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SOUND RECIPE: SWEET SOUND

(POCKET VERSION)

Sound recipes are a creative and conscious approach that works on sound starting from a guiding word, orienting intention, practice, and the relationship with the instrument and oneself.

Tu Palabra - Tu Sonido ©

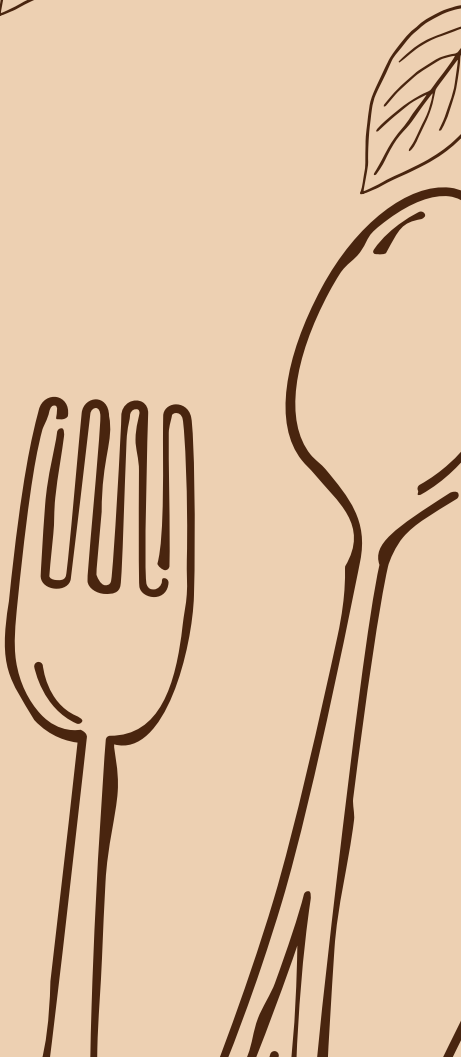
INTRODUCTION

Understanding the Sound Quality "Sweet"

The sound quality "sweet" should not be understood as a simple aesthetic characteristic of sound, but rather as an internal disposition that manifests acoustically through air, intention, and the emotional state of the performer.

From a psychoacoustic and bodily perspective, sonic sweetness is associated with stable emissions, non-invasive attacks, and balanced harmonic vibrations. In this sense, working on sweetness implies an integral process involving the emotional, physical, and musical dimensions of the musician, fostering coherence between the inner world and sound production.

In this "Pocket Version," a condensed one-week version is proposed – a first approach or "taste" of the work – while in my book *Tu Palabra- Tu Sonido* this process unfolds over four months.



