical advice.

- 1 Open **Cosmos** from the menu (or the Moon card on your dashboard). The top shows **Your cosmos today**: the Moon's sign and phase, the Sun, the featured chakra, your personal day and your sacred window.
- 2 Use the buttons under it to **Draw today's card**, open the **Moon calendar**, your **sacred window** or **Your chart**, or **Play YOUR personal reading**.
- 3 **Today**: today's aether (Sun, Moon, featured chakra), the Moon in the sky with its playlist, and your deeper reading when there is one.
- 4 **Calendars**: the 28-day moon wheel (tap any day for its playlist) and your sacred-window calendar.
- 5 **Your Chart**: your cosmic blueprint (Western signs, Chinese zodiac, numerology, personal cycles) and the zodiac body map. Add your birthday in **Complete cosmic profile** to unlock it.
- 6 **Wellness Timing**: your monthly sacred window (alkaline support, the Sacred Secretion teaching, cosmic fasting) and the Carey-Perry cell salts, with **Open the full calendar** for the month planner.
- 7 **Oracle**: the Daily Oracle card, Palm Reading, today's StarTrail and the Daily Glyph.
Playlists: lunar, solar, planetary and zodiac playlists.

Tip • Every tab has its own link (for example </app/cosmos?tab=oracle>), so the Daily Oracle tile opens the Oracle tab directly.

Palm Reading

A second Oracle reading in Cosmos, right under the Daily Oracle. Photograph your open palm for a traditional palmistry reading of your heart, head, life and fate lines, the mounts, and your hand's element. For reflection, never medical advice or a prediction of the future.

- 1 Open **Cosmos** → **Oracle** and tap **Read my palm** under the Daily Oracle.
- 2 Choose your left or right hand, find bright even light, and hold your palm flat.
- 3 Fill the hand outline and tap **Capture in 3** (or upload a photo).
- 4 Read your lines on the palm map (tap a line to see its meaning), then your mounts and hand shape.
- 5 Photo too dark or blurry? Tap **Retake photo & re-read** within 24 hours · it replaces that reading.

***Tip** · One new reading a month. Your photo is used only for the reading and never stored.*

Daily Glyph & Glyph Studio

Trace one glyph a day in today's chakra color, then open the **Glyph Studio**: 115 glyphs to trace, each with a meaning card. Sacred geometry, our own drawings of the seven chakra lotuses, the zodiac, the planets, the 24 Elder Futhark runes, the alchemical elements, symbols of peace and protection, and Korean, Japanese and calligraphy letters. For reflection and learning.

- 1 Open **Sanctuary** → **The Daily Glyph** (or the Daily Glyph tile in Quick access). Begin at the glowing dot and follow the line; the path fills with light as you go. Lift your finger once it is complete and today's trace is saved.
- 2 Today's chakra tone follows your hand. Tap **Tone on** / **Tone off** to mute it. **Practice Mode** traces without saving; **Reset** clears the canvas.
- 3 Your **glyph streak** counts the days in a row you traced a glyph: the Daily Glyph or any Studio glyph. Below the canvas, read what today's shape is traditionally associated with.
- 4 Tap **Glyph Studio**. In **Library**, search or pick a category and tap a glyph for its meaning card; **Watch the stroke order** to see how it is drawn.
- 5 In **Trace**, choose **Guided** (the path fills as you follow it; turn on **Order** and **Direction** for the traditional stroke order) or **Practice** (the glyph shows faintly and your own line is scored for coverage, accuracy and smoothness).
- 6 Earn stars: up to three per glyph in Practice (55, 75 and 90 points), one for a Guided trace. **Bloom** glyphs open at 10 stars and **Master** glyphs at 30.
- 7 In **Freeform**, draw on a blank canvas, a light grid or radial guides with mirror or 6, 8 or 12-fold symmetry.
- 8 In **Sigil**, write an intention: the traditional method drops the vowels and repeated letters and joins the rest on a letter wheel or a number grid. Then trace your sigil. Your words stay on your device; only the drawing is saved, if you choose.
- 9 Tap **Save to My glyphs** after a trace, then open **My glyphs** to download a PNG or SVG, share to the Community Gallery or delete. ■ **Customize** sets ink, brush, line width, background, canvas size, left-hand controls and the tone.

Tip • The screen doesn't scroll while you trace and a resting palm is ignored, so take it slowly.

Celestial events

Your garden reflects real sky mechanics — moon phase updates daily, weather pulls from your city, and on the peak nights of major annual meteor showers (Perseids, Geminids, Leonids, and 5 more), streaks rain across the sky. A chip under the moon tells you which shower is peaking.

Scales · the toning dragon game

Hum to seven chakra dragons across a stone-brick dungeon · match the note to open her gate, hold it to crack her egg, echo her song to bond.

- 1 Tap **Sanctuary** → **Scales** (or the Scales card on your dashboard).
- 2 Tap a glowing chamber · press **Hear it** to preview the note.
- 3 **Hum** into the mic · a soft, steady "mmm" is easiest to hold and glide.
- 4 Your dashboard card shows your current dragon and your climb · the community card shows the top three climbers by gardener name.

***Tip** · Humming beats singing words here: it holds a steady pitch, is gentle on the breath, and gives the pitch meter its cleanest signal.*

Scales · the Meridian Keep (organ healing sounds)

A second Scales category, built like the chakra keep: twelve organ dragons, one for each primary meridian, in the traditional Liu Zi Jue order, each Five Phase pair on its own colored wing. Each guardian breathes her healing sound first, then it's your turn. Guardians open one after another; bond all twelve to wake Wuxing, the Five Phase Dragon, who asks for all six sounds in their traditional order. These are breath sounds, not notes.

