

The Cognitive Coherence Protocol

Practitioner manual · tuning-fork application of the Hypogeum double resonance
Skorba Synthesis · Orm Proske, MD

1 · Background: the chamber on the body

The Oracle Room of the Hal Saflieni Hypogeum in Malta carries a measured double resonance — a lower mode at 68-70 Hz and an upper mode at 114 Hz — independently confirmed by two research teams. A deep male voice or a skin drum tuned to these frequencies sets the whole chamber resonating; the same frequencies, in laboratory EEG, quiet the brain's language centres and bring non-verbal and visual processing forward. The Cognitive Coherence Protocol reconstructs that double resonance on the body with two weighted tuning forks, and walks the person through the site as a procession would have moved through it: in at the threshold, down through the chambers, into the Oracle Room, to the deepest sanctum, and back up to daylight. It is the hands-on, practitioner form of the recorded Cognitive Coherence journey — the reader's primary practice rendered through direct bone-conduction contact.

The two frequencies. The protocol uses two weighted tuning forks: 70 Hz — the lower, body-felt mode — and 114 Hz, the upper, “voice” mode. On the forks the upper mode is the site-exact 114 Hz; in the airborne Cognitive Coherence recording it is the 110/111 Hz “holy frequency,” the value at which Cook (2008) found activity in the language centres drops. These are the same upper resonance band. The protocol holds the 70 + 114 double resonance steady — a resonance immersion in the alert, coherent register, allowed rather than driven.

2 · The protocol by stage

Frequencies are fixed; timing and dosing are read from the person, not the clock. Less is more — the sensitised nervous system responds to a single well-placed tone more than to continuous playing. Weighted forks are required — the stem contact for bone conduction needs the mass. Hard room surfaces (stone, tile) amplify transmission.

Stage	Forks	Placement · technique	What happens · how to read it
Threshold · ~0-3½ min	114 Hz (light, intermittent)	Light stem contact at the sternum; long gaps between strikes. Keep it faint and distant.	The person settles; the out-breath lengthens. Establish contact and ease — nothing is asked yet.
Descent · ~3½-8½ min	70 Hz enters; 114 Hz recedes	70 Hz stem contact: sternum → right mastoid → left mastoid. Re-strike every 20-30 s; the vibration must be felt, not merely heard.	The deep floor rises — the tone of being “inside the stone.” Breathing slows; the body settles into the contact.
Oracle Room · ~8½-17½ min	70 + 114 Hz together, held steady	Cycle 70 Hz at sternum and mastoids; bring 114 Hz to right mastoid → left mastoid → vertex. An optional soft hum on the	The chamber “blooms” — language quiet, imagery available. The central, longest stage: invite the

(intention window)		exhale (~100-120 Hz) couples voice to resonance. Re-strike every 20-30 s.	single Oracle-Room intention here (Section 3).
The Holy of Holies · ~17½-22 min	70 Hz alone, full and sparse	Sustained 70 Hz at the sternum; few strikes, long decay; no humming.	The deepest, stillest point; the floor is fullest, the resonance held quietly. Nothing to do but rest; allow.
Return · ~22-27 min	70 Hz fades; a last, lighter 114 Hz	Lighten contact; let 70 Hz fade, finish with one or two soft 114 Hz strikes as the sound brightens, then silence. Optional peripheral contact (palms, soles) to re-orient.	The sound opens and clears; the journey ends distinctly. Allow several quiet minutes before the person speaks, stands, or resumes tasks — do not skip it.

3 · The Oracle-Room intention (the autohypnotic window)

In Stage 3, once the double resonance is steady, the receptive state the chamber produces — language quiet, imagery available — is the moment to invite a single, personally chosen intention or image. Keep it simple and the person's own:

- Invite one image or wish, held wordlessly — not a sentence to repeat, but a picture or felt sense to rest attention on.
- Let it be the person's content entirely. Offer no specific words, mantra, or imagery of your own; the meaning must be theirs. This both respects the cultural neutrality of the practice and is why it works — an imposed phrase engages the very language network the resonance is quieting.
- Hold, do not push. The instruction is to let the image be present while the resonance carries it, not to concentrate hard. If nothing comes, resting in the resonance is itself complete.

Boundary. This is focused intention / visualisation in a receptive state — not clinical hypnotherapy, and not suggestion supplied by the practitioner. Do not introduce content, commands, or therapeutic suggestions into this window. If a person is prone to intrusive imagery, dissociation, or distress, keep them in Stages 1-2 and omit the Oracle intention.

4 · Candidates and the airborne companion

Suited to: people in stable condition seeking depth relaxation, the conditions associated with HRV coherence, contemplative or intention work, and integration during life transitions. No prior sound-therapy experience is needed on the receiving end — the body responds independent of belief.

The recorded companion: the airborne Cognitive Coherence recording (70 + 111 Hz) can run quietly through speakers as the acoustic field while you deliver the fork sequence by hand — the recording is the chamber, the forks are the contact. The recording is also what people use on their own, between sessions; the forks remain the deeper, hands-on form.

Sibling protocol for thresholds. For practitioners working in end-of-life, active-dying, or acute-crisis accompaniment, a deeper clinical protocol exists for those

specific thresholds. It is documented separately, for healers and clinicians, in the companion volume *The Threshold Consciousness Protocol* (Skorba Synthesis). The Cognitive Coherence Protocol described here is the everyday, coherence-supporting practice; the threshold work is its clinical sibling.

5 • Sourcing the tuning forks

This protocol requires two weighted tuning forks — 70 Hz (the lower, body-felt mode) and 114 Hz (the upper, “voice” mode) — plus a rubber activation mallet. Weighted forks are essential: the stem contact that carries bone conduction needs the mass, and unweighted musical forks are not a substitute.

- Primary source — SWB256 (swb256.com): made-to-order, US-manufactured weighted forks with guaranteed frequency accuracy of $\pm 0.5\%$ at 72 °F (22 °C); lead time roughly 5–8 weeks. The 70 Hz and 114 Hz forks can be ordered individually; practitioners who also use the clinical Threshold protocol can take the full four-fork set (40 / 70 / 114 / 117 Hz) for about US \$229 plus shipping.
- Activation mallet — one rubber mallet, about US \$8–12 (available from any of the suppliers).
- General sound-therapy suppliers (e.g. soundhealingcenter.com, sunreed.com) also carry weighted forks; if you use them, confirm the exact frequency and tolerance before ordering, since site-accuracy matters here.
- Airborne companion — the recorded Cognitive Coherence journey (70 + 111 Hz) is the matching acoustic field: run it quietly during a session, and give it to the person for their own practice between sessions.

Only the 70 Hz and 114 Hz forks are needed for this protocol; the 40 Hz and 117 Hz forks belong to the clinical Threshold protocol.

6 • Scope and legal notice

The Cognitive Coherence Protocol is an experimental, structured sound practice for wellbeing, depth relaxation, and contemplative or meditative practice. It is expressly not a medical device, therapeutic agent, or psychotherapeutic method, and does not diagnose, treat, cure, or prevent any condition, nor replace medical, psychological, or psychotherapeutic care. Do not use during active psychosis, mania, acute suicidal crisis, intoxication, or withdrawal; and only with appropriate clearance in epilepsy, significant cardiac conditions, recent neurological events, severe dissociative disorders, first-trimester pregnancy, with minors, or in early substance-use-disorder recovery. Derived from *Skorba Synthesis — Creating Cognitive Coherence under Uncertainty* (Orm Proske, MD, 2026). SKORBA® is a registered trademark of Orm Proske.