

# The 7-Day Frequency Reset™

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## 10 Minutes a Day to Clarity, Calm, and a Better You

*A simple sound-based protocol for the high-functioning, high-stress human who's running on empty and doesn't have time to fall apart.*

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> **Quick note before we start.** I'm not a doctor, and nothing in here is medical advice. What follows is my personal experience and a practice built around relaxation, focus, and giving yourself ten honest minutes a day. If you have a medical or mental health condition, talk to a professional and treat this as a complement to real care, not a replacement for it. Use common sense. Okay. Let's go.

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## Read This Part Standing Up (Then Sit Down for the Rest)

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Let me guess how your day actually goes.

You wake up already behind. Before your feet hit the floor your brain has opened forty-seven tabs and none of them are the one you actually want. You move fast all day, you handle things, you look completely competent from the outside — and the whole time there's this low hum underneath everything that says *I cannot keep doing this*.

You're not broken. You're not weak. You're successful, smart, and absolutely fried. And here's the part nobody says out loud: you know it. You can feel yourself heading toward a wall, and you don't have time to hit it.

I built this for you specifically. Not for the person with endless free time and a meditation cushion and a spare three hours a day. For the person who has the *least* amount of time to get their head straight and knows it.

Here's the whole promise, plain: **ten minutes a day, for seven days, with a specific set of sound frequencies, and you will feel a shift.** Not enlightenment. Not a personality transplant. A shift. That unmistakable moment where the noise drops for a second and you can actually hear yourself think again.

That's it. That's the win. And it's closer than you think.

## **Do This One Thing Right Now (60 Seconds)**

Before you read another word, I want you to feel how little it takes to interrupt the spin.

1. Put both feet flat on the floor.

2. Close your eyes.
3. Breathe in slowly while you silently count to four.
4. Hold for a count of four.
5. Breathe out for a count of six.
6. Do that four times. That's it.

Done? Notice anything? A small drop in the shoulders. A half-second of quiet. That tiny thing you just felt — that's the door. The protocol in this guide is how you walk through it on purpose, every day, and make it stick.

You already proved you have 60 seconds. The whole game is just stacking a few more of those on purpose.

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## Why Your Brain Feels Like a Browser With 47 Tabs Open

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Let's get one thing straight so you can stop blaming yourself: **the scatter is not a character flaw**. It's a predictable result of the environment you're living in.

Your nervous system was built for a world of occasional, short, survivable stress — a threat shows up, you deal with it, it passes, you reset. The reset is the whole point. The calm *after* is where your body repairs, your mind sorts things out, and you come back online.

Modern professional life deleted the reset. The threats never stop and they're never physical, so your body never gets the all-clear. Emails that ping like alarms. A calendar with no white space. A phone engineered by very smart people to keep your attention fragmented. News designed to keep you afraid. You're not in danger, but your body can't tell the difference between a saber-tooth tiger and a Slack notification from your boss at 9pm. It just keeps the stress switch flipped on.

Leave that switch on long enough and here's what you get: the fog, the short fuse, the inability to make a simple decision, the feeling that you're watching your own life through frosted glass. Your brain isn't failing. It's *exhausted from never being allowed to land*.

## **Where Sound Comes In**

Here's the part that changes everything. Your brain runs on rhythm. Right now, scattered and stressed, it's running in a fast, choppy, high-alert pattern. That's the static.

But your brain has a strange and useful habit: when you give it a steady, gentle rhythm to listen to, it tends to fall into step with it. Scientists call it *entrainment*. You already know it in your body — you've tapped your foot to a song without deciding to, you've felt a slow heartbeat of waves at the beach pull you calm. Your brain does the same thing with sound frequencies. Give it a slow, calm rhythm and it starts to *match* it.

That's the whole mechanism. We're not adding anything foreign to you. We're handing your overworked nervous system a rhythm calm enough that it finally remembers how to land. The frequencies don't do the work. They give your body permission to do the work it already knows how to do.