- 1 In Scales, tap **Organ healing sounds** to enter the Meridian Keep, tap a chamber to zoom in, then **Enter**.
- 2 **Shhh** (liver + gallbladder) and **Ssss** (lungs + large intestine) are pure breath · no voice, no humming.
- 3 **Haaa** (heart + small intestine), **Whooo** (spleen + stomach), **Chwaay** (kidneys + bladder) and **Heee** (pericardium + triple burner) can be voiced softly or whispered.
- 4 The meter fills while it hears the sound · same three stages: wake, one long exhale, three healing breaths.

Tip · Make each sound on a slow out-breath and rest between breaths. Your organ progress is saved on this device.

Scales · play as a family

Add up to three family players to Scales. They are nicknames on your account, not separate accounts. Pick who is playing at the top of Scales, and every bond, best time and dragon counts for that player, with their own spot on the community leaderboard (nickname only).

- 1 At the top of Scales, open **Who's playing?** and tap **Add a family player**: a nickname and a color.
- 2 Before you play, tap the player's name. "Playing as ..." shows while they play.
- 3 Tap **Family progress** to see everyone side by side. Rename or remove players under **Manage**.

Tip · Use a nickname rather than a full name: it shows on the community leaderboard.

Scales · Solfeggio and Five Element keeps

Two more keeps, played just like the chakra dragons: hum the tone, hold it, bond the dragon. The Solfeggio Keep has nine dragons, one for each tone from 174 to 963 Hz, each hummed a few octaves lower in your own range (any octave counts; 528 Hz becomes 132 Hz). The Five Element Keep climbs the generating cycle (Wood, Fire, Earth, Metal, Water) on each element's notes. Each keep has a master dragon that opens once the rest are bonded: Harmonia and Sheng.

- 1 In Scales, tap **Solfeggio tones** or **Five Elements** at the top.
- 2 Tap a chamber, then **Enter**. The dragon sings the target first; tap **Hear it** any time.
- 3 Hum the pitch the game shows, hold it steady, and clear the 1, 3 and 5-note stages to bond.

Tip · Hum softly in a comfortable range. Progress in these keeps is saved on this device.

Scales · your dragons come to life in your garden

Every dragon you bond in Scales flies in your garden: chakra dragons, organ dragons, Solfeggio and Five Element dragons. You can ride any of them, and one is your garden companion, the big dragon that flies beside you in its own colors (your newest dragon until you choose another).

- 1 Bond a dragon in any keep, then tap **Ride (the dragon) in your garden** on the bond screen.
- 2 In your garden, tap a flying dragon to open its card, then **Ride** or **Make this my garden companion**.
- 3 Or tap **Ride** (with the dragon's name) under your garden any time. Your gardener climbs on, loops the garden and splashes down in the pond.
- 4 Dragons you bonded before arrive the next time you open Scales or your garden on the device you played on.

Tip · Visitors to your public garden see your dragons fly too, but only you can ride them. A family player's dragons stay in Scales.

Speech & Voice • a kind practice lab

Sanctuary → Speech & Voice is a practice lab for speaking, voicing and learning to speak: for people with speech differences, people improving clarity or confidence, and anyone who wants a stronger voice. Go at your own pace; there are no scores and no judgment.

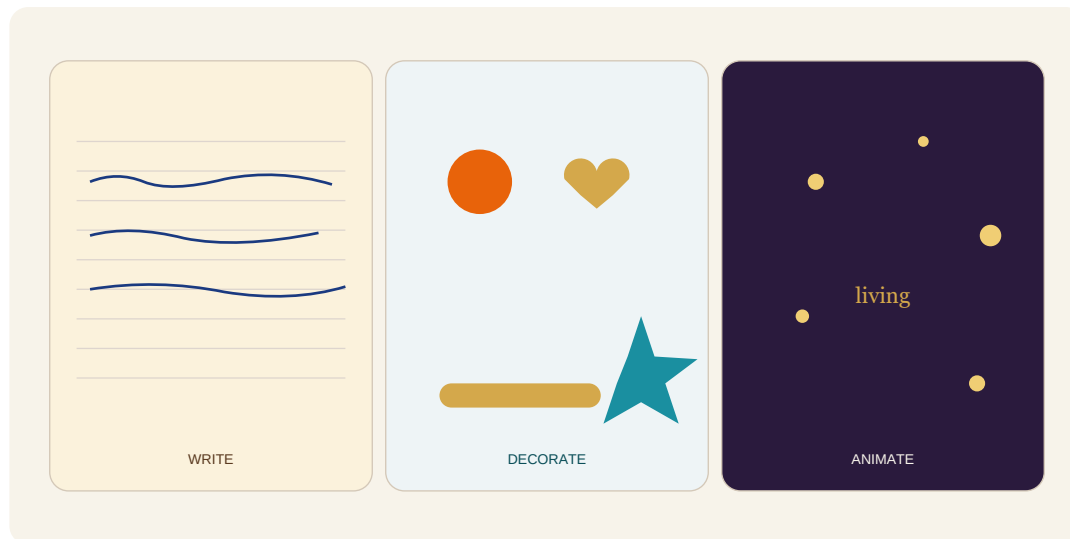
This lab is for practice and support. It isn't speech therapy and doesn't replace a speech-language pathologist (SLP). For stuttering, apraxia, speech changes after a stroke or injury, developmental speech concerns, or any sudden change in speech, please see an SLP or your doctor. In the US, find an SLP with ASHA ProFind (find.asha.org/pro); elsewhere, your national speech and language therapy association keeps a directory, or ask your doctor for a referral. A sudden change in speech, especially with face drooping or arm weakness, is an emergency: call 911 or your local emergency number.