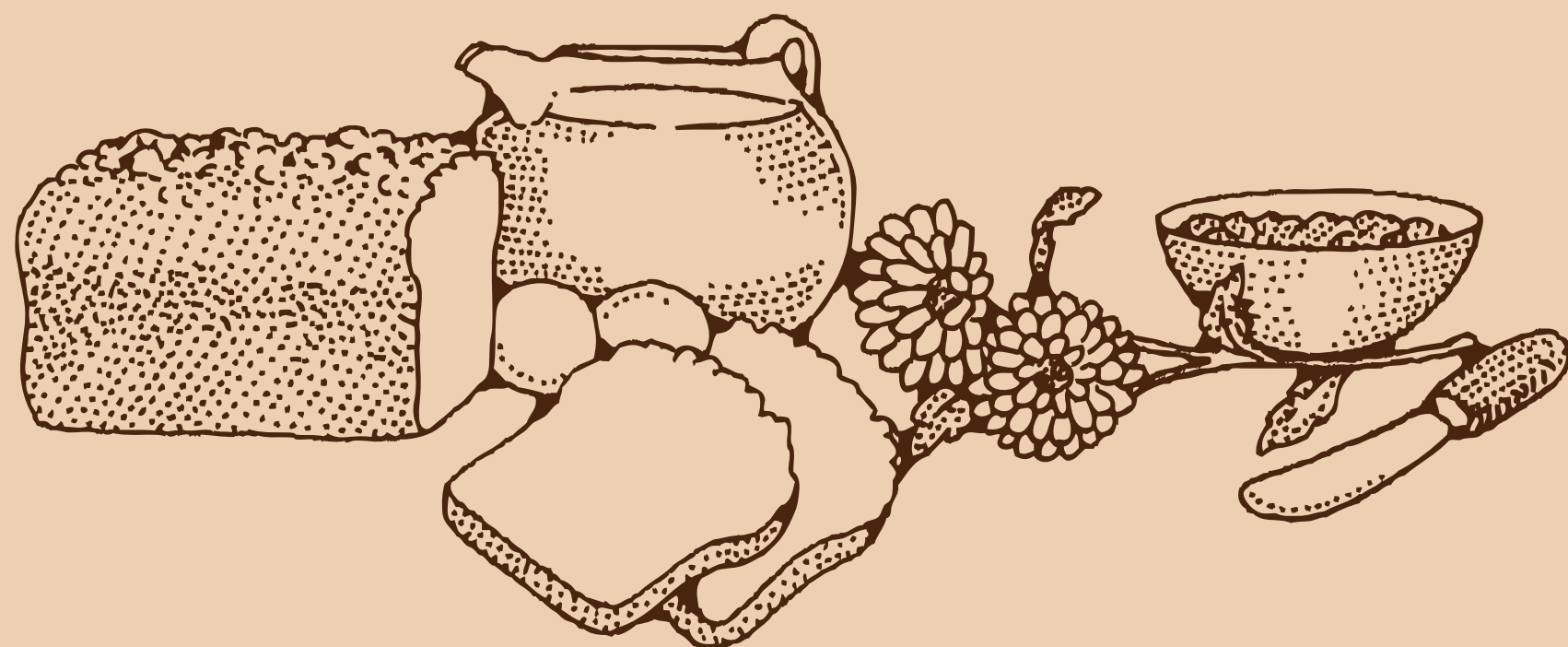
This recipe can be practiced and experienced by any musician, adapting the repertoire section to works specific to their instrument and exploring the quality of sweetness within their own sonic language.



Each instrument offers a different path of access, a particular material and resonance from which this practice can unfold.



At the same time, you are invited to open a listening space and allow yourself to be transported by the sound of the flute, listening to the suggested pieces. This can expand your perception and enrich your own sonic experience.





Ingredients

The following self-observation questions should accompany the musician throughout the entire working process. Their function is to promote continuous and conscious observation:

- What is sweetness for me?
- Is sweetness present in my daily life?
- What human gestures do I associate with sweetness?
- Can I link sweetness with a specific emotional state?



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1. Conscious affirmations in front of the mirror
 2. Self-acceptance, reduced self-criticism, and the confidence to express oneself
 3. Writing
 4. Let's start cooking!
 5. Body awareness and contact
 6. Breathing exercises
 7. Instrumental application



Conscious affirmations in front of the mirror

Every morning, you will say five phrases in front of the mirror that evoke sweetness toward yourself.

These same phrases will remain throughout the entire week. Mirror practice intensifies psychological impact, as it involves direct recognition of one's own image and inner dialogue.

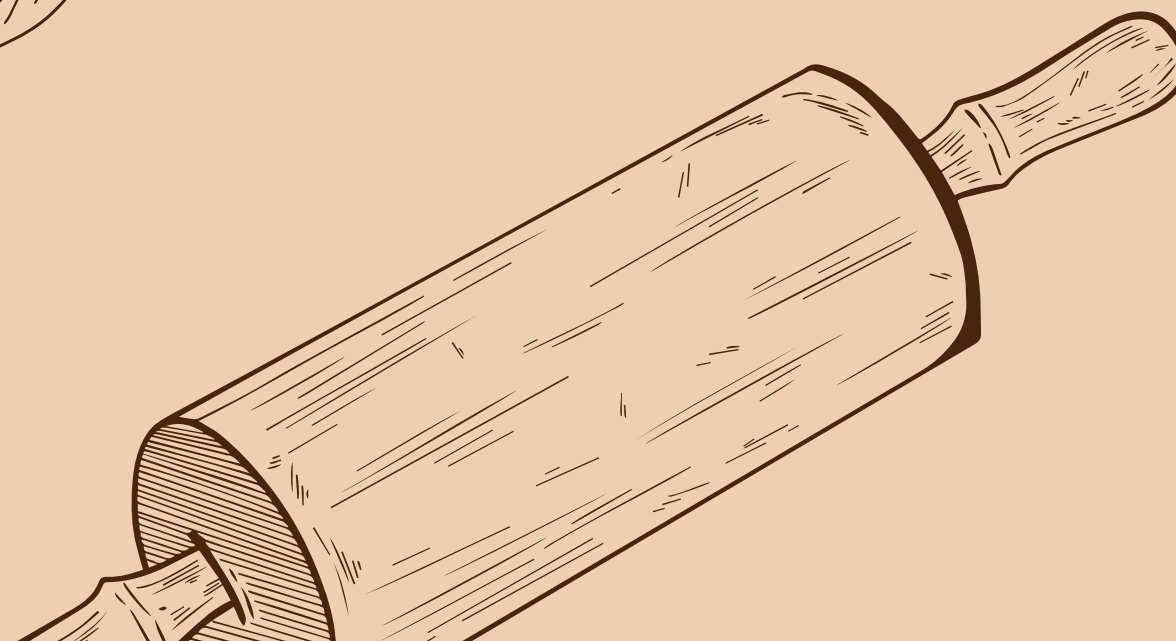
You are also encouraged to record yourself saying the five phrases and listen to them throughout the day, in moments that do not require active attention – for example, while walking, in the park, on transport, or in everyday situations.

