

Report

EXPERIMENT: 'Xphi2'

An experiment to investigate any possible effects of listening to a 15 minute audio file nicknamed 'Xphi2' containing sound known as 'BlissCoded Sound'. 47 Participants.



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Introduction

This document is a summarization of feedback from a test of experimental audio that was sent out to the subscribers of the BlissCoded sound newsletter written by Marcus Knudsen from blisscodedsound.com (me). To avoid certain things, let me just state this: I am not a scientist. Therefore, this is not labeled a scientific study, but an experiment.

The invitation

The invitation to take part of this experiment was emailed to the newsletter subscribers on March 10th 2022. Feedback was collected until March 23rd

The email included a brief description of the experiment, together with some simple instructions and a link to the 15 minute MP3 audio. These were the exact instructions sent out to the participants of this experiment. They are copied directly from the email (except for "link deactivated").

-

“

Listening instructions:

- Use headphones and listen with eyes closed.
- Whether you feel good, bad, relaxed or stressed etc as you start listening doesn't matter.
- Use a comfortable volume level. Not too loud, not too quiet.
- Please listen to the whole sound.

Observations of interest

While listening, see if you notice anything in regards to your thoughts, mood, state of mind and awareness etc. Don't deliberately try to relax, just close your eyes. All observations are of interest, including if you got nothing from it.

Permission / Agreement (please read)

- Your feedback is for the development of new sounds, to decide if to move on with this specific sound development, and for me to possibly be able to post and share your feedback.
- If you reply with feedback you also give me permission to save and share it, under any name of your choice, which you sign your feedback with. You can also sign with "Anonymous".

1) LISTEN HERE:

LINK DEACTIVATED

Click the above link or paste it into your browser.
I'll leave the sound up for about 3 days.

2) Please send your feedback:

Simply reply to this email with any feedback. You don't have to write much at all.

”

Please know that I will probably not be able to reply to everyone but I will read everything.

RESULTS

We have 3 categories of results: “No results”, “Unbeneficial results” and “Beneficial results”. The participants did not themselves decide what category their reports went into.

No result (4)

Neither positive or negative results.

One participant who is an experienced TM meditator experienced that he had to repeatedly stop his mind from meditating while listening to the sound and didn't find any beneficial effects.

One participant reported clicking out of the test after 5 minutes, to return when it ended, concluding: “Not much happened”.

One participant “did not feel any benefit other than a little relaxation”.

One participant found it too mechanical and not relaxing.

Unbeneficial result (1)

One participant reported feeling anxious and could not continue listening.

Beneficial results (42)

42 out of 47 participants in total submitted what was interpreted as beneficial results. The feedback sent in from these reports are shared under “Feedback Reports” starting on page 4.

Feedback interpretation

Some feedback was excluded from this report. Examples of types of excluded feedback reports:

- 1) Misinterpretations of what kind of feedback was requested.
- 2) Reports where the participant went against the instructions too much.
- 3) Reports too hard to interpret and/or classify.
- 4) Reports that almost exclusively described what the sound sounded like.

To not put blame for excluded feedback on any participant, in the “observations of interest” I did state that **all** observations were of interest, in an attempt to get more feedback. Please don't take it personally if you submitted a report that you do not see in this document.

One or a couple of times participants mentioned how the experimental sound didn't seem

to do anything because they quickly or almost fell asleep, which is sort of like saying that you don't know if a massage was relaxing because it made you fall asleep. With this in mind, I ask for understanding if I labeled some feedback differently than the participant would have.

Feedback format

The relevant parts of the emails sent as feedback have been directly copied into this report and have not been altered in any significant way.

FEEDBACK REPORTS

The following feedback reports are the ones considered to include beneficial effects. They are in no particular order.

Very interesting to find that it took me fairly immediately to other places. I lost awareness of my body and was receiving images of people and things in other places. Like I was there interacting. Really cool.

Lesley

Hi Marcus -- I find the sound very pleasant, the multi-layering is nice; no deep observations here, though! Just ... liked it.

Seth

I have been using a Muse headband to learn meditating for a while, but usually didn't get very deep into a rest state. So I tried it with this your new sound today, and wow! This got me into my deepest relaxation state ever. Just amazing – thank you so much!

Kind Regards,

Brigitte

Started at around 6.30pm, eyes closed, sat in a comfortable chair. After several minutes felt a light but pleasant sensation on the left side of my face. The left lower jaw felt as it was cupped by a soft hand. That faded. Several minutes later, i felt as if a hand rested on my lower left side/back. That faded too. Both instances lasted no more than 10/15 seconds. After that nothing except a feeling that it was lasting far longer than 15 minutes.

