

WallHush

User Guide — every control, and what it does

Version 2.0 · macOS 12 Monterey or later

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The one idea worth knowing first. WallHush shows one of two things on your desktop: a **wallpaper scene**, or the **Wizard Realm**. They are separate modes, not two packs in the same list. Entering the realm stops the wallpaper entirely; leaving it puts back the exact scene you were on, still drifting if it was drifting.

01 How WallHush is put together

WallHush has no dock icon and no main window. It lives in the menu bar, paints your desktop, and opens one **studio window** that every screen shares — navigating between screens keeps each one's state, so a half-built session or export is still there when you come back.

The three places controls live

The menu bar	The moon in your menu bar. Everything starts here: the four studio screens, the whole Wallpaper submenu, the planner, Settings, and Quit.
The edge tab	A slim grip on the right edge of every screen. Hover it and it slides open with the app menu plus close / minimize / zoom for the studio window. It joins every Space and floats over full-screen apps, so WallHush is one flick away from any app. Turn it off with Menu ▸ Edge Controls.
The realm drawer	A gold seam on the left edge, present <i>only</i> while the Wizard Realm is on your desktop. Rest the pointer against it (or click it) and the realm menu slides out. On any other scene that edge is dead and the seam is gone.

Two builds

WallHush	The standard app. Everything in this guide except the Desktop Light Network.
WallHush (Full)	Adds the Desktop Light Network , which needs Accessibility permission to see where your desktop icons are. In the standard build that section of Settings offers Corner Lightning instead, which needs no permissions.

Where your data lives

Everything — notes, quests, journal, habits, license — stays on your Mac. Nothing is uploaded, and the app makes exactly one kind of network request: license activation, when you enter a key. Calendar events are written to your own Calendar app through macOS, with your permission.

Your first run

An app with no dock icon and no window is disorienting for about a minute, so the first launch spends that minute on you. None of it is compulsory and none of it comes back uninvited.

The welcome panel

Opens once, on first launch, and stays until you close it with the X. It says the one thing that matters — everything in WallHush is in the menu — and points at both ways to open it.

The arrows

Two of them, aimed at the moon in your menu bar and at the tab on the right edge of the screen. They do the same thing; you only need one. The arrows go away once you have opened the menu.

Learn as you go

The brain icon. Switch it on and every control in the app explains itself when you rest the pointer on it — a sentence on what it does, not a label repeating its own name. Switch it off when you are done and the app goes quiet. It is off by default and you can turn it back on at any time.

How to Control Your Desktop

A click-through guide to the parts you cannot see: where the menu is, how notes get onto the wallpaper, how scenes change. It also lives in the menu permanently, so it is there the third time you need it, not just the first. Close it any time with the X in its corner.

Nothing here is a tutorial you have to finish. Say no to all of it and the app behaves normally; the guide stays in the menu for whenever you want it. Nothing is gated behind completing anything.

02 The menu-bar menu

Click the moon in the menu bar. Keys shown are the shortcuts while the menu is open.

Binaural Generator... B	The sound screen: binaural beats, isochronic tones, ambience, presets, session length, and audio export.
Export Video... E	Render any set of scenes to an MP4, with transitions and optional binaural audio.
Quest Ledger... W	The Wakelands ledger: your bound quests, their maps, time-boxes and deadlines.
Wizard Realm... R	Opens the gate — the realm's front door. It does not switch scenes like a pack; it takes you to the panel where you choose how to enter.
Wallpaper ▸	Everything about the live desktop animation. Covered in chapter 3.
Brain Dump & Schedule... D	The planner: brain dump, journal, habits and calendar.
Settings... ,	License, notes & Scene Studio, light network, audio-reactive wallpaper, Quick Keys.
Edge Controls	Checkbox. Shows or hides the slim control tab on the right edge of the screen. On by default.
Quit WallHush Q	Quits. The wallpaper stops and your normal macOS desktop picture returns.

03 Wallpaper — scenes, packs & drifting

95 scenes in 8 packs. A scene is a live animation drawn behind your icons, not a video loop — it never repeats and never stutters. The first three packs — Lo-Fi Nature, Cozy Lo-Fi and Tropical Oasis, 30 scenes — are free; the other five unlock with Pro and are marked PRO in the menu.

Menu ▸ Wallpaper

Now Showing

The first line of the submenu, reporting the scene and pack currently on your desktop. It refreshes each time you open the menu, so it stays right while drifting.

Auto-Cycle (every 15s) ▸

Off holds the current scene. **All Scenes** drifts through everything. Below those, one row per pack — click a pack name to drift through just that pack.

Scene ▸ pack ▸

Hover a pack to see its scenes. Click a scene name to show it and stop the drift. ▸ **Cycle This Pack** at the top of the list starts drifting through that pack instead.

The “–” boxes

Every scene row and every pack row in Auto-Cycle carries a small box on the right. Mark it and that scene (or that whole pack) is struck from the drift — you can still pick it by hand. Mark it again to bring it back.

The “–” on a pack row (under Scene)

Removes the pack from the menu **and** from the drift, so a pack you've taken out never reappears on your desktop. If you were drifting through that pack, WallHush falls back to the full drift.

Show Hidden Packs (n)

Appears once you've removed at least one pack. Puts them all back in the menu.

Animate Only on Desktop (saves CPU)

Checkbox. The animation pauses whenever a window covers it, and resumes when you can see your desktop again. Leave it on unless you want motion behind transparent windows.

Pause Animation P

Freezes the scene exactly where it is. Click again to resume.

