

**Presence***Meditation · Ātman, above the head**The eighth node, outside the body:
the ear that hears the string.***THE NOTE** What this life is being asked to embody and to give, in one sentence.

Sounded _____

Logos is the fundamental. The note is this life's.

LINES COUNTED AT EACH NEW MOON

1	2	3	4	5	6	7	8	9	10	11	12	13

VII **Recreation***Joy · Sahasrāra*VI **Nature***Reverence · Ājñā*V **Learning***Wisdom · Viśuddha*IV **Relationships***Love · Anāhata*III **Service***Offering · Mañipūra*II **Matter***Stewardship · Svādhiṣṭhāna*I **Health***Monitor · Mūlādhāra***BRIDGE** *Tuning runs from the bridge up.*

T S L T S L T S L T S L T S L T S L T S L T S L T S L T S L T S L

circle: string in adjustment · line: date of the new moon · T S L: the move
a thirteenth moon falls in some years

ONE STRING PER MOON

At each new moon, count the ledger's lines by register into the column above. The register with the most lines leads, unless a lower one has also been sounding; then the lower one leads. Write its numeral in the circle and choose the move: tighten, slacken, or let go.

A register in crisis takes the string, whatever the phase.

THE PHASE

Once a season, against the readiness questions of the Way.

SEASON 1 phase ____

SEASON 2 phase ____

SEASON 3 phase ____

SEASON 4 phase ____

1 Awakening · Presence, Health · 2 Foundation · Matter, Service · 3 Crucible · Relationships · 4 Flowering · Learning, Nature, Recreation

THE WITNESSES *None of them lives inside the practitioner's own judgment.*

THE BODY

Each quarter: what sleep, energy, digestion and the markers reported.

Q1 _____

Q2 _____

Q3 _____

Q4 _____

ONE HUMAN EAR

Each quarter, one question: what do you hear? Their answer, in their own words.

Name _____

Q1 _____

Q2 _____

Q3 _____

Q4 _____

THE FRUITS

At the year's end: what the life produced, in work and in people.

THE NOTE, SOUNDED AGAIN old beside new



FROM NEW MOON _____ TO _____ STRING IN ADJUSTMENT  MOVE ☐ tighten ☐ slacken ☐ let go

THE ACT one concrete act, repeated until the next new moon _____

What sounded against the fundamental today?

Each evening, two minutes. Mark the register, write one line in your own words, and stop. A day when nothing sounded is marked clean.

DAY	DATE	I Health	II Matter	III Service	IV Relat.	V Learning	VI Nature	VII Recreat.	CLEAN	ONE LINE
1		☐	☐	☐	☐	☐	☐	☐	☐	
2		☐	☐	☐	☐	☐	☐	☐	☐	
3		☐	☐	☐	☐	☐	☐	☐	☐	
4		☐	☐	☐	☐	☐	☐	☐	☐	
5		☐	☐	☐	☐	☐	☐	☐	☐	
6		☐	☐	☐	☐	☐	☐	☐	☐	
7		☐	☐	☐	☐	☐	☐	☐	☐	
8		☐	☐	☐	☐	☐	☐	☐	☐	
9		☐	☐	☐	☐	☐	☐	☐	☐	
10		☐	☐	☐	☐	☐	☐	☐	☐	
11		☐	☐	☐	☐	☐	☐	☐	☐	
12		☐	☐	☐	☐	☐	☐	☐	☐	
13		☐	☐	☐	☐	☐	☐	☐	☐	
14		☐	☐	☐	☐	☐	☐	☐	☐	
15		☐	☐	☐	☐	☐	☐	☐	☐	
16		☐	☐	☐	☐	☐	☐	☐	☐	
17		☐	☐	☐	☐	☐	☐	☐	☐	
18		☐	☐	☐	☐	☐	☐	☐	☐	
19		☐	☐	☐	☐	☐	☐	☐	☐	
20		☐	☐	☐	☐	☐	☐	☐	☐	
21		☐	☐	☐	☐	☐	☐	☐	☐	
22		☐	☐	☐	☐	☐	☐	☐	☐	
23		☐	☐	☐	☐	☐	☐	☐	☐	
24		☐	☐	☐	☐	☐	☐	☐	☐	
25		☐	☐	☐	☐	☐	☐	☐	☐	
26		☐	☐	☐	☐	☐	☐	☐	☐	
27		☐	☐	☐	☐	☐	☐	☐	☐	
28		☐	☐	☐	☐	☐	☐	☐	☐	
29		☐	☐	☐	☐	☐	☐	☐	☐	
30		☐	☐	☐	☐	☐	☐	☐	☐	

LINES this moon ☐☐☐☐☐☐☐ Copy the counts into this moon's column on the year card. The register with the most lines leads, unless a lower one has also been sounding. Tune from the bridge up.

The practice listens and does not hunt. If you find yourself searching the day for faults, the string is being tightened past its pitch: mark the day clean and sleep.