In cognitive psychology and affective neuroscience, self-talk is a self-regulation tool: it influences emotional regulation, decision-making, and adaptation to challenging situations.



Some examples of affirmations

01. **I welcome with sweetness the parts of me that are still in the process of healing.**
02. **I allow myself to feel the subtleties around me**
03. **I inhabit my body with sweetness**
04. **I recognize my worth and accept myself as I am**
05. **I'm proud of my music**



Self-acceptance, reduced self-criticism, and the confidence to express oneself

Many people have learned how to demand, correct, and push themselves, but not how to treat themselves with kindness. Over time, this can create constant self-criticism, difficulty receiving, discomfort with being seen, and a feeling of not fully deserving what is good.

From affective neuroscience, we know that repeated experiences of care, recognition, and safety influence the regulation of the nervous system and the way a person perceives themselves. In the same way, repeated inner harshness, guilt, or self-judgment also strengthen certain emotional circuits.

The Sweet Sound recipe invites you to begin transforming these patterns through small concrete actions that support self-acceptance, reduce self-criticism, and develop greater confidence in self-expression.

The following activities do not seek superficiality or indulgence, but rather to create new inner experiences: allowing yourself to receive beauty, dedicating quality time to yourself, presenting yourself with dignity, and learning to accept recognition without guilt. They are simple gestures, yet deeply re-educative for the emotional system

Suggested activities for the week

01. **Accept every compliment you receive.**

This might be difficult at first, and you'll encounter a lot of resistance—great! We've hit a nerve; take note!

02. **Give yourself your favorite flower**

Yes, even if you're a man, there's nothing wrong with that.

03. **Allow conscious rest everyday without guilt (10 minutes or more)**

You don't have to be active, productive, or constantly doing things to feel like you matter—you “are” enough without having to do anything.

Enjoy yourself!

04. **Dress beautifully for yourself**

Feel good about yourself—buy yourself a pretty dress or a great pair of jeans to wear just for yourself, not for a date you have or someone you're going to see.

Each day, appreciate yourself and dress with love, without hiding and without shame