Turn Off Scenes — Show My Desktop Picture

Takes WallHush's wallpaper away entirely so your own macOS desktop picture shows through, with a checkmark next to it while it is on. Different from **Pause Animation**, which freezes a WallHush scene but still shows it. Everything else keeps working over your own background — notes, the Desktop Light Network, the generator, the realm. Click again to bring the scenes back to exactly where you left them.

The reset. *Auto-Cycle ▸ All Scenes* means all of them: choosing it restores every pack you removed from the menu and unstrikes every scene you struck. It is the one click back to a full menu, so you can prune freely without having to remember what you pruned.

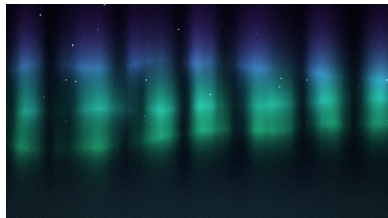
The packs

Lo-Fi Nature 10 scenes — soft outdoor light, drifting weather.

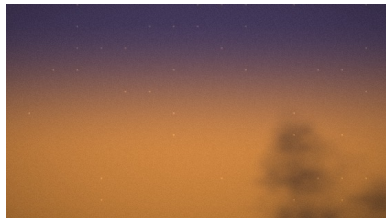
Cozy Lo-Fi 10 scenes — warm interiors and low lamplight.

Tropical Oasis 10 scenes — water, palms, long horizons.

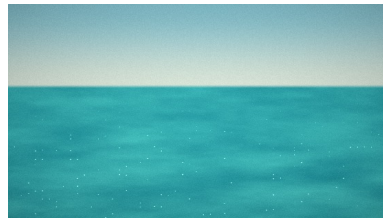
Retro Future	10 scenes — chrome, grids and sunset synth.
Kinetic	10 scenes — geometry in slow motion.
Tartaria	20 scenes — white cities, colossi and impossible architecture. The largest pack.
Arcanum	15 scenes — drifting spell-motes, rune rings and ley-light. Pairs with the productivity features.
Lazy Potato	10 scenes — the quiet, silly ones.



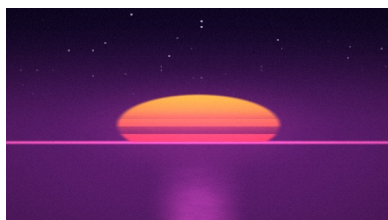
Lo-Fi Nature



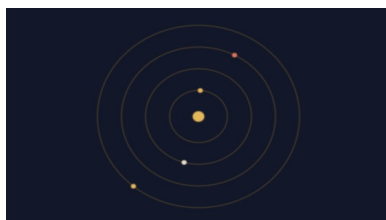
Cozy Lo-Fi



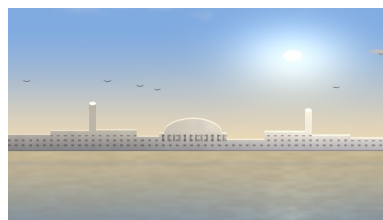
Tropical Oasis



Retro Future



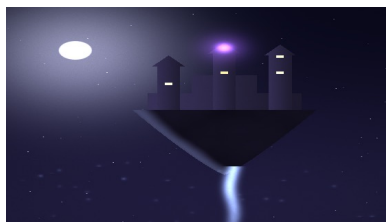
Kinetic



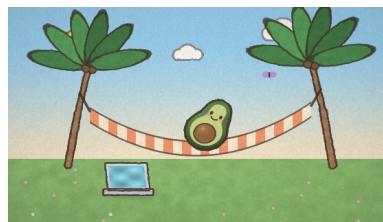
Tartaria



Tartaria



Arcanum



Lazy Potato

04 Binaural Generator

Two tones, one in each ear, a few Hz apart — your brain hears the difference as a slow pulse. Wear headphones. The screen is two columns: the beat on the left, the sound on the right, with a transport footer underneath.

Undo & redo

Undo ⌘Z

Back to the settings you had before your last change. It sits at the top right of the controls column whether or not there's anything to undo, and dims when there isn't. It goes back as far as you've clicked, up to 80 steps. A drag of one slider is a single step — not one per pixel — and a click that changed nothing is skipped.

Redo ⇧⌘Z

Appears next to Undo the moment you undo something, and puts it back. Making a fresh change after undoing drops the redo trail, as everywhere else.

What it covers

Everything a click changes: mode, beat and carrier, waveforms and the blend, ambience and layers, per-sound volumes, presets, library picks, tempo, rhythm, metronome and session length. Playback and export are left alone — undoing never stops your session or rewinds a render.

Modes — the row at the top

Isochronic Tone

One tone switched on and off rather than two detuned tones. Works through speakers, where a binaural beat does not. Click it again to return to binaural.

Producer Mode PRO

Adds a musician's toolkit: the band tabs become **waveform** tabs (below), **Tempo** locks the pulse to a BPM, the Pulse slider becomes a **Rhythm** ladder of note subdivisions, and a **Metro** click sits over everything.

Record (hum a note)

The blue Record button in the mode row. Hum or sing the pitch you want and the carrier moves to it. The button turns red while it listens; hold a steady note and WallHush tells you the moment it has it ("220 Hz · A3"), sets the carrier, and sends a notification if you have those on. Hum another note to change it; click Record again to stop. The small Record beside the Carrier (or Tone) slider is the same control. Headphones help if a session is already playing. It works in every mode, and nothing you hum leaves your Mac.

