

THE ARCHITECTURE

OF QUIET

MENTORSHIP



what the mentorship is



Tier I is called The Sound Artisan Path. It's a 3-month immersion designed to refine your inner and outer instruments, your listening, your breath, your nervous system, and your relationship with sound.

This is where you learn how to shape an experience so subtly that it feels like time slows down.

Where you learn what not to play, and how silence can become part of the healing.

what we will explore

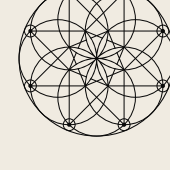
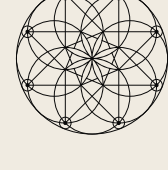


In these 12 weeks we weave together both the mystical and the technical:

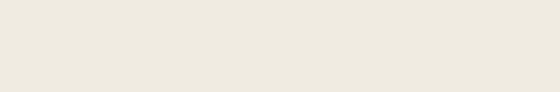
- Sensory refinement and the art of stillness
- How sound moves through space
- Quartz bowl technique -striking, circling, pressure, and checking the Hz of your bowls
- Frequency systems: chakra tones, Schumann resonance, planetary tones, solfeggio, intervals, octaves
- Breath-Work as the first frequency
- Voice work , humming, toning, and resonance
- How to choose the right bowls for a client
- Crafting binaural beats using bowls alone
- Sonic storytelling and minimalist composition
- Creating your signature sound journey

This is about becoming the

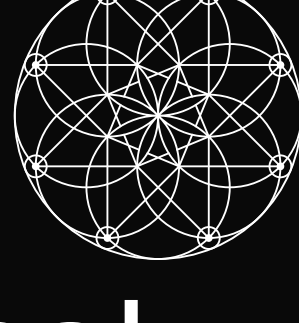
artist not just the player."



Who this is for ?



This mentorship is for people who are ready to refine their presence, deepen their craft, and step into authorship. It's for the sound healer who knows they're meant to work in a way that feels quieter, deeper, more intentional and more true.



What you'll leave with

By the end of Tier I,

you will walk away

with:

A regulated, attuned

nervous system

Technical fluency with

bowls, breath, voice, and

frequency.

The ability to create

theta-inducing, deeply

restorative sound

journeys

Confidence in shaping

space with precision and

presence

Work with Me



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a 12 week immersion in stillness, sonic presence + technical mastery

Month 1 -The Groundwork of Silence

Sensory Refinement · Ethics of Stillness · Foundation of Frequency

Week 1 : Entering Stillness & the Body as Instrument

Theme: The Primordial Quiet

Focus: Nervous system grounding, beginning technical awareness

Experiences:

- Establishing daily stillness practice + Sound Diary
- Breath as the first instrument
- Introduction to frequency sensitivity (feeling before hearing)- Common Responses to Sound - Common Interferences w/ Healing
- Recommended reading assigned: Jonathan Goldman + David R. Hawkins
- Overview: what frequency is (wavelength · resonance · entrainment) History of Sound Bowls

Technical Element Introduced:

The Heart Frequency (Heart Coherence), 432 Hz vs 440 mythos

How coherence changes the way bowls respond, "The Physics of Presence

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Week 2 - Sensory Refinement & Sonic Minimalism

Theme: Hearing With the Whole Body

Focus: Subtle perception + micro-sound architecture

Experiences:

- Depth-listening exercises
- How sound effects the body, mind + emotions
- Brainwaves + entrainment basics (alpha & theta introduction)
- How intention becomes frequency
- Introduction to Cymatics and how sound healing is connected to sacred geometry

Technical Element Introduced:

Studying the energy centers
The Studies of Dr. Masaru Emoto

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Week 3 - Ethics of Stillness & Choosing the Correct Bowl

Theme: Energetic Responsibility

Focus: Selecting bowls for sessions based on client needs

Experiences:

- The invisible agreements of facilitation
- Holding space with neutrality
- Interviewing the nervous system during client intake
- Understanding what frequencies to play from 1 conversation

Technical Element Introduced:

Chakra frequencies + bowl notes (C—B)

How to determine which bowl to use for which client

Contraindications

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Week 4 -The Architecture of People & Introduction to Scales

Theme: Sound moving through space + bitfields

Focus: Observation of people and environments to shape your sound

Experiences:

- Studying the energy of the people to set the tone for your set
- Listening to your intuition
- Mock Sound Bath (watch or observe the body)
- Masculine + Feminine Polarities, Introduction to the bio-field + vibrational body

Technical Elements Introduced:

Overview of musical scales used in healing work:

- Pentatonic (safe, open, contemplative)
- Diatonic (emotional narrative)

How different scales shift emotional pacing

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Month 2 - Crafting the Inner & Outer Instrument

Breath · Voice · Crystal Bowls · Brainwave Entrainment

Week 5 :Breath as the First Frequency + Qigong Healing Sounds

Theme: Breath as tone

Focus: Breathwork for entrainment + Organ Awareness

Experiences:

- Breath rhythms that induce alpha, theta, and delta
- Breath as pacing (how your respiration shapes the room)
- Why Qigong sounds matter
- The 6 Healing Sounds

Technical Element Introduced:

Understanding Hz in the body, heart rhythm, breathing rhythm, brainwave rhythms + Integration w/ Sound Bowls

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Week 6 - Voice as Vessel & Harmonic Resonance

Theme: Non-performing voice

Focus: Humming, toning, subtle vocals

Experiences:

- Vagal-toning through humming
- Vowel sound resonances (A · E · I · O · U)
- Seed Sound + Bija Mantras
- Layering tones with bowls

Technical Element Introduced:

Intervals: thirds, fourths, fifths /why the fifth is the “healing interval”

Octaves + “rule of halves” (frequency $\times 2$ or $\div 2$ produces the same note)

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Breath · Voice · Crystal Bowls · Brainwave Entrainment

Week 7 : The Crystal Bowl Technician

Theme: Precision meets presence

Focus: Technical skill with quartz crystal bowls

Experiences:

- Proper striking, circling, pressure & volume
- Speed control + avoiding bowl burnout
- Clearing overtone distortion
- The “gentle hand” technique for stillness-based work

Technical Element Introduced:

How to Use Crystal Bowls

How to check the frequency (Hz) of your bowls

How to identify your bowl set, note, octave, chakra association, interval relationships

Types of Bowls - Recommended instrument makers- Suppliers- Online Shops

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Breath · Voice · Crystal Bowls · Brainwave Entrainment

Week 8 : Creating Binaural Beats with Bowls

Theme: Frequency architecture

Focus: How to build brainwave states intentionally

Experiences:

- Positioning bowls to create binaural effect
- Using two bowls a specific number of Hz apart
- Theta, alpha, delta entrainment patterns
- Recording + listening back to subtle binaural fields
- Intention + frequency alignment

Technical Element Introduced:

How to calculate binaural beat differences

Using thirds/fourths/fifths to anchor emotional tone

Using octaves to stabilize the binaural field

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Month 3 - Embodied Experience Design & Sonic Storytelling

Minimalist Composition · Planetary Frequencies · Signature Style

Week 9 : Sonic Storytelling & Emotional Arc

Theme: The architecture of a journey

Focus: Building emotional narrative through minimalism

Experiences:

- 4-phase arc design (entrance, descent, expansion, return)
- Emotional pacing with quiet-toned bowls
- How silence shapes the story

Technical Element Introduced:

Introduction to Solfeggio frequencies/ what is useful, what is myth-making

Practical use of 528 Hz, 396 Hz, 639 Hz in sound design

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Week 10 : Spatial Choreography & Frequency Architecture

Theme: The facilitator as moving geometry

Focus: Crafting the physical & sonic space

Experiences:

- Walking patterns during session
- Where to place bowls for different emotional effects
- Left/right brain hemispheric placement
- High vs. low frequency placement in a room

Technical Elements Introduced:

Exploring Different Instruments/ Creating Sound from

Non-Instruments

Planetary Frequencies (Sun, Moon, Earth, Venus, Mercury, etc.)

Schumann Resonance revisited as spatial grounding tool

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Minimalist Composition · Planetary Frequencies · Signature Style

Week 11 : Embodiment, Presence & Technical Refinement

Theme: The invisible skill

Focus: Body mechanics + silent facilitation

Experiences:

- Micro-gestures and nonverbal cues
- Facilitator nervous-system hygiene
- Creating “energetic quiet” in your body
- Personalized technical refinement of bowl playing

Technical Elements Introduced:

Advanced interval use: stabilizing vs. destabilizing intervals

Shaping a field for the parasympathetic system

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Week 12 : Signature Sonic Identity & Final Composition

Theme: Authorship & mastery

Focus: Integration of art, stillness, and frequency science

Experiences:

- Identifying their unique artistic + energetic sonic style
- Creating a 20–30 minute minimalist sound journey
- Incorporating breath, voice, bowls, intervals, and silence
- Demonstration + feedback loop

Technical Elements Integrated:

All frequency systems - chakra, solfeggio, planetary, Schumann, intervals

Personal selection of recommended instruments

Intention + frequency + healing triad



what tier 1 produces

- Technical foundation with true artistry
- Ability to select the correct bowls for any client
- Deep understanding of frequency systems, without dogma
- Skill in binaural beat creation using bowls alone
- Comfort with intervals, octaves, scales, planetary tones, coherence
- Mastery of silence, presence, pacing, and spatial design
- A signature sonic identity rooted in the Architecture of Quiet



next steps

If you feel like this is a quiet yes in your body, you can apply through my website:

therealdiamondnking.org

The application lets me understand where you are in your journey and ensure the mentorship is aligned with what you need

"I trust people come to this work when they're ready to open new doorways within themselves doorways of sound, perception, and stillness.

If this path is calling you, I would be honored to explore it with you."