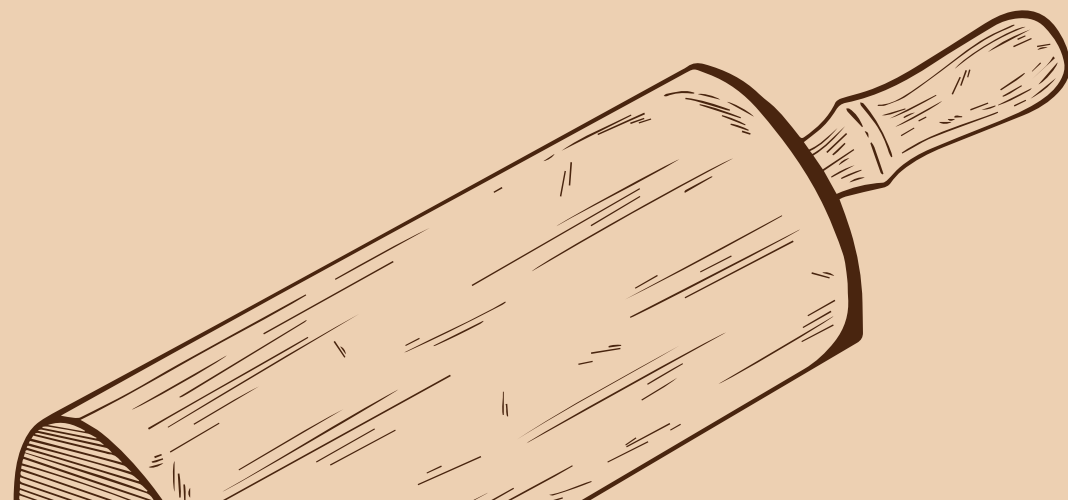
Writing

Writing about your emotions is an act of self-knowledge and conscious creation. Writing allows form to be given to what would otherwise remain diffuse or unconscious.

As a practice, **write two letters** addressed to yourself and place them in a visible place. Each morning, choose one and read it upon waking. This simple gesture opens a space for encountering yourself.

If the exercise generates discomfort or resistance, observe it without judgment.

These resistances may reveal sensitive aspects of your emotional world and offer a deeper understanding of your relationship with yourself.



*memory, called
are favorite. You
and called hybrid ge
Empire is vision
in 1911...*

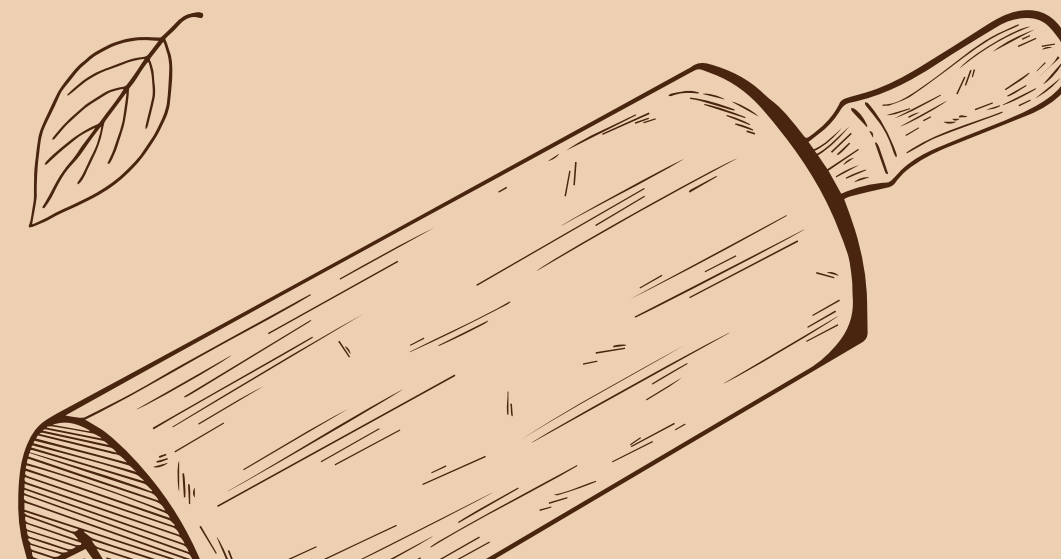
Let's Start Cooking



The way you care for yourself reflects your inner dialogue. For example, it is common to dedicate time and attention to cooking for others while neglecting your own daily nourishment. This is not about investing large amounts of time, but about transforming the quality of your attention.

Prepare at least one meal a day with intention and awareness; this is a concrete practice of self-care and personal recognition.

Set the table with a beautiful tablecloth, use the dishes reserved for “special occasions,” and create a space worthy of care. The reason is simple yet profound: you yourself are also a valuable occasion every day.