Library PRO

Opens the **Library of Frequencies** — 100 named frequencies. The window grows to full screen and the list appears below. Click a row to make it the beat; tick the box on its left to pin it as the **carrier** instead, which stays put while you tune the beat.

The beat

Band tabs

Delta, Theta, Alpha, Beta, Gamma. One click drops the beat into that band. The label under the tabs names the band and what it's for.

Pulse (Beat)

The beat frequency in Hz — the slow throb you actually feel. The slider covers 0.1–100 Hz; the number field goes higher, and the carrier lifts itself to keep the pair audible.

Rhythm (Producer)	Replaces Pulse while Tempo is engaged: a ladder of musical subdivisions of your BPM instead of raw Hz.
Carrier	The pitch the beat rides on — the tone you hear. 30–900 Hz on the slider; the field reaches the whole library.
Waveform tabs (Producer)	In Producer Mode the five band tabs are replaced by six waveforms, softest to hardest: Sine (pure, no edge), Triangle (soft, reedy), Hollow (woody, dark), Warm Square (full, rounded), Saw (bright, cutting) and Harmonics (organ-like). This shapes the tone itself. Switching is live — the phase carries on, so the timbre changes mid-note without a click, and every shape is level-matched so you can compare them without the volume jumping. The band your pulse sits in is still named in the readout underneath.
Two at once	Click a second waveform and both stay lit — a blend wheel appears under the tabs. Drag it to move between the two shapes: all the way left is the first, all the way right is the second, and the percentage reads in the middle. ↶-drag for fine control. Click either lit tab to drop that half and go back to a single wave; clicking a third shape while blending replaces the right-hand one.
BPM / Tempo / Metro	Producer Mode only. Type a tempo or drag the small slider (40–300), and click Metro for a quarter-note click over the mix.
The sound	
Beat Vol	How loud the tones themselves are.
Ambience	Rain, wind, crickets and more — layer as many as you like. Each fades in and out live, so switching one on never clicks.
Amb Vol	Volume for the ambience layer, independent of the tones.
Meditative Layers PRO	Gong, singing bowl, tanpura and others, struck sparingly over the mix.
Tone (the – / + under each sound)	A tilt for that one source: dark on the left, bright on the right, flat in the middle. Six notches either way. It leans the sound's weight between low and high without touching what makes it itself — rain still sounds like rain, just further away or closer. Dead centre is bypassed completely, so “flat” really is untouched.
Space	One control for how much room everything sits in, dry through to a wide hall. It moves the size of the room and how much of it you hear together, because that is one idea to a listener even though it is two numbers underneath.
Master EQ	Three bands over the whole mix — low, mid and high, ± 12 dB each. Any band left at 0 is bypassed rather than run flat, so an untouched EQ changes nothing at all. Use it to take the edge off a long session, or to lift a bed that is sitting too far under the tones.
Presets	One-click starting points. Applying one sets every control at once — nothing is hidden from you afterwards.
Session Length	How long playback runs before it stops itself. Quick buttons, or type hours and minutes for anything up to 24 h. Free sessions cap at 10 minutes.

Wind-Down narration

When a wind-down meditation has been composed from your journal, it loads here and plays over the mix — and exports with it. The X removes it.

Automate Sounds PRO

Collapsed by default, and you never have to open it. What it does is let the session change on its own while you are not listening for changes — the beat stepping down through the bands across an hour, the room slowly opening, the bed swapping to something else before you got tired of it. Set it once and it runs for the rest of the session without ever announcing itself.

Lanes

Each parameter gets a **lane**, and each lane has two controls: what it is doing, and how fast. The range is drawn on the parameter's own bar, with the live value moving inside it, so you can see where it is and where it can go at a glance.

Fixed

The lane is off. The parameter stays exactly where you left it. This is the default for everything.

Drift

Wanders inside the range, forever, never arriving. Good for a bed that should keep breathing without ever resolving.

Journey

Moves from one end of the range to the other across a stretch of the session, then hands over to a drift. Use it for an arc — bright to dark, near to far.

Plateau (beat only)

Holds at a band, glides to the next, holds again. Deliberately not a smooth slide: the following response needs to sit at a rate for a while to have anything to follow.

Pace

How long one cycle takes, in minutes — never Hz, because a cycle time is a duration to a person. 90 seconds to 20 minutes. Every lane is automatically nudged onto a different period from the others, so they never line up and pulse together.

Rotate Sounds**Ambience / Layers**

Two separate rotations, never merged. Ambience beds cycle among themselves and meditative layers among themselves — a merged pool could deal you three gongs and no bed, which is not an environment, it is an accident.

Every

Roughly how long each sound holds before the next comes in. It is a target, not a stopwatch: a struck layer waits for the gap after its strike has decayed rather than being cut off mid-tail.

n at a time

How many of that pool play together at any moment.

In order / Shuffled

Shuffled never repeats a sound until the others have had a turn — including across the seam, so you never hear the same gong twice running.

The chips

Click a sound to put it in the rotation or take it out. Lit means it is in.

Levels look after themselves. When several lanes raise the volume at once, each one can be inside its own range while the sum is not. WallHush trims what the automation asked for — never a level you set by hand — and holds the 2–5 kHz band under a hard cap, because that is the part that turns a long session from restful to tiring. If a rotation would need more voices than it can run cleanly, it says which sound to turn off rather than silently thinning the mix.