- 1 Open **Sanctuary → Speech & Voice. Start here** has a five-minute plan for today, the six areas, and your settings: the English closest to yours (it helps the browser hear you and sets the model voice's accent) and the model voice's speed.
- 2 **Warm-up** (about 2½ minutes): settle in, low belly breath with the breath ring (4 in, 6 out), jaw and tongue, lip trills, an easy hum with an optional reference tone, and sirens. Each step can be read aloud; pause, go back or skip any time.
- 3 **Clarity**: pick a sound card (p/b/m, t/d/n, k/g, s/z/sh, f/v, ch/j, r, l, th, vowels) for a plain-language mouth tip, ten words, short phrases and two tongue twisters at three speeds. Tap **Listen** (the speaker) to hear it, the turtle for slower, **Say it** (the mic) to let the browser listen, or **I said it** to count a try without the mic.
- 4 When the browser listens, it tells you kindly whether it heard the words: **Heard it!, Close, try once more** (with the words it caught), or **Not heard this time, that's okay**. It checks whether it heard the words; it can miss accents and different speech patterns, and that's the tool's limit, not yours.
- 5 **Pacing**: choose a passage and a pace (slow, easy, everyday or your own) and start the pacer. The current word lights up and every slash is a breath. Tick the optional mic box to see which words the browser heard. Easy onsets practice starting words softly.
- 6 **Voice**: count on one easy breath, hum m, n, ng or mmm-ah with a buzz meter, glide up and down on a live pitch line, and climb the volume ladder (soft, medium, projected) measured against your own soft voice. The mic is analyzed on your device and nothing is recorded.

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- 7 **Confidence:** say affirmations out loud (with a link to record them in Your Affirmations), or pick a speaking prompt such as Introduce yourself, Order a coffee or Ask a question at work, glance at the sentence starters, and talk until the gentle timer ends. Then tap how it felt.
 - 8 **Everyday phrases:** greetings, needs, feelings, phone calls, out and about, and work or school, as a guided listen, repeat, check. Add your own words (a name, a street, a work word) under **My phrases**.
 - 9 **Progress:** your streak, minutes this week, words the browser heard, a seven-day chart, areas tried and badges that celebrate practice, never accuracy. It is saved on this device only; you can clear it any time.
 - 10 The **Frequencies for your voice** bar suggests CymaTones tracks for the throat chakra, confidence, calm and focus, and keeps playing as you move between tabs. Frequencies keep you company; they don't change your voice or treat anything.

***Tip** • Word checks use your browser's speech recognition (Chrome, Edge and Safari). In Chrome and Edge the audio goes to Google or Microsoft to be turned into text; CymaTones never receives or keeps your voice. Stop if anything strains, and a voice that stays hoarse for more than a couple of weeks is worth checking with your doctor.*

10 • Journal & Vision Boards



Three modes • write • decorate • animate

Open the Journal

Two ways to get there.

- 1 From the dashboard: tap the **Daily Visual** tile in the NavBand.
- 2 Or from your garden: tap the scroll object on the ground.
- 3 Both open the same Journal with your real data.

Write your entry

Blue cursive on lined paper — the notebook aesthetic.

- 1 Pick today's date (or scroll back to any past day).
- 2 Tap **Write** — the notebook page opens.
- 3 Type your entry — it appears in blue cursive as you go.
- 4 Autosaves as you type.

Scrapbook the page

Decorate the entry into a keepsake.

- 1 Tap **Scrapbook** in the mode switcher.
- 2 Open the sticker picker · browse categories (My Images · Spiritual · Nature · Celestial · Affirmation · Manifest · Spirit Animals).
- 3 Tap a sticker · tap on the page where you want it.
- 4 Add word-art · pick a page theme · repeat until it feels finished.

Turn it into a Vision Board

Animate the page into a living visual with your voice + a frequency.

- 1 Tap **Vision Board** in the mode switcher.
- 2 Pick an animation style (12 to choose from).
- 3 Attach a voice affirmation from your library.
- 4 Attach a frequency to play in the background.
- 5 Tap the big play button — your board comes to life · animates · plays · loops.

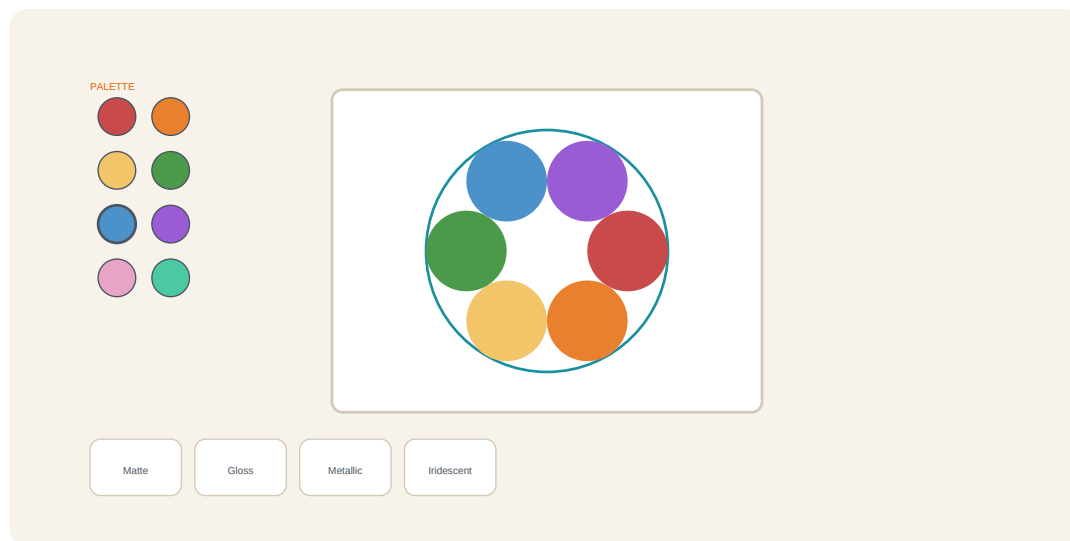
My Vision Images

Three reusable image slots you upload once and reuse across every vision board: **Face / Body · Dream Car · Dream Home**.