Not sure if any of that made sense but it is what it is.

Keep up the great work.

Thanks & regards

Ian.

In particular the first time I would occasionally have short random images or "videos", if you will, pop into my head—not clear images like I would see with my eyes, but were still recognizable. Hard to describe because I don't typically visualize. In fact, I've always had an extremely hard time visualizing the way other people describe it, including crystal clear images, making things happen with them, etc. here was nothing crystal clear about these,

but like I said, recognizable, like seeing with something else other than my eyes, which I'm not use to seeing with, so maybe that's why they were not crystal clear. I don't know. And they just happened. No manipulations or anything like that.

The images or "videos" were of nonsensical things, that is, things that I am not aware of ever having seen them before. Yet they were in the ballpark of something that COULD happen. I don't know if any of this makes sense, but it's the best I can describe.

Oh, and then there were my feet—it was like restless leg syndrome, only with the feet. The second listen it developed more into restless leg syndrome, but like I said, I don't know if this had anything to do with the sounds, as I have had this occur before, most often when I'm trying to go to sleep, but not all that often.

Cris

Hey Marcus!

I just tried out the audio.

The 15 minutes went by quick, I can say that. I still realized I was caught up in thoughts from the day throughout the whole meditation. I

feel just as calm as from a soundless meditation.

That's all I have regarding that!

Christian

Hi Marcus,

I just finished listening to it. I felt like my life was being smoothed out of the rough edges from the past and correcting it into the present for my future to be awesome. A good example is there was a memory of my childhood that I was blamed for something that wasn't my fault, while listening to your experiment, I felt like it was giving me a 2nd chance to go back to that point in time and make things right. While it was all imagination, after 15 mins later of your experiment, I felt a burden that I was carrying all the time wasn't mine to carry and it was dropped. I felt good and thankful for the 2nd chance.

You should call it the timeline corrector. Haha I'm kidding. Thanks for the opportunity to listen, it was awesome.

Jon

Hi Marcus,

I listened and this was my experience. A little background is I've had a very stressful last couple of months. In particular this last week has been really rough and I've felt anxiety and tension in my chest and have had a lot on my mind. When I started listening I first felt

like a vibration that centered in my chest and then it felt like it spread through my whole body, possibly doing a scan. Then I started to feel a light pressure and vibration between my eyes, like around the brow area right above the nose but not quite on your forehead. As I continued to listen I continued to feel the vibration there most and then it also returned to my chest area. Like a soothing type of inner hum/vibration if that makes sense. After maybe 10 minutes I noticed the pressure near my brow area was less as well as the pressure in my chest area. I felt lighter and then felt the vibration throughout my whole body a couple minutes later, like a wave of warm light. Right near the end I could see this glow of light behind my eyes. It started off like a white/yellowish color then turned a light orange color before fading. My mind felt clear and soothed over the course of listening and I had an inner awareness of my body. As I type this I can still feel the vibration inside my whole body, just less intense as it was when I was listening with my eyes closed. Thank you for providing this, I found it really helpful.

Thank you,

Asha

Hi Marcus,

I listened to your sample. It was OK, I guess. Not much to say about it though because I almost fell asleep.

David

Marcus's note: I interpret "almost fell asleep" as an overlooked deeply relaxing effect.

First 1-3 minutes: opening of heart chakra; very palpable, but may be influenced by breathwork I did before

Next 3-4 minutes: dissolution of boundaries of matter and expansion; made matter more permeable; this was definitely the sound

Victor

Hi Marcus,

Just tried your audio experiment a few times and my feedback is that I felt an on-off feeling of mild to intense in my third eye area of my forehead, as well a relaxation of my body and limbs.

John

Hi Marcus,

This new track that you are creating is very pleasant to listen to. Immediately I can feel relief from my fears and worries (to me it seems it's because of the white noise effect) and am put into a state of pleasant rest. Last night it helped me fall asleep after 2 consecutive listens. I've noticed that I get feelings of safety, a sense "everything is going to be just fine". Also I notice feelings of love around my heart chakra. It seems, since it calms the mind, that it opens access to the feelings in the body and expands awareness that is usually caught up in looping thoughts. I cannot wait to buy the full track. I thought about comparing it with the CDS track 1, but I couldn't. This is something else. Incredible. Just to feel relief from thoughts and that it calms me down - priceless. Thank you.