Presets and the seed

Endless Drift	Everything wandering slowly. No destination.
Descend	Beat steps Alpha down to Delta, tone darkens, space opens.
Tide	A slow swell in and out across volume and space.
Dissolve	Thins toward near-silence by the end of the session.
Settle	Busy for the first few minutes, then progressively slower.
Seed	The six characters next to the On switch. One number behind everything that varies — how each lane moves, which sound rotation deals next, and the texture of the noise itself. The same seed and the same settings give you the same session every time, live or exported. Click the arrows for a different one.

Session Length is the clock. Automation is measured against it, not against a separate duration — so setting a two-hour session stretches the whole arc over two hours rather than finishing early and sitting still.

The footer

Play / Stop	The big circle. Starts or stops the session with everything as it currently stands.
Format	WAV or AAC for export. Anything over an hour exports as AAC — a WAV that long would be enormous.
Export Audio	Renders the session to a file with a progress percentage, then offers Reveal in Finder . Free exports cap at 1 minute; Pro reaches 10 hours.
Record Session	Captures what you are actually hearing, from the moment you press it until you press stop, and asks where to save the file. Different from Export Audio , which stops playback and renders a set length offline: recording runs live, so anything you change mid-take — the carrier, a layer, the band — ends up in the file. Works in every mode. A Pro feature; takes run up to 10 hours.
Add to Video Export	Hands this session to the Export Video screen. It is not pre-rendered: the audio is rendered at export time to exactly the video's length.

05 Export Video

Render scenes to an MP4 — a single scene, a pack, or a sequence with transitions.

Scenes

The scene list	Tick any scenes you want in the export. The count at the top says how many are selected.
Pack header	Click a pack name to fold or unfold it. The fraction beside it shows how many of its scenes are ticked.
All / None / Only	All and None tick or clear that pack. Only clears everything else and selects just that pack.

Settings

Resolution	The output size, from modest up to 4K. Larger takes longer and makes a bigger file — nothing else changes.
Frame rate	Frames per second. 60 is smoothest; 30 halves the render time and the file.
Duration	Seconds <i>per scene</i> . With several scenes ticked, the finished video is this many seconds each, plus transitions.
Transition	How one scene becomes the next — a cut, or a blend. Between sets how long that blend lasts.
Fade in/out	Fades up from black at the start and down at the end. The two fields set each length.

Audio & export

Audio	Shows the session sent over from the Binaural Generator, with Remove to drop it. Its length always matches the video. Without one, the video is silent.
Export...	Starts the render, with a live percentage. When it finishes, Reveal in Finder shows you the file.
Quitting mid-export	If you try to quit or start something that would interrupt a render, WallHush asks first and defaults to Keep Exporting .

Free video exports that include audio cap at 60 seconds. Video without audio is not capped; Pro removes the cap entirely.

06 Notes on your wallpaper

A note is text pinned onto the desktop itself — behind your windows, in front of the scene. It is the app's simplest productivity feature and the one everything else feeds into.

Making and placing notes

Settings ▸ Notes & Scene Studio...	The notes screen. Add, write, style, position and delete notes. Changes appear on your desktop as you type.
Position grid	A 3×3 grid of slots — corners, edges, centre. Picking a slot also brings a note you had dragged elsewhere back onto the grid.
S / M / L	Note size.
capsule	Sets the note on a soft rounded backing, for scenes busy enough that plain text would fight the art.
font	The typeface.
Outline	Strokes each letter so the text stays readable over any scene, light or dark.
Notes show on every scene	Notes are not per-scene. What you pin stays pinned as scenes change or drift.

Move & Edit Notes on Desktop

The button in Settings (or your Quick Key) turns your desktop into an editing surface. It stays lit while active — click it again to stop.

Drag	Move any note anywhere on screen. It keeps that spot until you pick a grid slot again.
Double-click	Rewrite the note in place, right there on the desktop.
Right-click a note	Fonts, Checklist & Reminder... jumps to its settings, Edit Text (or Edit Title for a checklist), Copy Text / Copy List (⌘C), Dismiss Reminder when one is set, and Delete Note .
Right-click empty space	Add Note Here drops a new note on that exact spot, Paste as Note Here (⌘V) turns whatever you copied into one, Copy All Notes takes the lot, and Notes & Fonts in Settings... opens the full screen.
Export...	Top of the Notes screen (and on any desktop note's right-click menu). Two steps: pick which notes — one, several, or Select all — then pick what to make of them. The formats are multi-select: Word document (a real .doc, openable in Word, Pages or Google Docs), Plain text note (.txt), Calendar file (.ics, where your checklist items become to-dos rather than fake appointments, and a note with a reminder also becomes one event), and Copy the text straight to the clipboard. Tick as many as you want and click Done — you pick one name and folder, and each format is saved beside the others.

Copying text out

A note copies as plain text; a checklist copies as its title plus one [x]/[] line per item — paste it straight into a message, a doc, or another list app. Paste it back and WallHush rebuilds the checklist, ticks and all. Bullets from other apps (-, *, •) are understood too. The Quest Ledger has a copy button on every quest, and quest titles, task rows and everything the Waykeeper says can be selected and copied directly.

Done Editing Notes

Last item in either menu — leaves edit mode and hands the desktop back.

Checklists

Turn this note into a tickable checklist

The switch on a note in the notes screen. The note becomes a title with items under it, and a done/total count.

Item rows

Tick, edit, add and remove items. Ticks show on the desktop immediately.

Dragging files in

A row dragged in from Finder keeps its file's icon.

Bind to a map

A checklist can become a quest — see chapter 10. Bound lists show the map's name instead of the bind button.

Suggested notes

Pulled from your planner — brain dump lines and clear to-dos found in recent journal entries. **Apply** pins one for real; ✕ dismisses it for good.