- 1 Open the Journal · look for the **My Vision Images** section (collapsible, top of the page).
- 2 Tap **Upload** on the slot you want (Face · Car · Home).
- 3 Pick a photo from your device.
- 4 Face + Car appear as stickers in the **My Images** sticker category.
- 5 Home appears as a **My Dream Home** page theme option.
- 6 Uploading a new image REPLACES the previous one for that slot.

Tip · These are private per user · signed URLs · never shared or shown to anyone else.

11 • The Art Easel



Coloring pages • palette • finish picker

Coloring pages

Meditative tap-to-fill coloring, with a palette of 48 colors + 8 finishes (matte • metallic • iridescent • more).

- 1 In your garden, tap the **Easel**.
- 2 Pick **Coloring Pages** from the game selector.
- 3 Choose a page.
- 4 Tap a color from the palette • tap a region on the page to fill it.
- 5 Change finish anytime for a different texture.
- 6 Undo • redo • clear • save • all in the toolbar.

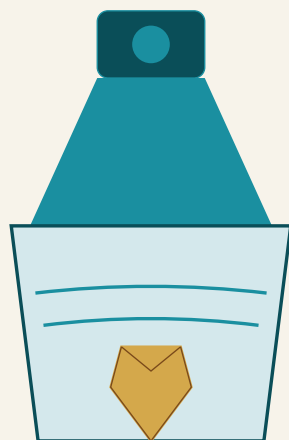
***Tip** • On phones the palette and canvas auto-size for touch — swatches are big enough to tap comfortably.*

The other tools

9 more art experiences inside the easel: Sand Garden, Constellation Connector, Cymatic Pattern Generator, Stone Stacker, Sacred Geometry Drawer, Crystal Grid, Flower Petal Arranger, Lava Lamp, Mandala Builder.

- 1 Tap the Easel · you'll see the game selector.
- 2 Pick any tool · each opens with its own guidance.
- 3 Save your creation to the gallery — or "Add to Garden" as a decorative mosaic tile.

12 · Structure Your Water



CymaSpring · phone → light → water → crystal

CymaSpring · daily ritual

Imprint a glass of water with a frequency through light and tone. Two minutes · quiet practice · a one-of-a-kind crystal blooms to mark the moment.

- 1 Tap **CymaSpring** from the dashboard.
- 2 Pick a frequency — from your daily forecast, or browse the library.
- 3 Rest your phone flat over the top of a glass of water.
- 4 Tap start · light + tone play for ~2 minutes.
- 5 When it finishes, meet the crystal that blooms — it's unique to that moment.
- 6 Add the crystal to your imprint gallery to remember the practice.

Tip · *For wellness intention, not medical claims. The ritual is the point.*

13 • Community



Community gardens + reviews • your garden shows first

Aggregate counts

The dashboard shows anonymous community counts — how many members wrote a journal entry today, ran a scan, drew an oracle. No names, no identifiers • just a sense of the collective practice.

Reviews

Two review surfaces: **track reviews** on any frequency's page and **playlist reviews** on any playlist. Both use the same shape — stars + optional text • one per person • always editable.

Community Q&A;

Questions members have asked our help desk, cleaned up and answered for everyone. The newest three show on your dashboard; the full list is searchable. Names and personal details are never shared.

- 1 Find the **Community Q&A** card on your dashboard, or open **See all**.
- 2 Search any word, or tap a category.
- 3 Tap a question to read its answer.

Community Park · chat and Garden Chess

Walk the Community Park with other gardeners, chat live, and play Garden Chess against each other. Only gardener names are ever shown.

- 1 Open **Community** → **Park**. Tap **the chat bubble** for the park chat: a scrolling log of the conversation with each gardener's name and character, who is here right now, and **Show earlier messages** to catch up on today's chat. A bubble also pops up over whoever is talking.
- 2 Tap another gardener to see their Garden Chess rating and tap **Challenge to Garden Chess**. If they are in a game already, your challenge waits for them. When they accept, the board opens for you both; if they decline, you see that too.
- 3 Or tap **the chess knight** for Garden Chess. **Challenge** anyone in the park, or tap **Post an open challenge** so whoever arrives next can join. A challenge sent to you pops up in the park: **Accept** or **Later**.
- 4 Tap the **bookshelf** for the Library. The **Reference shelf** holds short, sourced guides to the systems CymaTones uses, in six categories: Frequency & Sound, TCM & the Body, Chakras & Energy, Cosmos & Esoteric, Wellness Practices and Founder's Work. Search it or browse by category; each guide lists its sources. **Books** holds Bianca's books.
- 5 Want a game on your own? Tap **the chess knight** → **Play solo** to play the garden at any level, Seedling to Ancient Oak, right there in the park. It is the same game as your Garden's game table and counts on the solo leaderboard.
- 6 Play on the same garden board as solo Garden Chess. Every move is checked against the full rules and appears for both players the moment it is played. Your game is saved as you go, so you can leave and come back from the chess knight.
- 7 Offer a draw, resign, or, if your opponent has been away for a few minutes on their move, claim the win. After a game, tap **Rematch**.
- 8 Open **Leaderboard** to see the top players and your own rank. **Head to head** ranks games against other gardeners by a skill rating that starts at 1200 and rises more for beating stronger players. **Solo vs the garden** ranks your games against the garden by the hardest level you have beaten.