Keep doing what you're doing.

With best wishes from Croatia,♥

Lejla

Hey!

The sound worked in the solar plexus area. In a few minutes I felt my anxiety settle down. Didn't realize I was anxious but the sound sort of silenced it all.

Anon

I enjoyed the sounds but it took a while to get into it. At first it reminded me of being in an Industrial work space. After a while it got more mellow.

No signature

Hi Marcus,

I listened to your new sound.

I found it very similar to the original Xphirience track with more pronounced 'hissing'.

The effects came in waves:

I first felt an almost immediate relaxation, which was in and out.

My thoughts became dreamy and fluidly changing without order.

I felt an overall numbness right before the track ended. That's when it really started to take effect for me. It would have been interesting to see where it goes beyond the 15 min mark.

All in all, a pleasant experience. And as I am typing this I feel relaxed and calm. I am typing this straight after the session.

Thanks for the opportunity and keep up your hard work!

All the best!

No signature

I enjoyed this recording very much. It has a very melodic sound. It is also a compelling sound that can get your attention if you are hoping to quiet the mind for meditation. It is easy to focus on it when you find your mind wandering. I would enjoy using the sound every day to change my vibrational frequency.

No signature

I felt an immediate sense of mild discomfort, which I soon realized was centered in the spinal column behind my heart.

This sense of discomfort slowly traveled up the spine to throat then to middle of head and then top of head.

Then slowly back down to area of heart, then to level of solar plexus, back to area of heart
Continued moving up and down spine.

Over the next few minutes the sense of 'discomfort' slowly eased, but there was still the feeling of 'something' traveling slowly up and down the spinal column.

After about half-way through, that feeling dissipated; not much more to report for the remainder of the session

Steven Young

3/11/2022

9 am

Hello Marcus,

This one I had to pause 6 minutes in! It is just so intense. I thought I could test it while I was at work like background sound but no! I intend to try it again over the weekend when I can get just sit down alone. Not sure if you have something to dampen the effect or if you even want too.

But as always great!

Thomas

(Translated from swedish)

Very interesting experience! A bit hard to describe though. Went down into a very deep meditative state. I don't think I've ever felt that relaxed so quickly, not even with your precious blisscoded sound. After I was done listening, all my thoughts quited down. It feels like I've rested for 1 hour!

...

(Translation, email nr 2)

today I listened to Xphiriece just to compare and see if I could sense the difference between that and the new 15 minute clip that you want feedback on. The new one is so

much more intense. It is very hard to describe what happens. But I think you've discovered something exciting and I hope you'll continue developing it!

Henok

Hi

Immediately started to tingle. After a while pressure built up in centre of my forehead and increased during the 15mins, decreasing slightly towards end.
Could have good application. Would love to try a longer application. I am seriously working on opening 3rd eye.

Dave

Dear Marcus

That was intense. Initially I thought nothing was happening but after about five minutes I felt an intense tingling energy running through me, then a feeling of heat underneath my body. Then I lifted out of my physical body and astral travelled easily. It was great. Thank you for letting me try it out!

No signature

I didn't feel anything extraordinary while listening except the relaxation of the muscles. And also that it plunged me into my thoughts but for a short time then I came back to myself. In terms of mood, I felt no change.

Christian

Marcus,

I listened to the audio experiment this morning. I believe the sound is calming, my breath was relaxed, my thoughts were running wild (jumping from one thought to another) but not in a bad way. Sort of an inventory - by the end of the 15 minutes I realized that none of the thoughts were stressing me out just a realization that they were nothing to worry about and just let them go.

I enjoyed,

Terry

Hi

I'm curious what this new sound is intended to do. I tried it last night (looped it once, not sure if I was supposed to do that) and went into, I don't know what to call it, an altered state. It was a very vivid memory of something that happened to me in the past, although it wasn't anything that has actually happened to me. By that I mean, it felt like a memory, complete with feelings and emotions of an event that in my waking reality never occurred. It was extremely vivid of a shamanic ritual.

I'll try it again today and see what happens.

Janet

Hello:

I actually enjoy this new sound, the little bell ringing isn't too loud and the background noise, which I'm guessing is brown noise or green noise, I find to be very calming. I will try this sound out later today for my meditation practice. Overall, though, I think this is a great sound, and if you are deciding whether you want to add it to your website or not, my vote would be a yes. Adjectives: Calming, relaxing, not overwhelming, soft, subtle

Jeremy

Hi Marcus~

At one point, I felt like I was dreaming but then realized I was still awake, much like what I experience while listening to some of your other BlissCoded sounds.