07 Capture — bring things in

You saw a recipe, a workout, somewhere worth going. Capture takes the screenshot or screen recording you already made, reads what is in it, and turns it into a note that is on your wallpaper and in your week — without you having to find the original again.

You bring the file; WallHush never goes and gets one. Paste a link and it is kept as a bookmark so the note can reopen the original later — the app does not follow it, download from it, or contact the site. Everything below happens on your Mac.

Four ways in

Import...	The button at the top of the notes screen. Takes videos (.mov, .mp4) and images (.png, .jpg, .heic, .tiff) — a screenshot or a screen recording is ideal.
Drag and drop	Drop a file straight onto the notes screen.
Paste	A screenshot usually lives on the clipboard before it is ever a file. Paste works there too.
Capture Screen Region	A Quick Key. Draw a box around anything on screen and its text is pulled out for you — the fastest route when the thing you want is in a browser window right now. Set the key in Settings ▸ Quick Keys.

Choosing what to keep

Frames (video only)	A strip of stills from across the recording, each labelled with its time. Tick the ones worth keeping — All and None select the lot or clear them. Portrait phone recordings stay the right way up.
What was said	For a video with speech, the transcript, with the engine that heard it named underneath. It is ordinary editable text — fix it, cut it, keep the part you want.
Recognised text	Words read off the pictures themselves. Social video puts a lot of its information on screen rather than in the audio, so this is often where the ingredients actually are. Put the recognised text in the note adds it; leave it off and nothing is forced in. If nothing legible was found it says so, and you can type your own.
Link	Paste the original post's address. Saved as a bookmark only — nothing is fetched.

What it becomes

WallHush reads the words and lays them out as one of four kinds. It picks conservatively: when a capture is ambiguous it stays a plain note rather than guessing a shape and getting it wrong. You can always change the kind yourself, and every field stays editable — what you get is a first draft, not a verdict.

Recipe	Ingredients and steps, as a tickable list.
Routine	Exercises with their sets, reps and times.

Place	The name and address, with Open in Maps .
Note	A title, a tidy summary, and anything to do.
Add to wallpaper	Pins the finished capture as a note. It is a normal wallpaper note from then on — same styling, same dragging, same ticking.
Add as it is	Skips the tidying and keeps the raw text.
Put this in my calendar	Sends it to your calendar. If the words carried a day or time — “Thursday”, “7pm” — that is the slot it suggests.
Lines starting []	Anything you write beginning with a pair of brackets becomes a tickable item, in a capture exactly as in any other note.

Where the files live. Imported pictures and chosen frames are copied into WallHush’s own folder, so the note keeps working if you move or delete the original. Deleting the note deletes its pictures with it. Nothing is uploaded, and the transcript is produced by Apple’s offline recognition — your Mac does the listening.

08 Scene Studio

The second tab of Notes & Scene Studio. Seven knobs that regrade any scene live — everything saves as you drag, per scene.

Pack / Scene	Choose which scene you're grading.
Motion	How fast the scene moves. All the way down is near-still — useful for a scene you love that distracts you at full speed.
Brightness	Overall light level.
Contrast	The distance between the darks and the lights.
Warmth	Pushes the whole image toward amber or toward blue.
Hue Shift	Rotates every colour in the scene — the cheapest way to get a scene you haven't seen before.
Color Intensity	Saturation, from grey to vivid.
Film Grain	Adds fine grain. A little stops flat gradients from banding on large displays.
Apply these settings to all scenes	Takes the current seven values across the whole library, rather than this one scene.
Reset Scene / Reset All Scenes	Back to how the scene shipped — this one, or every one.

Scene Studio settings survive drifting, quitting and updates. If a scene ever looks wrong, **Reset Scene** is the fastest answer.

09 Desktop Light Network

WallHush (Full) only. Connects every icon on your real desktop with a flowing web of light, so your files lift off the wallpaper instead of sitting on it. It routes the shortest connections itself and updates live as you add, move or delete files.

Desktop Light Network	The checkbox that turns it on. The first time, macOS asks for Accessibility permission — the app needs it to see where your icons are, and it reads nothing else.
Design	Six looks, all with the same behaviour: 1 Liquid , 2 Neon Flow , 3 Liquid Web , 4 Electric , 5 Echo , 6 ESP . The line under the picker describes whichever one is selected.
Edit Light Nodes	Stays lit while active. Drag between two desktop items to draw your own connection; drag between the same two again to remove it. While it is on, clicking an icon wires it instead of opening it.
Reset to Automatic Routing	Throws away your hand-drawn web and goes back to the shortest automatic routing.
Grant Accessibility Access...	Appears with an orange warning if the network is on but permission hasn't been given. Opens the right pane of System Settings.
Corner Lightning	The standard build's version, in the same place: arcs of Tesla-style electricity across the corners of the screen, over any scene. No permissions needed.

10 Brain Dump & Schedule

Four tabs — ■1 to ■4 move between them.