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- 9** Tap the **movie reel** for **Videos**. **Feature walkthroughs** are 23 short animated tours, one for each part of CymaTones (from Getting around and Frequencies to Sleep, Cosmos, BioScan and Spaces; filter them by area): arrows and circles show where to tap while a narrator reads each step aloud. Use **Pause**, the arrows or the numbered steps to move around, turn **CC** captions on or off, and tap **Try it now** to open that part of CymaTones. **Narrator voice** changes the voice (it comes from your device) or picks a fun personality.

Park Games • seventeen games with leaderboards

In the Community Park, tap the game controller for Park Games (or open **Community** → **Park Games** for the full page): seventeen games on six shelves, Word, Puzzle, Arcade, Brain, Reflex and Classics, each with its own leaderboard. Only gardener names are ever shown.

- 1 **Games** shows every shelf. Each card shows your best score and the top score. Tap a card to play.
- 2 **Daily Word**: everyone gets the same five-letter word each day (it changes at midnight UTC). You have six guesses. Green means the right letter in the right spot, gold means the letter is in the word but in another spot, grey means it is not in the word. Type on your keyboard or tap the big keys. Fewer guesses ranks higher; time breaks ties. Its leaderboard shows today, and your streak counts the days in a row you solved it.
- 3 **Word Race**: seven letters bloom on a flower. Make as many words of three letters or more as you can in 90 seconds by tapping the petals or typing. Plurals count. Longer words score more, and a word that uses all seven letters earns a bonus. **Shuffle** mixes the petals.
- 4 **Reflex**: five rounds. Wait for the field to turn green, then tap (or press Space) as fast as you can. Tapping too soon is a false start and adds 100 ms. Your average reaction time is your score: the lower, the better.
- 5 **Brick Breaker**: slide your finger or move the mouse to steer the paddle (or use the arrow keys), and tap or press Space to launch. Clear every colored brick to reach the next level; the ball gets a little faster each level. You have three balls. It pauses when you switch tabs.
- 6 **Maze Muncher**: guide the Muncher, a glowing seed spirit, through the maze to eat every light-seed. Swipe, tap the big arrows or use the arrow keys (W A S D too). Four wisps chase you, each in its own way: Flare heads straight for you, Mist waits at your next turn, Honey follows your trail and Dusk drifts until you come close. Eat a **bloom** and the wisps turn shy for a few seconds, so you can collect them for 200, 400, 800 and 1,600 points. Crystals appear twice a maze for bonus points. You have three lives (one more at 10,000 points), and each new maze is a little faster. Each row of seeds plays a soft note as you eat; tap to mute. It pauses when you switch tabs or press P.

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- 7 **Paddle Duel:** a paddle rally, first to 7. **Play the garden** at Seedling, Sprout or Bloom: every point you win scores 100, winning the match adds 300, and Sprout and Bloom multiply it by 2 and 3. Or pick **Two players, one screen:** on a phone or tablet the field stands upright and you face each other, each dragging in your own half; on a computer, one player uses W and S and the other the up and down arrows (just for fun, nothing is saved). Where the ball meets your paddle sets its angle, every rally speeds it up, and moving your paddle as you hit adds spin that curves the ball.
 - 8 The classics are here too: Crystal Cascade, 2048, Snake, Sudoku, Memory Match, Chakra Sequence, Minesweeper, Solitaire, Four in a Row, Checkers and Garden Chess (in the park, Garden Chess opens the same solo game and the chess knight for head-to-head).
 - 9 **Leaderboards:** pick a game to see its top 10 and your own best and rank.
 - 10 **Head-to-head:** challenge another gardener in any game marked with two people. **Four in a Row** and **Checkers** take turns. **Snake, Memory Match, Crystal Cascade, Word Race** and **Reflex** are races: you both get exactly the same round, and you can play together (watching each other's score) or any time within 24 hours. A number on the games button in the park means a challenge, a move or a match is waiting for you.

Head-to-head in the Park

Challenge a gardener who is in the Park, or post an open challenge anyone can take. **Four in a Row** and **Checkers** are played turn by turn, live or over a few days, and every move is checked so nobody can cheat. **Snake**, **Memory Match** and **Crystal Cascade** are races: you both get the exact same round. Only gardener names are ever shown.

- 1 Open **Park Games** and tap the **Head-to-head** tab (or tap **Community play** on the Social page).
- 2 Under **Pick a game**, choose one. Then tap **Challenge** beside a gardener in the park (a challenge stays open 10 minutes), or **Post an open challenge** so anyone who arrives can join (it stays open 30 minutes).
- 3 A challenge for you shows under **Challenges for you**: tap **Accept** or **Decline**. Your games in progress are under **Your duels**.
- 4 In a race, play together and watch each other's score climb, or play your round within 24 hours.
- 5 Each game has its own **rankings**: an Elo rating that starts at 1200, where beating a stronger player earns more. After a game, tap **Rematch**.
- 6 Want to practice first? Tap **Practice vs the computer** for Four in a Row or Checkers: play the garden at three levels (Seedling, Sprout or Bloom), which counts on the leaderboard, or choose **Two players, one screen** to pass the device back and forth just for fun.

Tip • Garden Chess head to head stays under the chess knight in the Park.

Community Gardens

Visit other members' gardens • leave a ribbon on their ribbon tree.

- 1 From your garden, tap the **Community Gardens** gate.
- 2 Browse the list — your own garden appears first with a "YOUR GARDEN" badge.
- 3 Filter by element chip (Wood • Fire • Earth • Metal • Water • Aether) if you want.
- 4 Tap any card to visit that garden. You see it in full, just as its gardener does, dragons included.

Community Art Gallery

Art made at the Art Easel in members' public gardens (mandalas, coloring pages, sand gardens, constellations and more), shown with gardener names. Only public gardens appear.