Thanks for giving me the opportunity to participate in your sound experiments...I think this sound is worth keeping, and that you should definitely move forward with it.

Best,

Ron in Los Angeles

Hi Marcus,

I have listened to the track several times. The first 2 times, I noticed a feeling of expansion. It was as if all the cells in my body were being energized. The body was very tingly. Once these very pleasant sensations arise, my thoughts seem to drift off into dreamland. I really enjoy the track. It's as if I'm wrapped in a cocoon of soft nurturing healing energy.

I will report back if I get other results. Thank you for this track. It is lovely.

Namasté,

Sandy Gola

Dear Marcus

Many thanks for sending this to try.

i listened to it before sleep and fell asleep before it finished. I then tried it in the morning during my normal meditation time. It is nice but I can't say I noticed any discernible difference to my meditations.

Cheers,

Kathryn

Marcus's note: I interpret falling asleep before the sound finished as a very relaxing effect.

Hi Marcus,

I listened to your new track 3 days in a row and these are my experiences.

Day 1 - listened once in the morning, after a couple of minutes my fingers began to tingle and this lasted the entire meditation.

I had a particular disturbing memory come up from when I was about 4 years old which made me cry and then angry which then led to another memory and another.

I cried much of the day so that was day 1.

Day 2 - Again with the tingling fingers and I had some negative thoughts pop in but nothing like yesterday. I like the way my body feels so relaxed almost detached and so did it a second time which was free of any negative thoughts. I could just enjoy the detachment.

Day 3 - my fingers tingled a little but not as much as the first 2 days. I did have a few negative memories/thoughts come up, nothing too deep or dramatic so was ok. I did listen a second time and enjoyed the relaxation of my body and just for a bit felt that detachment again.

I'm not sure what to do with what came up but I know it is still affecting me deep down.

Lynette

Marcus's note: Sounds like energy blockages making themselves known as the internal energy starts flowing and clearing them out (trauma healing). Good sign!.

Marcus,

thank you for letting me test your Xphi2. As a long-time Blisscoded Sound enjoyer this new sound brought me into a deep relaxed trance state even faster. Keep up the good work!

Best, axo

This track seemed to relax my body while also clearing my thoughts and activating my imagination. I feel energized after listening.

No signature

Hi.

It feels like it goes straight to the center where things need to be done most, without using a lot of diplomacy.

I listened to the sound twice and not for a minute I could relax. After a minute or two very intense jerks of the body started, a couple of them per minute. Just to clarify, it happens to me quite regularly when I relax, but only after 20-25 minutes and in a much milder fashion. It is triggered by some conflict in my solar plexus.

After the 15-minute session I felt very energized, or even better electrified. I had an intense feeling of my True Self, like it was pulled from somewhere for a short time.

I am writing you because it was the first sound when there was something intense happening. I am using ViviPhi regularly almost every evening as a background for visualizations and some other stuff. It is really a great thing, I feel missing it when I skip it, but the effects were not even close to this new sound.

I guess I will probably buy it if you'll release it because I am interested what the effects would be in a long term.

The experience was very refreshing and intense. I assume this sound triggers a treatment which is the most suitable for a person – I like to do things with a lot of energy and going

straight to the point.

I am not an expert, but in past years I've been practicing some techniques and using a couple of sounds, and I believe you're really doing some revolutionary things in this field. Keep on with your good work.

Regards.

Cveto, Slovenia

Hey Marcus,

I tried this sound out with a partner and we both reported a feeling of calmness and reduced anxiety. My partner experienced deep relaxation and even saw a white light at some point. I did not experience that but still felt calm, relaxed and sleepy.

- Anonymous

Hi Marcus,

I wanted to send some feedback on the experimental sound. I found this sound to be overall extremely relaxing. Within 5 minutes of listening, I felt very deep relaxation...seemed almost trance-like, yet at the same time I felt very focused if that makes any sense. I felt very aware of my inward thoughts and feelings, super relaxed.... and also I felt as if I was floating/hovering above my chair and had a hard time feeling my arms at all. Very pleasant sound and feelings!

Jennifer B.

Hi Marcus,

I was entranced as always with the layers of sound ranging from the dominant bell like sound to the more subtle sounds as I was drawn deeper.

Some sounds were more prominent in my right ear and more subtle sounds in my left ear. And yet they seemed to move around inside my head.

I tended to be quite busy in my mind focusing on each sound and listening intensely for hidden depths.