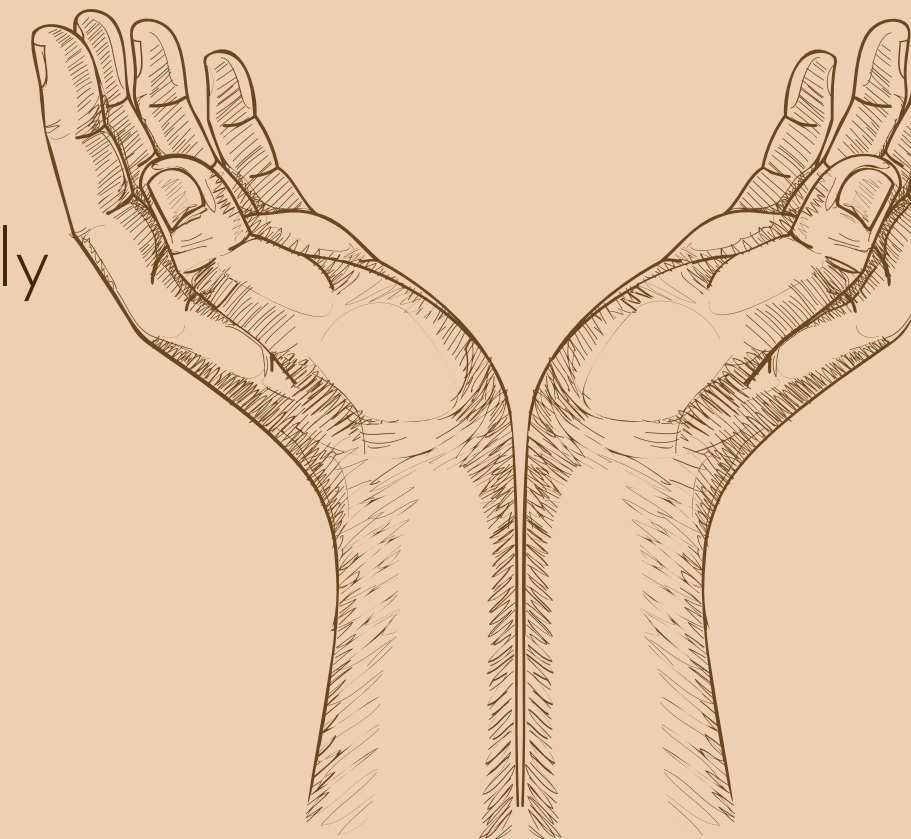
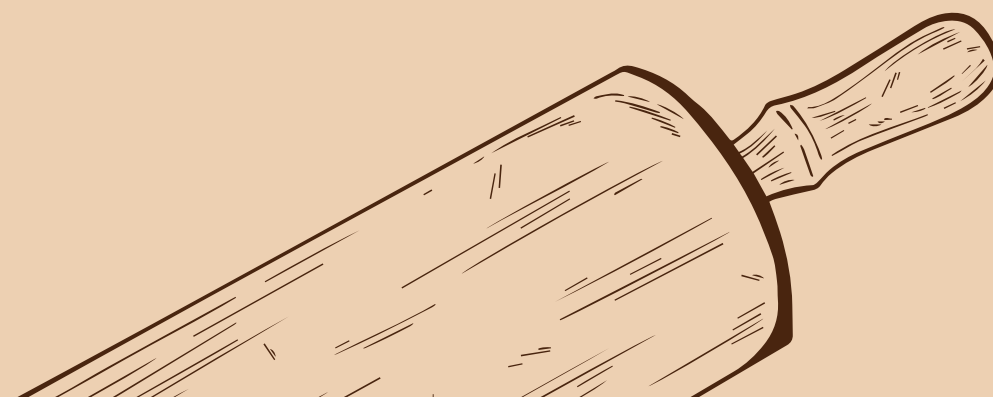
Body Awareness and Contact



The body is a fundamental channel for emotional integration. Practices such as a relaxing massage or conscious self-massage allow sweetness to be experienced through a sensory and bodily dimension.

For those who find this type of contact with another person difficult at the beginning, you can start with simple actions, such as giving yourself a foot massage before going to sleep, using essential oils such as orange (*Citrus sinensis*). Caution: it should always be diluted in a carrier oil; do not use it pure on sensitive skin, and avoid sun exposure, as it may be photosensitive.

This oil is a natural relaxant for the nervous system. It has a calming and mild anxiolytic effect, helping to reduce nervous tension and mild stress. Do you know how far your feet have carried you? This small but meaningful act supports bodily reconnection and helps regulate the nervous system.



Breathing Exercises

Breathing is one of the most direct practices for internal regulation. Becoming aware of it helps calm the mind, stabilize the nervous system, and reconnect with the body.