- 1 Open **Community** and tap **Community Art Gallery**.
- 2 Sort by **Recent** or **Most loved**, or filter by the kind of art.
- 3 Tap a piece to see it larger, leave a ♥, or **Visit their garden**. **Report** anything that does not belong.
- 4 Tap **Your art in the gallery**: while your garden is public, the piece on your easel shows automatically. **Share** any other piece, or tick **Keep all my art out** to show none. A private garden's art never appears.

Autism & Neurodivergent

A moderated, affirming peer-support space for neurodivergent people (autistic people, ADHDers, people with sensory sensitivities, dyslexic people and more) and the parents, caregivers, families and allies beside them. Adults only (18+). Peer support, never medical or therapeutic care.

- 1 Open **Community** and tap **Autism & Neurodivergent**. Read the community guidelines and tap **I'm 18 or older and I agree** once.
- 2 Pick a channel: Welcome & introductions, Neurodivergent voices, Parents & caregivers, Sensory corner, Focus & routines, Wins & celebrations, or Questions & resources. Messages are text only, one every 10 seconds.
- 3 Messages with contact details, a child's full name with a school or place, links or a known harmful product wait for a moderator first. They are saved, not lost, and you see them marked as waiting.
- 4 Tap the **three dots** on a message to **Report** it with a reason, or to hide that member's messages for you. There are no private messages here, on purpose.
- 5 Under **Tones many people find helpful**, press **Play** on Calm & regulate, Focus & flow, Sleep & wind-down, Grounding or Low-stimulation (it saves to your Custom playlists), or **Save** to keep a copy. Start at a low volume, headphones are optional, and stop anytime.
- 6 Open **Tools**: a silent breathing pacer, 5-4-3-2-1 grounding, the quiet corner (a full-screen calm screen with one optional steady tone), How full is my cup?, a visual timer with no alarm, and a routine builder. Check-ins and routines stay on your device.
- 7 Turn on **Sensory-friendly view** for calmer colors, larger text and nothing moving on its own.

***Tip** • If someone is in danger, call your local emergency number. In the US you can call or text 988.*

Kids' Playground

Fun, calming sounds to play along with, for your little ones. Your child picks a song (big picture cards that play gently, with a big pause button), then picks a game to play while the music continues: **Color** big picture pages, **Tap the beat** at three speeds, **Match the sound**, **Hum the note** so Pip the bird floats up, **Bubble breaths** (3, 4 or 5 seconds each way) and the **Melody Maze**, where every dot sings a note and the star path plays a little song. Big buttons, very few words, and a read-aloud button for every instruction. A grown-up turns it on inside your own account: there is no child account or profile, and we never ask for or store your child's name, age or anything about your child. The microphone is heard on the device only, never recorded, saved or sent. Stars, stickers and drawings stay on the device.

- 1 Open **Community** and tap **Kids' Playground**. Read the privacy promise, then tap **Turn on (grown-ups)**.
- 2 The grown-up check: press and hold the number shown in words (for example **seventeen**) for 3 seconds.
- 3 Tap **Start** and hand over the device. Your child picks a song, then a game.
- 4 To leave, tap the **lock** in the corner and do the grown-up check. The same check allows the microphone for Hum the note.
- 5 In **Grown-up settings: Show our scores on the Playground leaderboard** (on by default), a playground name from the name generator and an emoji avatar (no typing, so no real names), the microphone on this device, and clearing stars, stickers and drawings. Scores show under your playground name or your gardener name; the weekly board starts fresh every Monday.

Teeth & Oral Care

Your teeth, through sound, tradition and everyday care, all in one place and info only. A big, friendly mouth chart of all 32 adult teeth: tap any tooth to hear its own frequency playlist and see what the tooth-meridian tradition of holistic dentistry connects it with (its meridian, element and organs), always framed as tradition and never as a health check. Then an oral care deep dive in plain words, hydroxyapatite toothpaste picks, and the CymaTones frequency toothbrush pre-order. Wellness education and tradition, not dental advice.

- 1 Open **Community** and tap **Teeth & Oral Care** (or **Social** → **Teeth & Oral Care** in the menu).
- 2 In the **teeth clicker**, tap any tooth. The upper arch is on top and the lower arch below, shown the way you see your own smile in a mirror. Switch the numbers between **Universal** (US, 1 to 32) and **FDI** (international, 11 to 48), or pick a tooth from the list.
- 3 The tooth's panel shows **its frequency playlist**, the playlist saved for that tooth. Tap **Play** to start it (a copy is kept in your Custom playlists) or **Save to my playlists**.
- 4 Under **In this tradition**, read the tooth's meridian pair, element, organs, emotion theme and spine segment from the Voll tooth-meridian chart, with its source. A tooth problem does not mean an organ problem: for anything you notice in your mouth, see your dentist.
- 5 Read the **Oral care deep dive** (nine topics, from enamel and saliva to when to see a dentist; tap **Go deeper** for more), then **Hydroxyapatite toothpaste** and **Our picks**.
- 6 Tap **Pre-order now** on the toothbrush card to open the CymaTones shop in a new tab.

***Tip** • For pain, sensitivity, bleeding gums or any dental concern, see your dentist.*

Women's Wellness

A moderated peer-support space where women support each other through every season of life: cycles and PMS, fertility and trying to conceive, pregnancy, postpartum and breastfeeding, perimenopause and menopause, fibroids, endometriosis and PCOS, loss, and everyday wellness. Adults only (18+). Peer support, not medical care: for anything medical, including pregnancy care, bleeding or pain that worries you, fibroids or menopause symptoms, talk with your doctor, OB-GYN or midwife.

