

YOUR PERSONAL EXPLORATION SYSTEM

LifePod Discovery Kit

840 pathways to discover your body's natural recovery

*"Recovery is not something we give you. It is something your body already knows.
It isn't a frequency, isn't prescribed, isn't programmed. It's discovered. It's calibrated."*

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Welcome

You are not holding a playlist. You are not holding a therapy program. You are holding an exploration environment: 840 carefully designed conditions that invite your body to discover its own path to recovery.

LifePod does not prescribe. It does not program. It does not claim to heal.

It creates conditions, precise vibro-acoustic environments, in which your nervous system can do what it has always known how to do: find its way back to balance.

There is no wrong way to use this. If it feels good, it's working. If it doesn't, try something else. Trust your body. It knows what it needs.

THE DISCOVERY MAP

105 Frequencies × 8 Variations = 840 Files

Range	Count	Character
001–025 Hz	25	Deep vibration: felt in the body, barely heard
026–050 Hz	25	Mid-bass: felt and heard
051–075 Hz	25	Upper bass: clearly heard, still felt
076–100 Hz	25	Lower mids: distinctly audible
Special	5	125, 174, 285, 417, 432 Hz: unique qualities

The numbers are Hertz (Hz): vibrations per second. Low numbers are felt more than heard; higher numbers become audible sound.

The 8 Variations

Every one of the 105 frequencies exists in eight variations. They differ in rhythm (where and how the vibration moves) and in melody (with or without soft background music).

Folder	Rhythm	Melody
Down	Down position only, 15 s ON / 5 s OFF	Without
Down Melody	Down position only, 15 s ON / 5 s OFF	With
Melody	Constant, Up & Down	With
Pure	Constant, Up & Down	Without
Swap	Up ↔ Down shift every 15 s	Without
Swap Melody	Up ↔ Down shift every 15 s	With
Up	Up position only, 15 s ON / 5 s OFF	Without
Up Melody	Up position only, 15 s ON / 5 s OFF	With

YOUR FOLDER STRUCTURE

LifePod

└ Down

└ Down Melody

└ Pure

└ Melody

└ Swap

└ Swap Melody

└ Up

└ Up Melody

Each folder contains four subfolders: 001–025 Hz, 026–050 Hz, 051–075 Hz, 076–100 Hz.

What each range offers

001–025 Hz · THE GROUND

“Where vibration becomes touch.”

PHYSICAL

Deep rumbling, felt in bones, pelvis, chest

EMOTIONAL

Grounding, anchoring, stability

COGNITIVE

Quiet mind, reduced mental chatter

BEST FOR

Feeling disconnected, anxious, “ungrounded”

Explore: *Where in your body do you feel this first? Does it travel?*

026–050 Hz · THE BRIDGE

“Where felt and heard meet.”

PHYSICAL

Strong vibration, felt in muscles, spine, diaphragm

EMOTIONAL

Warmth, containment, security

COGNITIVE

Focused attention, present-moment awareness

BEST FOR

Tension, restlessness, overthinking

Explore: *Can you feel the line where vibration becomes sound?*

051–075 Hz · THE RESONANCE

“Where sound becomes felt.”

PHYSICAL

Clear audible tone with tactile presence

EMOTIONAL

Clarity, alignment, integration

COGNITIVE

Mental sharpness, pattern recognition

BEST FOR

Brain fog, lethargy, lack of focus

Explore: *Does this frequency feel like it “belongs” somewhere specific?*

076–100 Hz · THE CLARITY

“Where tone becomes distinct.”

