

A.O.V.I. [aural, oral, and visual imagery with tactile enhancement] T.echnology			
[frequency] [f][Hz]	[decibel] [dB][range]	[notes on sound production]	[perception]/[effect]/[outcome]
[perceived as pitch]	[perceived loudness]		[receiver/recipient of message]
Physiological resonance 3 - 8 Hz [see further]			
1.0 Hz	+5.0 dB - +20.0 dB	sitting, standing (nearly) completely still; peak expiration; breath hold; slight mouth and jaw movement [nasopharynx]; [melody][harmony][spoken word]	calm
5.0 Hz [low G][16 <sup>th</sup> octave]	+10.0 dB - +20.0 dB	standing, sitting, lying down / sleeping [supine, semi-supine] [per R.E.M. cycle]; with narrow impedance; on very slight exhalation [open glottis][oropharynx][mouth]; [melody][harmony][spoken word]	anti-nausea, anti-emetic, analgesia, euphoria, attractiveness, orgasm quality [climax], vasodilation, improved speech pattern and articulation, to be likened by all
6.0 Hz	+20.0 dB	lying down / sleeping [supine][per R.E.M. cycle], transition [inflection] to 5.0 Hz; [melody][harmony][spoken word]	nice, content, happy [feeling/emotion]
6.0 Hz	+40.0 dB	lying down / sleeping [supine][per R.E.M. cycle], transition [inflection] to 20.0 Hz; [melody][harmony][spoken word]	orgasm [climax]
10.0 Hz	+10.0 dB	standing tall, sitting tall, neck held in dorsoflexion 10° off horizontal; with projection throughout respiratory phase; [melody][harmony][spoken word]	excited, alert
12.0 Hz	+10.0 dB	standing tall, sitting tall, neck held in dorsoflexion 20° off horizontal; with projection throughout respiratory phase; [melody][harmony][spoken word]	happy, excited, energetic, satiety, social awareness, spatial awareness; [perpetuated over proceeding 1 minute]
20.0 Hz	+25.0 dB - +40.0 dB	standing, sitting, neck held in normoflexion 0° off horizontal, with projection throughout respiratory phase, further on exhalation; [melody][harmony][spoken word]	increased focus, attention to detail, observational capacity, motivation; [1 minute to initial effect][perpetuated over proceeding 5 minutes thereafter]

R.E.M. [Rapid Eye Movement]

Hz [Hertz][S.I. Unit of Frequency]

dB [Decibel]

With acknowledgement and reference to Morton and Ohlbaum. August 1976. Mechanical Resonant Frequency of the Human Eye in Vivo. Aerospace Medical Research Laboratory. Aerospace Medical Division. Air Force System Command. Wright-Patterson Air Force Base, Ohio, 45433. Attn: A

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