- 1 Open **Community** and tap **Women's Wellness** (or **Social** → **Women's Wellness** in the menu). Read the community guidelines and tap **I'm 18 or older and I agree** once: it opens the channels for reading and posting.
- 2 Pick a channel: Welcome & introductions, Cycles & PMS, Fertility & trying to conceive, Pregnancy, Postpartum & breastfeeding, Perimenopause & menopause, Fibroids, Endometriosis, PCOS, Hormonal balance, Pelvic health, Loss & healing, Everyday wellness & self-care, Wins & check-ins, or Questions & resources. Text only, no links, one message every 10 seconds.
- 3 Share your own experience: no diagnosing, no dosing advice, and never telling anyone to stop or change a prescribed medicine or care plan. Start with a short content note before sharing about loss or a hard birth. Messages with contact details, links, a known risky method or that kind of advice wait for a moderator first; they are saved, not lost.
- 4 Tap the **three dots** on a message to **Report** it with a reason, or to hide that member's messages for you. There are no private messages here, on purpose.
- 5 Open **Topics** for 18 gentle guides, from cycles, hormonal balance and each trimester of pregnancy to PCOS, endometriosis, pelvic health, bone health and heart health. Each has what can help day to day, the TCM view, a short playlist chosen for it (pregnancy-safe tones only for fertility, pregnancy, postpartum, breastfeeding and loss), trusted organizations, when to talk with your doctor and its own channel.
- 6 Under **Frequencies for every season**, press **Play** on Cycle calm, Fertility calm, Pregnancy relaxation, Postpartum rest, Breastfeeding calm, Menopause sleep & cooling calm, or Grounding & self-love (it saves to your Custom playlists), or **Save** to keep a copy. Each one is for relaxation and rest, not a treatment, and the pregnancy playlist is chosen with extra care.

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- 7 Read **The TCM view of women's wellness**: Blood and Qi, the Liver, Kidney essence, the Chong and Ren vessels, the seven-year cycles, the four phases of the cycle, menopause as a second spring and sitting the month, always as the tradition describes it.
 - 8 Keep **When to call your doctor, OB-GYN or midwife** close: the CDC urgent maternal warning signs, the AWHONN POST-BIRTH warning signs, the US care lines, supportive organizations, gentle self-care and affirmations.

***Tip** • If you or someone else is in danger, call 911. In the US you can call or text 988 any time, and the National Maternal Mental Health Hotline is 1-833-TLC-MAMA (1-833-852-6262), call or text, 24/7.*

Men's Wellness

A moderated peer-support space where men back each other up on health and wellness: hormones and vitality, prostate and urinary health, fitness and strength, stress and mental wellness, sleep and recovery, energy and focus, fatherhood and family, aging well and everyday nourishment. Talking about your health and how you're feeling is a strength, so come as you are. Adults only (18+). Peer support, not medical care: for anything medical, including prostate or urinary changes, hormone questions, chest pain, or how you're feeling in your mind, talk with your doctor.

- 1 Open **Community** and tap **Men's Wellness** (or **Social** → **Men's Wellness** in the menu). Read the community guidelines and tap **I'm 18 or older and I agree** once: it opens the channels for reading and posting.
- 2 Pick a channel: Welcome & introductions, Hormones & vitality, Prostate & urinary health, Fitness & strength, Stress & mental wellness, Sleep & recovery, Energy & focus, Fatherhood & family, Aging well, Everyday wellness & nourishment, Wins & check-ins, Questions & resources, Sexual wellness & ED, Hair loss & scalp care, Heart health, or Loneliness & connection. Text only, no links, one message every 10 seconds.
- 3 Under **Explore by topic**, tap one of 15 guides: sexual wellness and ED, prostate and urinary health, hair loss, testosterone and andropause, energy, stress, fitness, sleep, aging well, heart health, weight, fatherhood, loneliness and connection, checkups, and drinking and smoking. Each has everyday tips, a short playlist, the TCM view, trusted organizations, when to talk with your doctor and its channel. Supportive wellness: see your healthcare provider for medical concerns.
- 4 Share your own experience: no diagnosing, no dosing advice, never telling anyone to stop or change a prescribed medicine or care plan, and no steroids, SARMs or unprescribed hormones as advice. Start with a short content note before sharing about suicide, loss or cancer. Messages with contact details, links or that kind of advice wait for a moderator first; they are saved, not lost.
- 5 Tap the **three dots** on a message to **Report** it with a reason, or to hide that member's messages for you. There are no private messages here, on purpose.
- 6 Read **Your mental health matters**: asking for support is a strength, with small ways to reach out.
- 7 Under **Frequencies for focus, energy and rest**, press **Play** on Focus & clarity, Energy & vitality, Stress relief, Deep sleep, Grounding, Strength & training (warm-up and cool-down)

or Recovery & calm (it saves to your Custom playlists), or **Save** to keep a copy. Each one is for relaxation, focus and rest, not a treatment.

- 8 Read **The TCM view of men's wellness**: Kidney essence (Jing), Kidney Yin and Yang, the Liver and stress, the Heart and a calm mind, the eight-year cycles, qi gong and tai chi, and the foods the tradition says nourish the Kidneys, always as the tradition describes it.
- 9 Keep **When to see a doctor** close: the American Heart Association heart attack warning signs, the American Stroke Association F.A.S.T. signs, the reasons to book an appointment, the US care lines, supportive organizations, everyday self-care and affirmations.

***Tip** • If you or someone else is in danger, call 911. In the US you can call or text 988 any time; veterans can dial 988, then press 1, or text 838255.*

Find a practitioner

Want one-to-one support? The CymaTones practitioner directory lists independent wellness practitioners who use CymaTones with their clients, in person and online. Practitioners describe their own training; CymaTones does not verify or certify credentials.

- 1 Open **Community** and tap **Find a practitioner** (or go to cymatones.com/practitioners/directory).
- 2 Search by name, specialty or town, or tap **Online**, **In person**, a language or a specialty to narrow the list.
- 3 Tap a card to open that practitioner's own page: their services, how they work, and an inquiry form that sends them your message.