PHYSICAL

Clear sound, subtle vibration

EMOTIONAL

Brightness, openness, expansion

COGNITIVE

Alertness, creativity, flow

BEST FOR

Creative blocks, drowsiness, stagnation

Explore: *How does this feel different from the lower frequencies?*

Special frequencies & melody

THE SPECIAL FREQUENCIES

Frequency	Traditional association	What to notice
125 Hz	Lower octave resonance	A “full” tone: body and ear align
174 Hz	Grounding, safety	Deep stability, “earth” quality
285 Hz	Deep physical ease	Warm, restorative, soft
417 Hz	Mental release, clearing	Inviting, clearing, spacious
432 Hz	Natural harmony	“The tuning of the universe”: round, warm, whole

These frequencies sit outside the linear scale. Do they feel different? More “alive”? More “rounded”?

THE MELODY · WITH OR WITHOUT BACKGROUND MUSIC

Without melody

- Minimal: only the frequency
- Pure: “naked”, direct contact
- Intense: can feel more “sharp”

Best for: First exposure, deep concentration, most direct signal

With melody

- Rich: embedded in soft music
- Gentle: less piercing
- Inviting: easier to stay with

Best for: Longer sessions, when pure feels “too much”

Want to build your own pattern?

Use the Tone Generator on the LifePod website to create your own frequency pattern. Does the music change how the frequency feels?

Four ways to experience time

PURE · Constant



- Stable: most neutral condition
- Predictable: easy to settle into
- Foundational: the baseline

Best for: First-time exploration, sleep, deep states

Explore: *What happens when you stop paying attention to the tone?*

SWAP · Spatial movement



- Dynamic: moves in space Down ↔ Up
- Alerting: prevents habituation
- Expansive: sense of space

Best for: Breaking mental loops, stuck states

Explore: *Where does the shift feel most noticeable?*

DOWN · Down position



- Position: Down only
- Pulsing: 15 s ON / 5 s OFF
- Unilateral signal

Best for: Down-side sensitivity, detecting asymmetry

Explore: *Does the pause feel like a “release”?*

UP · Up position



- Position: Up only
- Pulsing: 15 s ON / 5 s OFF
- Unilateral signal

Best for: Up-side sensitivity, detecting asymmetry

Explore: *How does the up position compare to the down position?*

Suggested journeys

Path 1: The First Explorer

"I don't know where to start."

Pure, 40 Hz	How does it feel in your body?
Pure, 70 Hz	Does it feel different? Where?
Pure, 90 Hz	How does higher feel compared to lower?

Why this path: Start with a stable, neutral condition. Let your body tell you which frequencies it "likes."

Path 2: The Body Explorer

"I want to feel it in my body."

Pure, 15 Hz	Deep vibration. Where do you feel it?
Pure, 10 Hz	Even deeper. Does it travel?
Pure, 8 Hz	Theta range. How does it affect your mind?

Why this path: Low frequencies are felt more than heard. This is the path of physical resonance.

Path 3: The Space Explorer

"I want to feel movement."

Swap, 30 Hz	Signal moves Down ↔ Up. Do you feel the shift?
Swap, 60 Hz	Does movement feel different at higher frequencies?
Swap Melody, 40 Hz	How does music change the spatial experience?

Why this path: Swap prevents habituation. Each shift is a "refresh" for your attention.

Path 4: The Asymmetry Explorer

"I feel different between up and down."

Down, 50 Hz	Signal only on down position. What do you feel?
Up, 50 Hz	Signal only on up position. How does it compare?
Swap, 50 Hz	Now compare movement to fixed positions.

Why this path: Many people have up-to-down differences. This path helps you understand yours.

Three more journeys

Path 5: The Mind Explorer

"I want mental clarity."

Pure, 80 Hz	Clear tone. Does it help focus?
Pure, 90 Hz	Sharper tone. Mental alertness?
Pure Melody, 80 Hz	Does music make it easier or harder to focus?

Why this path: Higher frequencies tend to be more "cognitive": they engage the mind differently.

Path 6: The Emotional Explorer

"I need to release something."

Pure, 285 Hz	The "regeneration" frequency. What arises?
Pure, 417 Hz	The "release" frequency. Any shift?
Swap, 174 Hz	Movement + grounding. How does that feel?

Why this path: Special frequencies have unique qualities. Let them work on you.