However, on one occasion, I fell into a light snooze for a few minutes and as I awoke, I became aware of all the sounds at once, all merged as one.

I actually didn't appreciate this until I felt them breaking up again into individual sounds.

I was initially disappointed as once again I could see how the mind interferes, breaking up reality into manageable bits.

However, I really appreciated the moment and the insight I received.

I remained quite uplifted for the rest of that day as my general mood had been rather gloomy.

Thank you again Marcus

I really appreciate your work.

Hello Marcus,

What I felt was clarity of mind, great for me but also "a better being" physically and an acceleration of my breathing.

I have the impression of being physically in full possession of my physical means. It did me a lot of good.

I've listened to it many times.

Alain-Gerard

Mary.

Hi Marcus,

Thanks for sharing the sound. I had a very pleasant experience, calm, light, peaceful.

Loved it. I'd be willing to sit in this sound for an hour.

Thanks for your work!

Ilona

Hi Marcus,

What I noticed was a subtle sensation on the top of my head (crown chakra?).

Thanks,

Steven

Marcus,

Something is different about this clip. It is entering into the realm of a 'drug'. Specifically, I mean that the clips are having a repeatable effect regardless of mood or concentration.

Are you doing something around the 8 minute mark with repeating sequences or starting sequences and then restarting the same sequences but ending them differently?

Great stuff.

I look forward to the 45+ minute version.

Best,

-Doug

Hi, Marcus!

I absolutely love this track.

I was diagnosed with an infection in my brain, and I get sort of a numbness/mild constant headache

After 8 min or so, I felt this "scratchy" feeling melt down and could have a restful night. I feel serene and my mind is clear.

My dad was diagnosed with Parkinson's and Alzheimer's. I had him listen to the track last night. He rested good and this morning he is more present and more coordinated than what he has been in the last 2 months.

Thank you!!!

Unknown

San Diego CA USA

Dear Marcus

It is smooth and gentle in its touch.

It helps get fast into a relaxed state and seems to gently and caringly work on the energy system. In my case mostly on the heart area and the head.

I really like it, a good support to get into deep meditation, getting to sleep, or just help relax

Best regards

Fredrik

CONCLUSIONS

All in all, **42 out of 47** reports included here were interpreted as having positive or a beneficial outcome or experience. **This is very significant.** The results would of course have been different (probably for the better) under more controlled conditions. In terms of the intended effects which are described in detail on page 17, this experiment was very successful.

Reliability and transparency

One of the instructions for the test that seemed to be the most commonly overlooked one by the participants was to not try and deliberately relax, as some seemed to try to use the experimental sound for meditation or sleep. This can lead to the participants incorrectly judging upon how well it worked for what they tried to “do” with it, even though no intention for any desired effect was mentioned in the instructions etc. Since this happened in so many reports, my conclusion was to let most of these slide and also that I didn't inform about this well enough. No big deal.

Another thing to mention was that in at least a couple of cases with reports labeled as “no effect”, the participants didn't seem to follow the instructions to keep eyes closed. For example one participant clearly described doing other things with eyes open while listening to the sound. Some reports like these could have been excluded, possibly resulting in higher and more impressive “success rate”, but was kept in mostly to show transparency, which I'm aware I didn't need to do to this extent, but I think slightly exaggerating the transparency of the outcome serves for the purpose of genuineness.

REVEALMENT

Technology

There is always a little bit of a perceived mystery when doing these tests (it's not the first one carried out in similar fashion). In previous tests, such as the one done for what eventually became '[ViviPhi](#)' (link), people wondered what it was for, what type of technology the sound contained etc. That time I could reveal most of it.

In this case I'll have to remain secretive about the exact technology used in the audio, other than that it is a tweak to BlissCoded sound, which in itself is a secret. What I can say is that it is **not** anything you can find "out there", as it has nothing to do with any other technology like for example binaural beats, isochronic tones, subliminal messages etc. It is not a combination of any of those things.

I just always knew that this was the absolute best approach to take here and I've stuck to it.

The effect I was going for will be explained in depth on the next page, but it was basically a different, "new" version of 'Xphirience', which was the first BlissCoded sound I made, this the project nickname 'Xphi2'.