In the musical context, **breathing** takes on an even deeper dimension: it is the bridge between inner dialogue and sound. The air that passes through the body and transforms into sound carries not only physical energy, but also the emotional and mental state of the performer.

"4-7-8" Breathing: practice it before going to sleep. Do between 6 and 10 cycles. After a few days or weeks, you may gradually increase the number.

These processes are very personal; the most important thing is consistency. Even if you only manage 6 cycles but do them every day, you have already gained something meaningful.

"4-7-8" Breathing

Do a set of 6 to 10 repetitions

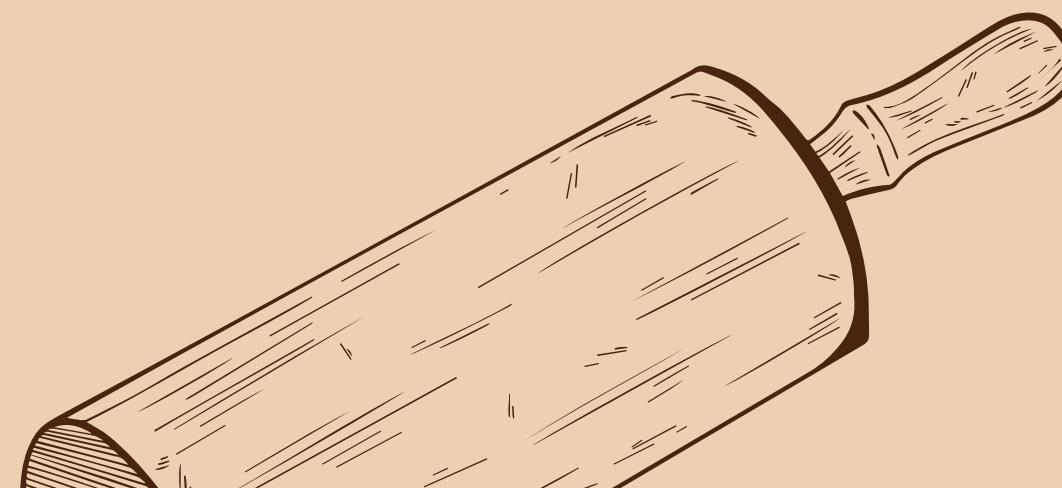
Keep the tip of your tongue against the tissue just behind your upper front teeth throughout the exercise

01. Inhale for 4 seconds

02. Hold for 7 seconds

03. Exhale through your mouth for 8 seconds, making a soft hissing sound: "sshhh".

04. Start the cycle immediately; don't pause between exhaling and the next inhalation



Examples of exercises



INSTRUMENTAL APPLICATION

01. Long tones with intention

I know you are familiar with long tones, but are you familiar with long tones with intention?

In this context, long tones are practiced with imaginative intention: the performer projects the vibration of the word "sweetness" into the sound. If the mind wanders, the exercise should be calmly restarted, reinforcing the connection between breath, intention, and sound.

03. Cantabile phrases. *Tone Development Through Interpretation* – Marcel Moyse

I consider this book a true gem and highly recommend it.

Choose one phrase/exercise each day and play it as if singing through the flute. Focus on breath, connection, legato, and a warm sweet sound.

02. Harmonics and sound refinement

The book *La technique d'embouchure* by Philippe Bernold is recommended.

If you do not have this book, use the one you already have.

If harmonics are already part of your routine, simply change the intention. Do not underestimate this aspect.

Seek the sweetness within the note!



04. The Classics That Cannot Be Missing

Paul Taffanel - 17 Grands exercices journaliers de mécanisme

Choose one or two exercises and work on them throughout the week.

You've probably practiced them many times before, but the focus here isn't on repetition—it's on intention. They serve not only as a technical foundation but also as a space to consciously integrate the tonal quality you're exploring.

05. Suggested Repertoire

Each performer is free to choose the piece they wish to work on during the week, guided by the emotional response it evokes when they listen to it.