There's a line I keep coming back to. Socrates supposedly said, *"If I could only cause a fever in the body, I could cure all disease."* The ancients understood something we forgot — that the body has profound built-in capacity to heal and reset itself, and sometimes all it needs is the right simple signal to switch that capacity on. Heat is one of those signals. Sound is another. Tesla put it more bluntly: think in terms of energy, frequency, and vibration, because that's what everything actually is underneath.

We're going to use the most basic building block there is — simple tones — to do something that feels almost too elegant to be real. And the fact that it's simple is exactly *why* it works. You don't need a forty-seven-step protocol and three hundred dollars of supplements. You need ten minutes, some headphones, and a little open-mindedness.

**If part of you is thinking "this sounds too simple to do anything" — good. Hold onto that skepticism and let the seven days answer it. Simple is the point. Simple is what you'll actually keep doing.**

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# The Solfeggio Clarity Stack™: Four Tones, One Reset

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Here's the core of the whole thing. The **Solfeggio Clarity Stack™** is a curated set of four specific frequencies, used in a deliberate ground-up sequence. Not random tones. A progression — from your body, up through repair, through clearing, and finally to connection with something bigger than your inbox.

Think of it like resetting a house after a long hard winter. First you turn the heat back on and stop the shivering. Then you repair what cracked. Then you clear out the junk that piled up. Then, finally, you open the windows and let the light back in. Same order, every time. Bottom to top.

## The Solfeggio Clarity Stack™ — Your Four Tones

Tone	Traditionally Associated With	Its Job in the Stack
174 Hz	Easing pain and stress	The foundation — turn the alarm off
285 Hz	Restoration and repair	The mend — let the body settle
741 Hz	Cleansing and clearing	The clear-out — flush the static
963 Hz	Connection to higher self	The opening — hear yourself again

## How the Tones Actually Reach You

These frequencies are delivered as **binaural beats**, and this part matters, so don't skip it.

A binaural beat works by playing one tone in your left ear and a very slightly different tone in your right ear. Your brain hears the gap between them and essentially *creates a third tone* — a slow, steady pulse it then naturally falls into step with. It's a beautiful little trick of how your hearing works.

The one non-negotiable: **you must use headphones or earbuds**. Left ear and right ear each need their own tone. Played out loud on a speaker, the effect collapses and you just get... a hum. Any cheap pair of earbuds works fine. This isn't about audio quality, it's about separation — one tone per ear.

The simplest way to access all four of these tones is through the Auralis frequency generator app, which is what I built them on and what I use myself. It's free to start. But the protocol is what matters here — the *how, when, and why* — not the brand of speaker in your ears.

## "The Body Knows" — The Part That Makes This Yours

Here's something I learned the hard way over years of doing this, and it's the single most important idea in this whole guide.

**We are all different, and your body will be drawn to the frequency it needs.**

There are tones I love and tones I genuinely don't enjoy listening to — they feel off, almost irritating. For years I thought that meant something was wrong. Then I realized: that's information. That's my body telling me what it needs and what it doesn't right now. The tone you're naturally drawn to on a given day is usually the one doing the most for you.

So while the stack has an order, this is not a rigid prescription you have to choke down. You're going to learn to *listen*. Some days 174 Hz will feel like sinking into a warm bath. Some days 963 Hz will feel like opening a window in a stuffy room. Trust that. Your body has been keeping you alive your whole life without asking your permission. It knows things. Part of this practice is finally giving it a vote.

That's also what makes this practice *yours* and not mine. I can hand you the tones. Only you can feel which one your body reaches for today.

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## Your 7-Day Protocol

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Here's exactly what to do, day by day. The structure is dead simple on purpose. Each session is the same shape — sit, headphones, eyes closed, ten minutes, one tone. What changes is which tone, and what you're paying attention to.

### **The basic session, every single day:**

1. Headphones in.

2. Sit comfortably, back supported, feet on the floor. *Sitting up, not lying down.* This is a practice, not a nap — staying upright keeps you present and is simply the safer, smarter way to do it.
3. Start the day's tone in the app.
4. Close your eyes. Do the 4-4-6 breath from earlier, three or four rounds, then let your breath go natural.
5. Don't try to empty your mind. That's a trap. Just let the tone be there. When you notice you've drifted into your to-do list, no big deal — come back to the sound. The coming-back *is* the exercise.
6. When the ten minutes end, sit for one more breath before you stand up and re-enter the circus.