Path 7: The Deep Rest Explorer

"I want to feel safe, held, restored."

Pure Melody, 432 Hz	The "natural harmony" frequency.
Swap Melody, 125 Hz	Movement + the deep tone.
Down Melody, 174 Hz	Grounded down-position stimulation.

Why this path: Melody makes the experience more human, more inviting. Great for rest.

QUICK START · YOUR FIRST SESSION

Before you begin

Find a quiet space (15–20 minutes). Sit or lie down comfortably. Set the volume to a pleasant level. Close your eyes if that feels natural.

Your first session

Choose Pure → 001–025 Hz → 10 Hz. Press play. Close your eyes and just feel. After 15 minutes, notice: what changed?

If you feel X, try Y

What you feel	Try this first	Then this
Anxious, overwhelmed	Pure, 8 Hz	Swap Melody, 174 Hz
Disconnected, ungrounded	Pure, 1–5 Hz	Down, 125 Hz
Stuck, unable to shift	Swap, 20 Hz	Up Melody, 417 Hz
Down position feels “blocked”	Down, 40–60 Hz	Down Melody, 285 Hz
Up position feels “blocked”	Up, 40–60 Hz	Up Melody, 285 Hz
Brain fog, dullness	Pure, 80–90 Hz	Swap, 70 Hz
Restless, overthinking	Pure Melody, 432 Hz	Down, 30 Hz
Need mental clarity & release	Pure, 417 Hz	Swap, 285 Hz
Need grounding + movement	Swap, 10 Hz	Swap Melody, 125 Hz
Deep rest, safety	Pure Melody, 174 Hz	Down Melody, 432 Hz
Creative flow	Pure, 90 Hz	Up Melody, 125 Hz
Energy without tension	Swap Melody, 60 Hz	Pure, 70 Hz

THE “DON’T KNOW” MATRIX

If you’re unsure...	Try this
“I don’t know what I need”	Pure, 40 Hz: the neutral starting point
“I don’t know what I’m feeling”	Swap, 60 Hz: movement helps bring awareness
“I don’t know where to start”	Pure Melody, 432 Hz: gentle, inviting, safe
“I need something new”	Swap Melody, 285 Hz: movement + healing tone

Track your response

Frequency	First impression	After 3 sessions	After 5 sessions
10 Hz			
20 Hz			
30 Hz			
40 Hz			
50 Hz			
60 Hz			
70 Hz			
80 Hz			
90 Hz			
100 Hz			
125 Hz			
174 Hz			
285 Hz			
417 Hz			
432 Hz			

Document each session

Date	Time	File used	Duration	What I noticed	Before	After

A gentle structure

Week 1 · Ground

Pure, 1–25 Hz · one frequency per day

Start at 10 Hz and move down

Week 2 · Bridge

Pure, 26–50 Hz · explore the mid-range

Notice where felt and heard meet

Week 3 · Space

Swap, 1–50 Hz · add movement

Feel the Down ↔ Up shift

Week 4 · Asymmetry

Down & Up, 30–70 Hz · alternate

Notice position-to-position differences

DAILY PRACTICE

Day	Try this	Notes
1	Pure, 10 Hz	
2	Pure, 8 Hz	
3	Pure, 6 Hz	
4	Pure, 4 Hz	
5	Pure, 2 Hz	
6	Pure, 1 Hz	
7	Pure, 15 Hz (your choice: return to a favorite)	
8–14	Explore the 26–50 Hz range	
15–21	Explore Swap	
22–28	Explore Down & Up	
29–30	Your favorite sessions from the month	

Where do you feel it?

Mark where you feel each frequency. Use different colors for different frequencies.