Repertoire

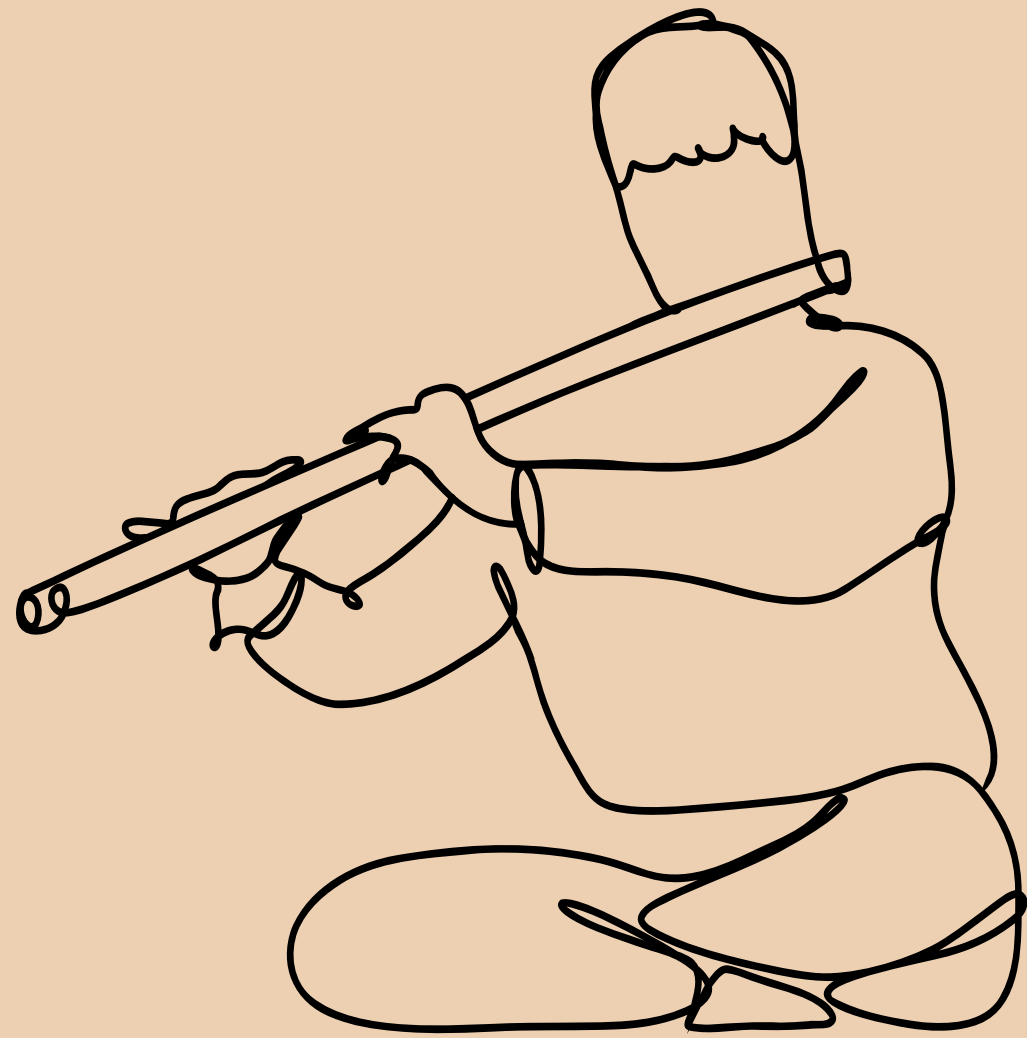


Philippe Gaubert - Madrigal

A lyrical piece that emphasizes soft attacks, lightness, and a flowing melody, as well as finesse and delicacy.

Pyotr Ilyich Tchaikovsky- Symphony No. 4 in F minor, 2nd. movement.

The "Andantino in modo di Canzona" is a movement characterized by its melodic, introspective, and deeply nostalgic nature. The opening oboe solo immediately establishes an intimate, delicate, and human atmosphere. Listen to it without the score (whether you know it or not). The flute part could serve as your sound exercise for one of your study weeks, for example.