That's the container. Now here's the journey through the week.

## **Day 1 & Day 2 — 174 Hz: Lay the Foundation**

You start at the bottom. **174 Hz**, the stress-and-pain tone. For two days. We don't rush past the foundation.

Day 1, your only job is to sit through ten minutes. That's it. It might feel long. Your mind might fight it — *I don't have time for this, this is silly, I should be answering that email.* That voice is exactly the thing we're here to turn down. Let it talk. Stay in the chair anyway.

Day 2, same tone, and something will likely be a little easier. The chair will feel a little more familiar. That's not nothing. That's your nervous system starting to recognize the signal: *oh, we're doing the safe thing again.*

**What you might notice:** A heaviness in your shoulders you didn't know was there, finally letting go. That's the alarm switching off for the first time in a long while.

### **Day 3 – 285 Hz: Let It Mend**

Move up to **285 Hz**, the restoration tone. The foundation's in. Now your body gets to do the repair work it never gets quiet enough to do. You don't have to *do* anything to make this happen. You just have to stop interrupting it. Ten minutes. Let it mend.

### **Day 4 – 741 Hz: Clear It Out**

**741 Hz**, the clearing tone. This is the flush. Think of all the mental residue that builds up – the loops, the replayed conversations, the worry you've chewed on so many times it has no flavor left. This is the day to imagine all of that draining out with each exhale. Some people feel lighter after this one, almost like a mental shower. Stay with it.

## Day 5 – 963 Hz: Open the Window

**963 Hz**, the connection tone, the top of the stack. By now your system is calmer, mended, and cleared, and this is the one that opens things up. This is the tone where I personally get what I can only describe as clarity *with detachment* – I see things as they really are, but the emotional charge is off them. I stop judging and dissecting everything. It's an amazing, unexpected gift, and it's the whole reason I kept doing this. You may feel a version of it here. Don't chase it. Just leave the window open and see what comes in.

## Day 6 – The Body Knows: You Choose

No assigned tone today. This is your day. Open the four tones, listen to a few seconds of each, and **pick the one your body reaches for**. No analysis. No "which one am I supposed to need." The one that feels like yes – that's the one. Ten minutes with it.

This is the day the practice stops being mine and becomes yours. You're not following a script anymore. You're listening. That's the skill that lasts long after these seven days are over.

## **Day 7 – Integration: The Full Journey**

For your last day, walk the whole stack. Spend roughly two to three minutes each on 174, then 285, then 741, then 963 – the full climb, foundation to opening, in one sitting. This is the day you feel the *arc* of the thing in a single ten-minute window. Body, mend, clear, open. End where you've been heading all week.

Then sit for a moment when it's done and ask yourself honestly: *Am I a little different than I was seven days ago?* I think you already know what the answer's going to be.

### **Track It (This Is Not Optional)**

The single biggest reason people miss their own progress is that the shift is gradual and they forget where they started. The fog lifts so quietly you don't notice unless you wrote down how thick it was. So we write it down.

## My 7-Day Frequency Reset Log

Day -	Tone Used -	Minutes -	Clarity (1-10)	Calm (1-10)	One thing I noticed today -
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

Right after each session, fill in one row with a pen. Score your clarity and calm from 1 to 10, and write one honest sentence about anything you noticed — even something tiny like "snapped at no one today" or "actually slept." On Day 7, read the whole thing top to bottom. That's where you'll see what your busy mind would've let you forget.

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## Building Your Sacred 10 Minutes

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Let me tell you the real secret, the one that's bigger than any specific frequency.

For years I had a daily heat practice — sauna and steam, every single day, no exceptions. And somewhere in there I realized the heat was only half of why it worked. The other half was the *discipline itself*. The act of showing up for myself every day, of saying to my own body and mind, *you matter enough that I will do this for you, no matter what's going on* — that signal was as powerful as the heat. The body and mind cannot ignore that message when you send it every day. They respond to being cared for.