HEAD

CHEST

ABDOMEN

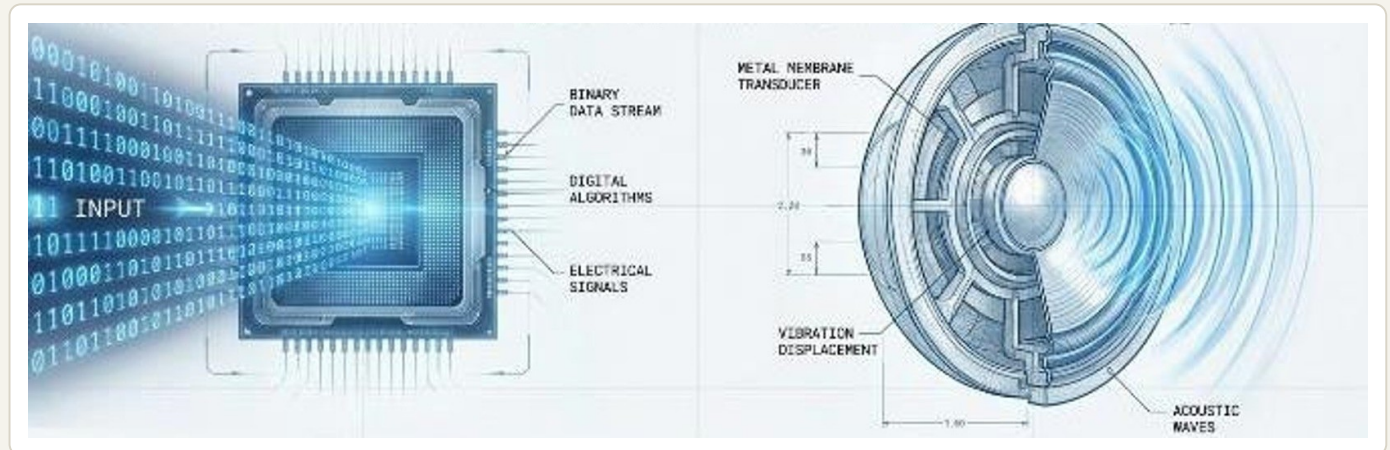
PELVIS

LEGS

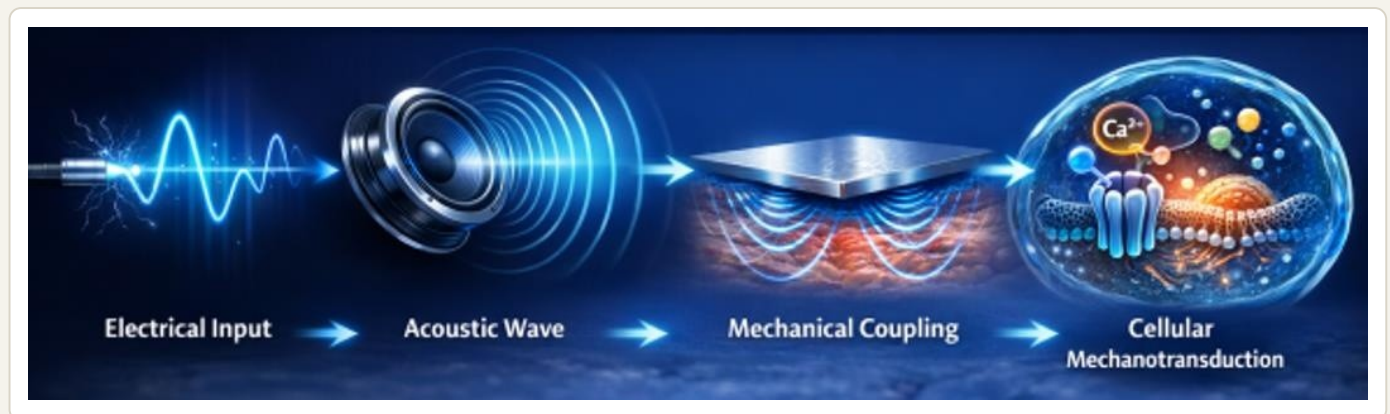
Frequency	Location

From signal to body

You don't need to own a LifePod to understand how it works. The system begins by converting precise digital algorithms into electrical signals. These signals drive metal membrane transducers to produce acoustic waves. The vibration then travels from the transducers through the lying surface into your body.