Brain Dump ☞1

The list	Get it out of your head — one line per thing, Enter starts the next.
Record (your notes)	The blue Record button at the top of every place you write — Brain Dump, Journal, Habits, the Notes studio, the Quest Ledger. Click into the field you want to fill, press it, and talk: the words land where your cursor is, exactly as if you had typed them, and you can keep editing as you go. It turns red while listening; click it again to stop. Rest the pointer on it to see what it does. If nothing is selected it says so, right under the button, rather than guessing. It uses Apple's offline recognition only — if your language has no offline model it says so and does not start, because your voice is never sent anywhere.
What Enter does	Enter finishes the line you are on and opens a fresh one. It is not a save button — what you type is kept as you type it, so closing the window mid-sentence loses nothing. Click any line again to edit it. All of it stays on your Mac.
The first time you open it	A short primer explains the above and then gets out of the way for good. Suggestions elsewhere in the app are built from what you write here, so an empty pad is why a fresh install has nothing to suggest yet — one line is enough to start it off.
Day detection	Mention a day (“ship the demo friday”) and WallHush offers to schedule it.
Put notes from here on your wallpaper	Opens the notes screen pre-loaded with suggestions drawn from this planner. Apply the ones you want; dismissed ones never come back.
The check	Ticks a line as done. It stays on the pad, dimmed, until you file it.
⋮ menu	Move to This Week (on deck — due in the next seven days), Move to This Month (this month, no day fixed yet) and Move to Beyond (someday — out of the way, never dropped). Delete throws the line away.
⋮ › Move to Completed	Appears only once a line is ticked. Files it in the Completed log at the bottom of the tab, with the day you wrote it and the day you finished it — and takes it off the pad.
Completed	The log, folded away until you click it. Each entry shows when it was finished, which horizon it came from, how many days it was carried, and the date it sat on your calendar. The arrow puts one back on the pad unticked; ✕ removes it for good; Clear log empties it, and asks first.

Journal ☞2

Morning Pages	A private free write.
Include Morning Pages in suggestions?	Off by default. Off means nothing you wrote there is ever read for suggestions. On means clear to-dos from your last three mornings — lines like “I need to call the bank” — can surface; everything else stays in the journal.

Night Goals	What you want from tomorrow. Each goal can be scheduled straight onto your calendar with Put on Calendar , or its day and time changed.
Streak	Your journaling streak, beside the header.
Wind-Down Meditation	Composes a spoken wind-down from tonight's goals and tomorrow's tasks — a calm voice guides you through relaxation, gratitude, and picturing each task already done. Made entirely on your Mac; nothing is sent anywhere. It loads into the Binaural Generator to play over your mix, and can be saved as audio.
Voice	Pick any English voice on your Mac and press ▶ to hear it before committing to a render. If the narration sounds robotic, it's the voice, not the app — macOS ships only basic “compact” voices by default. Premium voices are free, download once, and run entirely on your Mac. In System Settings ▶ Accessibility ▶ Spoken Content , click the ⓘ button next to the system voice, then choose a Premium or Enhanced voice under Voice — that is where the download lives. Try Ava, Zoe or Evan. WallHush warns you when only basic voices are installed, links straight to that pane, and picks up a new voice the moment it finishes downloading.

Habits ⌘3

Keystone Habits	A short set of questions about your highest-leverage change; the answers become habits.
Add Habit	Adds one by hand.
The day's rows	Tick a habit for today. The count shows how many are still open.
Move to...	Moves a loose to-do under a habit it belongs to.
Show Habit Progress	The birds-eye view: a streak table (current streak, target streak, and a reward you name for reaching it), then one row of day squares per habit. Click a habit, then pick a target from the suggested streaks at the bottom — 6, 14, 22, 30 days and up — each set just past a point where streaks commonly break. Hit the target and the row shows a trophy beside your reward.

Calendar ⌘4

Month grid	Your real calendar. Click a day to see what's on it; Today jumps back.
Suggested from your notes	Things WallHush found in your notes that look schedulable, each with where it came from. Add n to Calendar takes them all; Dismiss All clears them, and a denied suggestion never returns.
Schedule / □ / ✕	Put an item on the calendar, change its day and time, or remove it from the calendar again.
Today's Update	A short read on what's urgent in your notes and what's coming in the next week — or “all clear”.
Read-only calendars	Marked as such; macOS won't let anything be written to them.

11 Quest Ledger — the Wakelands

A quest is a checklist note bound to a map. Ticking items walks a character along that map on your wallpaper — the ledger is where you manage them. It floats above the wallpaper without taking over your Space.

Sound	One button at the top of the ledger (and in the realm drawer): crickets under a low singing bowl and gong, with no tone at all — a bed to work to rather than a session to listen to. A slim level slider appears beside it while it plays, and stays where you leave it. Starting a session in the Binaural Generator stops the bed, and vice versa; the bowl and gong are Pro, so the free tier gets the crickets.
BIND A NEW QUEST	Lists your unbound checklist notes. Click one to bind it to a map. Write a checklist makes a new one first.
WIZ	The Waykeeper builds the quest with you instead — questions that fill in the list, the deadline and the reward. It sits here, where a new quest is made, and nowhere else in this screen.
Task rows	Tick to complete. The fraction beside the quest shows done/total.
Three ways to tick a task	Named once above the task list, because the desktop route is the one people try first and it needs switching on. You can tick a task here in the ledger , in Settings ▸ Notes & Scene Studio , or right on your wallpaper — but the wallpaper ignores clicks until Move & Edit Notes on Desktop is switched on in Settings. Click the reminder itself to jump straight there.
The clock (per task)	Type the minutes you think the task will take, then start a time-box. While it runs, your character walks. The same button stops it.
Deadline	One deadline for the whole list. A date alone resolves to 11:59 PM.
Reward	What you get when the list is finished. Name it yourself.
Scene changes	Every deliberate scene change — walking to a new station, focusing a map, entering or leaving the realm — dissolves over about a second rather than cutting. Overlays like the light network stay put through it.
Show this quest's map	Puts that quest's scene on the desktop. It stays — whatever you clicked last is the background — and a Put my wallpaper back row appears at the top of the ledger for the way home. Quest maps are their own country: the Wizard Realm's left-edge drawer never appears on them.
Show your place on the map	Takes the desktop to exactly where you're standing — the next step breathes there.
Edit this note on your desktop	Jumps straight to note editing for this quest's note — text, style and position.
Hide on desktop	A checkbox per quest. Takes that quest's note off the desktop while keeping everything about it, so you can focus elsewhere and come back later.
Fold this map	Retires the quest. It asks first — Fold it away or Keep walking . The note itself is kept, with every tick you earned.