That's what your ten minutes really is. Yes, the frequencies do something. But the deeper medicine is that you are taking ten minutes that belong to *you and you alone*. In a life where every minute is claimed by someone else — your job, your kids, your phone, your boss — ten minutes of pure self-care is a radical act. Your nervous system registers it. *Somebody's finally looking after me*. That somebody is you.

And here's the unglamorous truth behind all of it: **if you're a mess, everyone around you is a mess too**. Your stress doesn't stay in your body. It leaks onto your partner, your kids, your team. Taking care of yourself isn't selfish. It's the most generous thing you can do for every single person who has to be near you. You steady yourself, you steady the room.

## Make It Stupidly Easy to Show Up

**Anchor it to something you already do.** Don't try to find a magic free slot in your day — it doesn't exist and you know it. Instead, glue the session to an existing habit. Right after your morning coffee, before you open your laptop. Or the second you get home, before you talk to anyone. Or right before bed as the last thing you do. Pick the anchor now, before Day 1.

**Protect the space, even imperfectly.** Ideally: a door that closes, a comfortable chair, phone on Do Not Disturb. Realistically, if you work in an open office, this is a parked car on your lunch break. If you've got little kids, this is the ten minutes after they're finally down, even if the house is a disaster around you. It does not have to be a candlelit temple. It has to be *yours* for ten minutes.

**Tell the people around you.** One sentence: "I'm taking ten minutes, I'll be back." You don't owe anyone an explanation for basic maintenance. They'll survive. They'll probably benefit.

## If Your Schedule Is Genuinely Insane

Some days the ten minutes will not happen the way you planned. That's life, not failure. Here are your fallbacks so you never break the chain entirely:

– **The 5-minute version:** Half the time, same tone, same intention. Five real minutes beats zero perfect ones.

- **The hidden slot:** Headphones in during a commute (not driving), on a flight, in a waiting room. The tone doesn't care where you are.
- **The non-negotiable floor:** Even on the worst day, you do the 4-4-6 breath four times with one tone playing. Sixty seconds. The point is to never let the streak hit zero, because zero is where this dies.

Missing a perfect session is fine. Missing the *identity* of someone who shows up for themselves — that's what we're protecting.

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## When Things Get in the Way

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Let me head off the stuff that trips people up, so you don't have to wonder.

### "I don't feel anything. Is it broken?"

First, check the obvious: headphones in, both ears working, the binaural tone actually playing (not on a speaker). If that's all good — relax. "Nothing" on day one or two is completely normal, especially for the wired-tight, high-achiever brain that's been running hot for years. You're not looking for fireworks. You're looking for the *absence* of something — slightly less tension, a fraction more space. Subtle is the correct experience. The fireworks crowd usually misses the real shift because they're staring past it.

### "My mind won't shut up."

Good news: it's not supposed to. This is the single biggest myth about any practice like this. You are *not* trying to stop your thoughts. You're letting them come and go while you keep gently returning to the tone. A busy mind during the session is not a failed session. The returning is the whole workout. Every time you notice you've wandered and you come back, that's one rep. You're doing it right *because* it's hard.

**"I got bored / restless / antsy."**

That restlessness is your stressed system not knowing what to do with stillness. It's withdrawal from your own adrenaline, basically. Stay in the chair. It passes, usually around the four or five minute mark, and what's on the other side of it is the good stuff.

**"I fell asleep / nearly did."**

This is exactly why we sit upright with the back supported, not lying down. If you're so tired you're nodding off in a chair, your body is screaming for rest — honor that with actual sleep at night, and keep the session upright and alert. Stillness and unconsciousness aren't the same thing; we want the awake kind.

**"Which tone if I only have time for one?"**

174 Hz. The foundation. When in doubt, turn the alarm off first. Everything else builds on that.

**"I missed a day. Did I ruin it?"**

No. Pick up where you left off — don't try to "make up" two sessions in one day. Consistency over time beats perfection on the calendar. One missed day is a blip. Quitting because of one missed day is the only real failure available to you here, so just... don't.

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## Signs You're Shifting

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The changes from this practice are usually quiet. They sneak in the side door. You won't get a fanfare — you'll get a moment, three days from now, where you handle something that normally would've spun you out, and you only realize afterward that you stayed calm. *That's* the shift. The trick is knowing what to watch for so you don't walk right past your own progress.