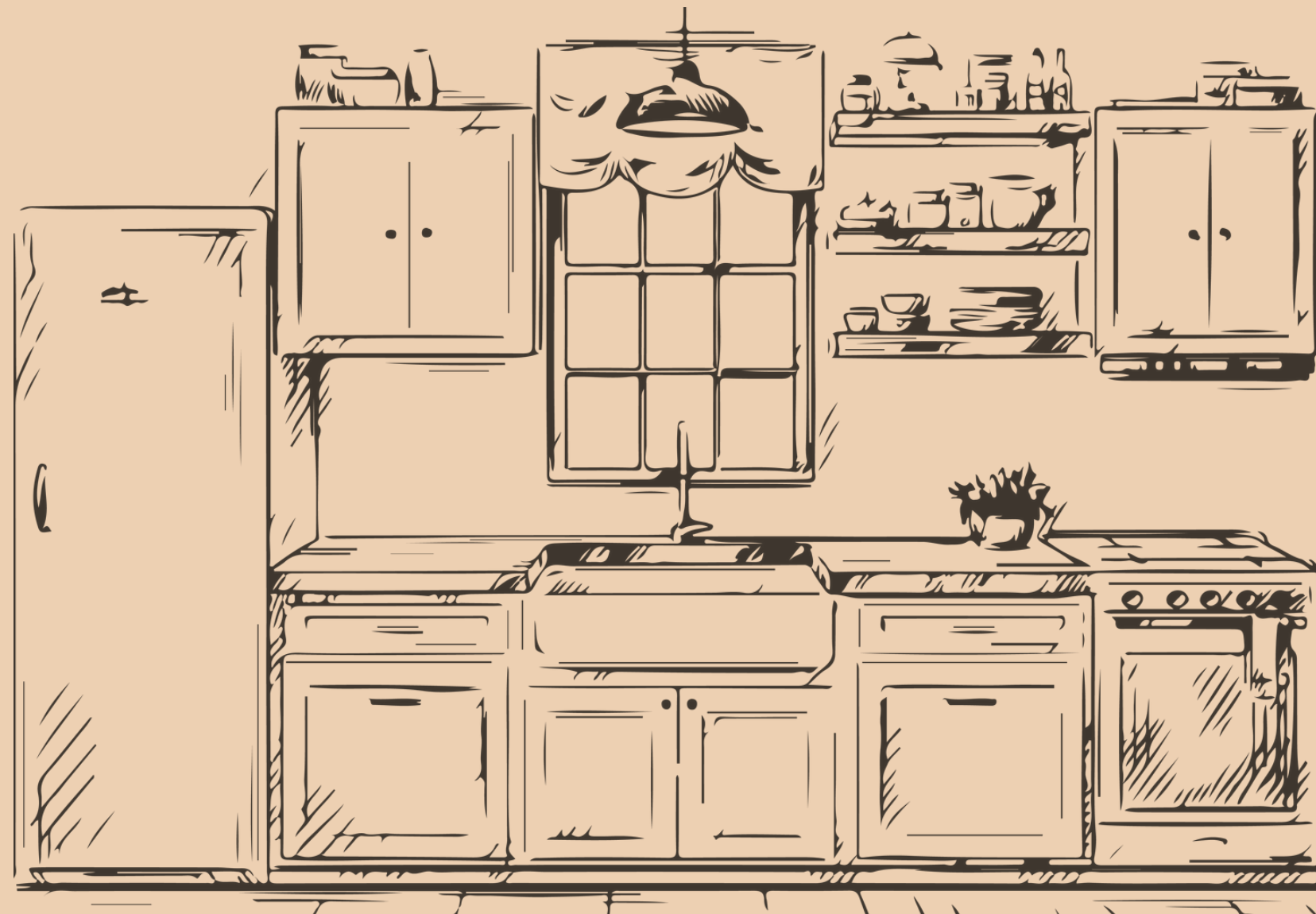


Gabriel Fauré - Après un rêve (arrangement for flute and piano)

Originally composed for voice and piano, based on a poem by Romain Bussine. The lyrical, sustained melody fosters a sweet, cantabile sound. Read the poem too—we all dream!

J. S. Bach Flute sonata in E minor (BWV 1034) "Andante"

A lyrical and balanced movement that emphasizes the stability of the melody, the structural clarity of the phrasing, and the expression of a serene musical emotion.



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Dear Participant

I would like to invite you to briefly share your experience with the
Sound Recipe: Sweet Sound
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Your reflections are a valuable part of this project, as they allow the experience to expand and resonate beyond the individual process.

With your permission, some excerpts from your feedback may be published on our respective websites, within the project section. These may be shared anonymously or with your name, according to your preference.
(add the page link here)

If you agree, please indicate your authorization in your response. You may send your feedback to: nataliaoddivergnani@gmail.com

I sincerely thank you for your openness and participation.