12 The Wizard Realm

A game played on your desktop, where the work is your own. It replaces the wallpaper entirely while you're in it. Menu ▶ **Wizard Realm...** opens the gate.

The gate — first visit

Walk a list you've written	Bind a checklist you already have and set off.
Begin a new quest	Build one here: name it, list what's in the way, set a deadline.
The long horizon	Start a campaign — twelve stages, a character of your choosing, and a bigger goal underneath.
Ask the Waykeeper to guide me	He asks what matters — the area of your life, the goal, how often, which days — and fills the quest in from your answers, scheduling those days on your calendar if you want. The rhythm choices are One time , Every day , A few days a week and Across the month . One time is the odd one out and behaves like it: it asks which single day you want it done by rather than how often, sets the quest's deadline to that day, and builds <i>no habit</i> — a habit you tick once would sit in your Habits tab forever. Leave the day blank and you have the week. The last screen always lists exactly what is about to be created, before anything is written.

The Waykeeper's Almanac — the guided tour

Walk the Almanac with me, at the gate, is a side quest through the whole app: ten stations, each on a different landscape, each teaching one feature area — the menu, scenes, notes, Scene Studio, the planner, habits, the generator, video export, Quick Keys, and finally the Quest Ledger itself. At every station the Waykeeper sets a small test the app verifies for real (pin a note, strike a scene, file a completed line...); any test can be skipped, and you can leave the road and return to the same station later — the tour is itself a quest in your ledger, one step per station. Finishing it pays a one-time **200 manna** bounty.

The gate — coming back

Resume	Straight back to the exact spot, naming your character and stage.
Saved games	Every campaign you've started, with its character and stage.
Bind this stage's list	A campaign leg needs a list before its road lights up.
Rest in Palisade Valley	The terminal country, once a campaign is finished. Rain tells the time; harvests pay the reward.
Take the Long Road	Begin the next cycle — new goals, same realm.
Read the summary	What you did, how fast, and what to automate next time.
Ask for a reading	The Waykeeper on where your time has actually gone — drawn only from what is already written in this app.

The realm drawer (left edge)

The journey map	Your route as a row of beads: gold for ground you've walked, breathing for where you stand, dark for the road ahead.
Travel	Revisit any ground you've already covered.
Walk a list	Bind a list mid-journey. Your place is held; you return to the same spot.
The shelf	Lists you've set down — kept whole, with every tick. Reopen brings one back; Start over clears its ticks and walks it again from the beginning.
Open the gate	Back to the gate with your progress intact.

Realm settings (the gear at the gate)

Threshold	Manna per day — full pace is 100. A gate you don't reach just means walking that stretch again, never losing it. It applies from the next stage, never to a gate you are standing at.
Rest days	Pick weekdays. On a rest day the rain holds, the dragon waits, and no deadline counts as due.
What the Waykeeper may read	Two switches: quest history (finished, folded, deadlines met) and note contents . With notes off he cannot offer your own items back to you. Nothing he reads ever leaves this Mac.

13 Settings

License	Enter your key once and Pro is unlocked forever — the key is kept in your Keychain. When it's active this section names the licensee instead. Get WallHush Pro opens the store.
Release this Mac	Appears once Pro is active. One key covers up to 5 Macs; releasing hands this Mac's slot straight back so the key can be activated somewhere else. Your key keeps working — paste it in again any time there's a free slot. If you ever see “already on 5 Macs”, this is the button to use on a machine you've stopped using.
Notes & Scene Studio...	Chapters 6 and 7.
Move & Edit Notes on Desktop	Turns your desktop into a note-editing surface; stays lit until you click it again.
Desktop Light Network	Chapter 8 — Full build. The standard build shows Corner Lightning here.
Audio-Reactive Wallpaper	While a binaural session plays, every scene breathes in time with the beat and flares softly when a gong or bell strikes. Fast beats fold down to a calm pace — it is never a strobe.
Subtle ↔ Deep	How much the scene reacts.
Quick Keys...	Chapter 13.
About	Version and build.

14 Quick Keys & keyboard shortcuts

Quick Keys are **global**: they work from any app, with WallHush in the background. Nothing is bound out of the box.

Binding one

Settings ▸ **Quick Keys...**, click **Edit**, click the function you want, then **type the combination** — it appears as you hold it — and press **Enter** to save. **Esc** cancels; **Done** leaves edit mode. The X on a row removes that binding.

What you can bind

Play / Stop Binaural Session	Start or stop the current session with your saved mix.
Pause / Resume Wallpaper	Freeze or resume the animated wallpaper.
Next Scene	Jump to the next scene.
Auto-Cycle On / Off	Resume or stop drifting between scenes.
Add a Note	Pin a fresh note onto your wallpaper.
Paste Clipboard as Note	Pin whatever you just copied.
Move & Edit Notes On / Off	Enter or leave desktop note editing.
Desktop Light Network On / Off	Show or hide the icon light web. (Corner Lightning in the standard build.)
Audio-Reactive Wallpaper On / Off	Scenes breathe with the beat while playing.
Open Brain Dump & Schedule	Jump to your brain dump and calendar.
Open Binaural Generator	Bring up the generator screen.
Open Video Export	Bring up the export screen.
Open Settings	Bring up settings.