Here's what tends to show up. Not all of it, not on a schedule — but watch for these:

- A decision you'd been avoiding suddenly feels obvious, almost easy.
- You catch yourself *not* reaching for your phone in a quiet moment.
- Sleep gets a little deeper, or you wake up slightly less braced.
- Something that would normally set you off just... doesn't. You watch it pass.
- A small flash of perspective — seeing a problem clearly without the panic wrapped around it.
- People around you seem easier to be with, which usually means *you* got easier to be with.
- A moment of quiet where, for once, there's nobody yelling inside your own head.

That last one is the prize. The moment you can finally hear yourself think. Most people chasing wellness are chasing exactly that and don't have a name for it.

Use this check-in to capture it. Don't trust your memory — your busy mind is a terrible historian and will tell you nothing changed even when everything did.

# My Shift Check-In

Fill this out on Day 1, then again on Day 7.

Date: \_\_\_\_\_ (circle one) START / END

On a scale of 1-10, right now:

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- Mental clarity (how clear vs. foggy): \_\_\_
- Calm (how settled vs. wired): \_\_\_
- Sleep quality this week (1-10): \_\_\_
- Patience with people around me (1-10): \_\_\_

This week, the clearest or calmest moment I noticed was:

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One decision I made more easily than I expected:

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One thing someone else might have noticed about me:

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Fill in the START column before your Day 1 session, and the END column after Day 7. Then put them side by side. The gap between those two columns is the thing you came here for — and it's right there in your own handwriting, impossible to argue with.

## **A Word on Why "Subtle" Is Actually a Big Deal**

We've been trained to dismiss small changes. We want the dramatic before-and-after. But here's the truth from someone who's spent years doing this kind of work on himself: the subtle shift *is* the profound one. A 10% drop in your baseline stress, held over weeks and months, changes your entire life — your health, your relationships, your decisions, your face. Subtle and consistent beats dramatic and temporary every single time. So when you notice something small, don't roll your eyes at it. Bank it. That's the real thing.

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## **Where You Go From Here**

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You just spent seven days proving something to yourself: that you can show up for *you*, ten minutes at a time, even with the least free time of anyone you know. That's not a small thing. Most people never manage it.

So what now?

**Keep going, but lighter.** You don't need to do all four tones forever. Once the reset is in, a lot of people settle into the same rhythm I use now — a few focused sessions a week is plenty to hold the calm. Let the daily streak become a flexible habit. The foundation's built; now you maintain it.

**Let "the body knows" guide you.** From here on, lead with the tone you're drawn to. Stressed and frayed? 174. Need to clear a mental logjam? 741. Want to feel connected to something bigger than your quarterly targets? 963. You've learned to listen. Trust it.

**Stack it on the worst days, not just the good ones.** The instinct will be to skip your ten minutes exactly when life gets chaotic. That's backwards. The chaotic days are when you need the reset most. Make it the thing you reach for *first* when everything's on fire, not the thing you drop.

**Watch for it in the wild.** Now that you know what entrainment is, you'll start noticing it everywhere — the way a slow song calms a room, the way a steady rhythm settles a crying baby, the way your whole body changes near the ocean. Your nervous system has always been listening for the right rhythm. Now you know how to hand it one on purpose.

Here's the thing I really want you to take with you. We took the most basic ingredients imaginable — simple tones, ten minutes, a little open-mindedness — and made something genuinely good out of almost nothing. That's not a trick. That's the whole secret to most real transformation. The fundamentals, done consistently, with a little self-love behind them. Heat. Sound. Breath. Discipline. The elemental stuff. It was always going to be the simple things that saved us; we just got too clever to believe it.

You came in scattered and running on empty. You're leaving with a tool you'll have for the rest of your life, and proof — in your own handwriting — that ten honest minutes can change the whole shape of a day.

That's cheaper than a psychiatrist, less dangerous than any drug ever made, and it asks for nothing but ten minutes that finally belong to you.

Go be a little more than you were yesterday. Everyone around you is counting on it, whether they know it or not.

— Christian