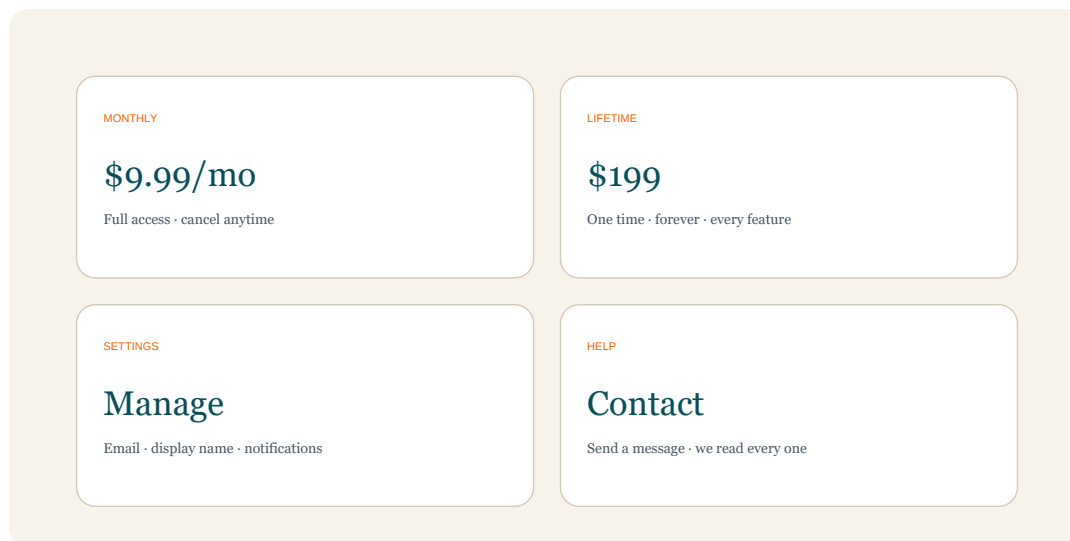
***Tip** • Practitioners are independent. For anything medical, talk with your doctor.*

Campus: register for classes

Campus courses are self-paced: start any time. Register for a class to start it, up to 3 at a time; completed classes don't count, so finishing one opens a place. Your milestones show how far you've come. Unregistering starts that class over, so Campus always asks first. The Campus registry shows how many people are learning and graduating from each course: numbers only, never names.

- 1 Open **Community** → **Campus**, choose a course and tap **Register**.
- 2 Follow your milestones on the course page: lessons, checkpoints, the Final Challenge, then graduation with your certificate.
- 3 Need a place for something new? Finish a class, or tap **Unregister...** (this resets that class).
- 4 Open the **Campus registry** to see what others are learning right now.

14 · Account & Subscription



Plans · settings · help — all in Settings

Update your profile

Change display name, email, and preferences from Settings.

- 1 Tap your avatar (top-right corner).
- 2 Choose **Settings**.
- 3 Update anything you need · Save.

Manage your subscription

View or change your plan.

- 1 Go to **Settings** → **Subscription**.
- 2 You'll see your current plan + billing cycle.
- 3 To switch from Monthly to Lifetime (or cancel), follow the on-screen options.

Updated Terms of Service

On October 7, 2026 we updated the Terms of Service to clarify fair, personal use of a membership and when an account can be paused or closed. Each membership is for one person; people in your home can listen along with you. Overnight and sleep sessions are normal use. On October 8, 2026 we added that community chat messages, including garden chat, are saved and may be reviewed by our moderators to keep the community safe. Private practitioner and client messages are not reviewed.

- 1 Open **Review the updated Terms** at the top of your Platform Guide, or go to **Settings** → **Terms of Service**.
- 2 Read the short summary of what changed, or open the full Terms (the new parts are **Personal Use** and **Fair Use** in section 2, **User Content** in section 6, and **Suspension & Termination** in section 11).
- 3 Tick the box, then tap **Accept the updated Terms**. The guide item ticks itself.

Tip • Nothing is locked while you read; the item simply stays on your list until you accept. Questions? Write to support@cymatones.com.

Review CymaTones

Tell us how the CymaTones community and app feel for you: 1 to 5 stars and, if you like, a few words. One review per member, yours to edit or remove anytime. There is no right answer and no rush.

- 1 Go to **Settings** → **Review CymaTones**. After your first week or a few listening sessions, the Platform Guide offers **Rate your CymaTones experience** too.
- 2 Tap the stars, then add a few words if you like (up to 600 characters, no links).
- 3 Choose how you are named if your review is ever featured: your gardener name, your first name and last initial, or your initials only. Your email and full name are never shown.
- 4 Tick **You may feature my review on the CymaTones website** only if you are happy for it to appear there. It stays off unless you tick it.
- 5 Tap **Save my review**. Come back anytime to edit or remove it.

Tip • Bianca reads every review before anything appears on the website, and only reviews whose members said yes can appear there. Untick the box anytime and it comes down.

Get help

The support form goes straight to the CymaTones team — Bianca reads every message.

- 1 Go to **Settings** → **Help**.
- 2 Write your message · Send.
- 3 You'll get a reply by email to your account address.

***Tip** · This guide is available anytime — tap **Download** on the Help page for the latest PDF.*

THE END

Thank you

Every feature in this guide was built to meet you where you are.

CymaTones is a practice, not a prescription. Play with the frequencies. Tend the garden. Write the journal. Come back tomorrow. Come back the day after. Every session adds a tiny signal to your dashboard, and over weeks the pattern becomes yours.

Made with care by Bianca and the CymaTones team.

CYMA 1000 DERIVED · FREQUENCY MADE PERSONAL