Sound

The reason this sound can sometimes be experienced a bit monotonous and that some parts are simplistic is because it is intended to be that way. It isn't an oversight or a flaw in the sound design. It is thought that it is the persistence of certain things in the sound that brings some specific effects. That is why, I suspect, that on many occasions I've heard people say that at first they weren't sure of the sound but then suddenly they notice effects or fairly often what is noticed is that they seem to have entered a trance- or dream-like state. Those who don't get over the initial "threshold" will wonder what this is all about, as it understandably may seem strange. In regards to doing this sound design, there is a balance between satisfying the mind with very relaxing nice sounds, and pure effectiveness which may sound a bit more monotonous. In this case, with 'Xphi2' the intent was to go more towards effectiveness (As 'Xphirience' also is), or as one participant described the experience: "Straight to the point".

INTENT

Personal Theory: Effects, intentions, beliefs and speculation

So this will be about how I currently look at what is going on with this type of sound.

One of the first BlissCoded sounds made available was named 'Xphirience'. While listening to this track 13+ years after I created it, I thought about how I would have made it differently today.

One of the effects often reported with BlissCoded sound concerns effects which I personally have started to strongly suspect is related to the effect of dissolving or “smoothing out” negative thought patterns and emotions causing energy blockages or imbalances in the energy system. I think many of the experiences of (pure) BlissCoded sound can be attributed to this, based purely on the feedback, testing and personal experience with BlissCoded sound since before 2009. I've received a tremendous amount of feedback over the years.

With this experiment I was attempting to tune in more to the aspects of the sound that I've over the years come to believe are key components causing these effects.

I think that BlissCoded sound can somehow help energy in our energy system flow more smoothly. This is for most people. Nothing works equally for everyone.

Energy blockages, or perhaps imbalances is a better word, are created by for example traumas, programming, beliefs etc. If we would have none of those, we would feel in perfect balance because as the energy in our energy system flows in response to external or internal experiences, interpreted by the mind, there would be no obstructions or disturbances, which would make our minds work with maximum effectiveness, without “hiccups”.

If however there is a “problem area”, blockage or imbalance in the “wires” of our energy system, the energy will “ripple”, move disharmoniously at that location which can be experienced as a sensation. The “content” (the cause) of this “problem in the wires” will then make itself reminded, triggering the qualities contained or related to/in it, such as a bad memory, trauma etc. Some times these imbalances can of course just be slight disturbances which easily goes away.

If you imagine water flowing through a see-through pipe and you see some dirt stuck there (like in those classic TV commercials), then the water may slowly clean this out. But I've seen inventions where they connect a water hose to a nozzle that makes the water spiral through the pipe in a certain way, increasing the power of the flow making it more easily dissolve obstructions. In an overly simplified way that is sort of how I look at the effect of BlissCoded sound. I think that flow is “helped along”. This was the intended effect with this experimental sound.

This, I believe, is also why everyone has such a different experience from BlissCoded sound, because we all have completely different life experiences, imbalances etc. It also seems that some people are much more sensitive to the effects than others.

This is also why I think we can relax so deeply, so quickly with BlissCoded sound. The “superficial” inner tensions we have are the easiest to smooth out. If you wash water

through that pipe for instance, the first to get caught up in the natural flow of the water so it can move along, are the small “specks” of dirt or sand etc (however you want to look at it). These are often characterized by smaller every-day worries, stresses, and other “negative” energies which are the first and easiest to smooth out.

I suspect that imbalances and energy blockages in our energy system causes “mind loops”: Repeating thought patterns, trying to complete cycles that they can not because of a “bug” in the “system”, caused by these energy imbalances or blockages. The energy in our energy system repeatedly tries to correct this. This then leads to repeating patterns, not only in our minds, but in our lives as well. We keep repeating similar relationships, situations, jobs or whatever it may be, perhaps feeling frustrated that it doesn't work. I believe the solution is to fix these “bugs” or imbalances, blockages or what you want to call them, in our energy system. I think this is one of the many things meditation does, as well as BlissCoded sound. I believe BlissCoded sound can help this along in a powerful way.

It is very hard for me to explain something which has become a knowing for which there isn't much science to back up. It is easier to label all this as “spirituality”.

I find that a way to be able to present these effects of BlissCoded sound is to gather feedback, reports etc and let people discover themselves. That is the method humans have always used to verify things for themselves which science hasn't had current explanations for. I say use what you know works.

Thanks

Since it is simply too time consuming to thank everyone personally by email, I'd like to say big thanks to everyone for taking part in this experiment. This feedback is extremely valuable. This couldn't have been done without us working together. A sincere thank you.

If you are interested in BlissCoded sound, please visit:
<https://www.blisscodedsound.com>

Signed,

Marcus Knudsen
March 24th 2022.