

Color and Sound Frequency Resonance Sensory Integration

To assure accuracy and consistency, the color gel in Biosonic Color Glasses™ is checked against a scientifically generated set of light transmission parameters. The dominate color frequency is converted to terahertz or THz and then lowered 39 to 41 octaves into resonance with Biosonic tuning fork frequencies. An octave is a doubling or a halving of a frequency. Doubling or halving inaudible frequencies by octaves in order to hear the sound is a common scientific practice. For example, researchers use octaves to transpose the sounds of dolphins, whales, and bats from the ultrasonic range into the range of human hearing. Astronomers raise the subsonic sounds of pulsars, planets, and black holes into an audible range to better research them.

Color and Sound Frequency Resonance Protocol

1. Close your eyes and tap the tuning fork or listen to the tuning fork recording. (A recording of Biosonic tuning fork by frequency is included for use your Biosonic Color Glasses™.) The recordings can be listened to with speakers or headphones while wearing Biosonic Color Glasses™.

Go to <http://biosonics1.bandcamp.com/> and click on Biosonic Color Glasses™ Tuning Fork Frequencies.

2. With your eyes closed hum in resonance with the tuning fork(s).
3. Open your eyes and view the color.
4. Take a deep breath and hum the sound of the color.



Biosonic Color Glasses™

- Red – 710 nm
- Orange – 640 nm
- Yellow – 568 nm
- Green – 533 nm
- Blue – 473 nm
- Indigo – 426 nm
- Violet – 399 nm

Biosonic Tuning Fork

- G-384 Hz, G-192 Otto
- A-426.7 Hz
- B-480 Hz
- C-256 Hz, C-512Hz, Ottos 128, 64, 32 Hz, Crystal Tuner 4096 Hz
- D-288 Hz
- E-320 Hz
- F-341.3 Hz

Color and Sound Environmental Sensory Integration Practice

1. Tune into and view a color in your environment and hum until you sense your humming sound resonating with the color you are viewing.
2. Tune into and listen to a sound in your environment. Hum with the sound and simultaneously visualize a color that resonates with the sound.



Color and Sound Sensory Integration Breathing Protocol

1. Choose a color to work with based on the Biosonic Color Chart and/or your intuition.
2. Put on your color glasses and as you view the color.
3. Mindfully breathe the color in for five seconds.
4. Breathe out for five seconds and hum in resonance with the color.
5. Mindfully breathe in the color for four seconds.
6. Breathe out for four seconds and hum the color vibration into an area of your body you have chosen to work with.