Built-in keys

While the menu is open	B binaural · E export · W quests · R realm · D planner · C cycle all scenes · P pause · , settings · Q quit
In the planner	⌘1–⌘4 switch tabs.
In any sheet	Return confirms, Esc closes.

15 Free vs Pro

One purchase, \$7, yours forever. No subscription, no account.

Lo-Fi Nature, Cozy Lo-Fi & Tropical Oasis (30 scenes)	Free
Notes, checklists & Scene Studio	Free
Brain dump, journal, habits, calendar	Free
Quest Ledger & the Wizard Realm	Free
Binaural & isochronic generator	Free
Tone, Space & Master EQ (all sound shaping)	Free
Video export	Free
Sessions longer than 10 minutes	Pro
Audio export beyond 1 minute (up to 10 h)	Pro
Video export with audio beyond 60 s	Pro
Producer Mode (tempo lock, rhythm, metro)	Pro
Library of Frequencies (100 frequencies)	Pro
Meditative layers (gong, bowl, tanpura)	Pro
Record Session (capture what's playing)	Pro
Automate Sounds (lanes, presets, rotation)	Pro
Retro Future, Kinetic, Tartaria, Arcanum, Lazy Potato	Pro
Wind-Down spoken sleep meditations	Pro

Activate in **Settings** ▶ **License**: paste the key and click **Activate**. It is stored in your Keychain, so it survives updates and reinstalls. The one time WallHush touches the network is that activation.

One key, two apps, five Macs. The same purchase unlocks Pro in WallHush on your Mac *and* in the 360 Binaural Beats web app — same key, pasted into either one, nothing extra to buy. A key activates on up to five Macs, and using it on the web doesn't count against that at all.

16 Permissions & troubleshooting

Health & safety

WallHush is a relaxation and focus tool, not a medical device. It is not intended to diagnose, treat, cure or prevent any condition. The frequency names and descriptions come from traditional and community practice — Solfeggio, Rife, Schumann, planetary and meridian tuning — not from clinical evidence, and none of them is claimed to have an effect on the body.

Before you start

If you have epilepsy or another seizure disorder, a pacemaker or implanted device, or you are pregnant, talk to a doctor before using binaural or isochronic audio. Don't listen while driving or operating machinery — these sessions are designed to make you drowsy.

Moving images

A small number of people are sensitive to moving images and flashing light. WallHush's scenes are built to move slowly and never strobe, and fast beats are deliberately folded down to a calm visual pace. If you are photosensitive, you can stop the motion entirely at any time: the menu's Pause Animation freezes the scene, and Turn Off Scenes shows your own desktop picture while everything else keeps working.

Volume

Set the volume low. Binaural beats work at a level you can comfortably talk over, and a session can run for hours — loud is not better here, and it is how hearing gets damaged.

If your scenes are black

WallHush builds its scenes on your GPU when it launches rather than shipping video, so a graphics driver problem shows up as a black desktop rather than an error. The app can check itself — paste this into Terminal:

```
/Applications/WallHush.app/Contents/MacOS/WallHush --verify-render
```

A healthy Mac answers OK 125/125 scenes compiled and names your graphics card. Anything else is the real error, and worth sending on — it says far more than “the wallpaper is black” does.

Permissions WallHush may ask for

Microphone

Only when you press a Record button — for your notes, or to hum a note. Nothing is recorded to disk and nothing is uploaded; dictation is done on your Mac and pitch detection is arithmetic on the sound as it arrives. Turn it off again in System Settings ▸ Privacy & Security ▸ Microphone.

Speech Recognition

For recording notes. WallHush asks Apple's recognizer to work offline and refuses to start if it can't for your language, so this permission never means your voice goes to a server.

Accessibility

Only for the Desktop Light Network, and only in the Full build — it reads where your desktop icons are. Nothing else is read. Decline it and the rest of the app is unaffected.

Calendar	Only when you schedule something. WallHush writes events you ask for and reads your calendar to show the month grid.
Microphone / Camera	Never requested. WallHush does not use them.

If something looks wrong

The wallpaper isn't moving	Check Wallpaper ▸ Pause Animation . If Animate Only on Desktop is on, the scene is paused on purpose while a window covers it.
A pack vanished from the menu	Its “—” box was marked. Wallpaper ▸ Show Hidden Packs , or Auto-Cycle ▸ All Scenes , brings everything back.
Drifting stopped on one scene	Picking a scene by hand always stops the drift. Choose an Auto-Cycle mode to start it again.
A scene looks blown out or flat	Scene Studio ▸ Reset Scene .
The binaural beat is inaudible	Wear headphones — a binaural beat needs a different tone in each ear. Through speakers, use Isochronic Tone instead.
The light network is empty	Accessibility permission hasn't been granted yet; the orange warning in Settings has the button for it.
The realm drawer won't open	It exists only while the realm is on your desktop, and only while you're actually looking at the desktop rather than a full-screen app.
An export seems stuck	Large resolutions at 60 fps take real time. The percentage moves even when the preview doesn't.
macOS says the app is from an unidentified developer	Right-click the app and choose Open , then Open again. This is only needed once.

wallhush.pages.dev · WallHush 2.0 · Everything in this guide runs entirely on your Mac.