Digital signal → metal membrane transducer → acoustic waves



From electrical input to the body: the chain behind every session

TWO TRANSDUCERS, FOUR WAYS

Pure

Both transducers active.

Up

Emphasis on the shoulder area.

Down

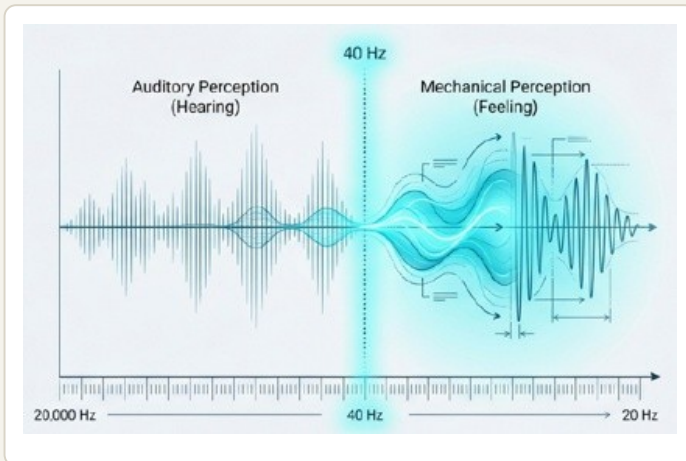
Emphasis on the hip area.

Swap

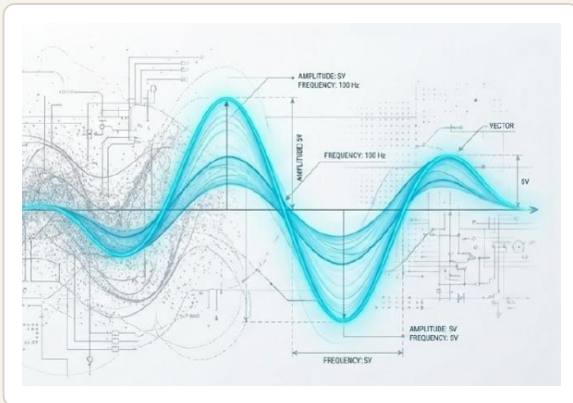
Shoulder and hip switched.

The two transducers are permanently integrated in the lounge, positioned in specific areas of the body.

Felt, not just heard

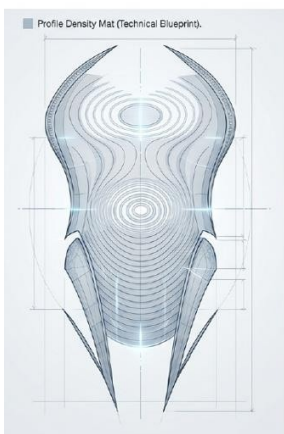


Low frequencies are felt as much as heard. Around 40 Hz, hearing gives way to feeling. The LifePod works mostly up to about 1–100 Hz; typical music and speech are far higher. Hz (Hertz) = vibrations per second.



Frequency & amplitude. Frequency (Hz) sets how fast the vibration cycles; amplitude sets how strong it is. Every profile is a wave with its own frequency. It is mechanical vibration felt through the body; it does not measure brain activity.

WHERE YOU FEEL IT



Upper · shoulder region

More immediate and distinct. Skin and tissue hold more fast-responding touch receptors.

Lower · hip region

Deeper and more diffuse. More soft tissue and nearby resonant bone spread the vibration.

Not stronger or weaker, just different.

How vibration is felt depends on location, tissue structure and receptor distribution.

Profile density mat: vibro-pattern measurements

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LifePod

A Cognitive Overload Management Environment
Built for a world that never stops.

No changing rooms. Just 15–20 minutes to encourage your natural recovery process.

You don’t need a better body. You need better conditions.

Given the right conditions, your body does what it was designed to do.