

# Skorba Synthesis — Threshold Consciousness Protocol

*Full four-phase recorded session · companion guide*

*Recorded acoustic application*

A full four-phase recorded session of the THRESHOLD Consciousness Protocol (TCP), the acute practice set out in Skorba Synthesis — The Threshold Consciousness Protocol (Orm Proske, MD, 2026). Running approximately 38–40 minutes, it carries the complete arc — Grounding, Resonance, Immersion, Return — at full depth, distinct from the shorter, gentler self-guided edition. This recorded form is a supplementary version of the protocol: for use when the somatic (tuning-fork) form is not available, or as the recorded acoustic field played alongside a fork session. It supports the conditions associated with the integrated, coherent state; it is not a medical or psychotherapeutic procedure.

**What this recording is and is not.** The protocol's reference form is applied through weighted tuning forks in body contact (bone conduction). This recording approximates the protocol's frequency content through the air and produces a partial form of its effects, even at full depth. It does not replace the somatic application, and it does not replace medical, psychological, or psychotherapeutic care. It does not produce a state you cannot already reach — it supports the conditions under which your nervous system's own integrated state becomes more accessible.

## How to listen (full-depth session)

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This is the complete protocol, so it goes deeper than the short self-guided version and asks for more setup. The arc opens and closes on a very low 40 Hz tone.

- **Use speakers with real low-frequency response**, or over-ear headphones. Small earbuds cannot reproduce the 40 Hz Grounding and Return tones. Keep the volume moderate — clearly perceptible, never aggressive.
- **Protect about 50 minutes** — roughly 40 minutes of audio plus at least 10 minutes of quiet integration afterward.
- Listen only where you can remain **undisturbed**, and where you will *not* need to drive, work, or be sharply alert immediately after. This is not background listening.
- Lie down, eyes closed. Let the breath be slow and even, the out-breath a little longer than the in-breath — the sound carries the pace. There is nothing to do and nothing to do wrong.

Headphones are helpful but not required: the slow ~3-beats-per-second pulse in the Immersion phase is a real interference pattern in the air, not a headphone-dependent binaural effect.

## Two ways to use it

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**As a standalone recorded session** — for stable, experienced self-guided users (see the scope notes below). The four phases run in sequence; simply allow them.

**As the acoustic field during a fork or practitioner session** — played through speakers to support the overall acoustic environment while the somatic tuning-fork application is delivered. In this use the recording is the field, not the protocol; the forks remain the reference form.

## The four phases

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1. **Grounding (~0-6 min) · 40 Hz.** Establishes the conditions for what follows — a calming, somatic presence, the initial settling. Short, but structural: without it the later phases land on an unready substrate.
2. **Resonance (~6-20 min) · 70 → 114 Hz.** The central and longest phase. The tone opens and warms; breath and heart rhythm may settle toward roughly six breaths a minute (the 0.1 Hz pattern), and attention shifts from analytical toward integrative. The coherence it supports needs sustained exposure to consolidate.
3. **Immersion (~20-32 min) · 114 + 117 Hz (3 Hz beat).** The deepest phase. The two close tones create a slow pulse of about three per second — felt more than heard — supporting access to non-narrative, non-controlling experiential layers and a softening of ordinary boundaries. It is allowed, not pursued. A sense of the body being deeply at rest, or quiet hypnagogic imagery, may arise; this is expected.
4. **Return (~32-39 min) · 40 Hz.** The structured return to ordinary functioning, on the same low tone that opened the session. This phase is NOT optional. It restores proprioception and re-engages ordinary awareness, and the session's effect consolidates in the period that follows.

**Do not cut the session short, and do not skip the Return.** The Immersion phase reaches real depth; the Return is what brings you back. Stay with the whole arc, and give yourself ten to fifteen minutes of quiet afterward — sit or lie as you prefer, water to hand — before opening the eyes fully, standing, speaking, or resuming activity. Coming out of a deep session abruptly is associated, in the wider literature on deep states, with disorientation.

## Who this is for, and who should not use it unsupervised

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**Appropriate (self-guided full session):** people in stable autonomic and psychological condition, ideally with some prior contemplative, somatic, or fork practice, using the recording for wellbeing, depth relaxation, or to consolidate contemplative practice. First-time users, and anyone less settled, should begin with the shorter self-guided edition or an abbreviated session (for example Grounding and Resonance only) and build toward the full depth gradually.

**Do not use during (absolute):** active psychosis; an acute manic episode; active suicidal crisis with intent or plan; acute intoxication; acute substance withdrawal. If a seizure, sudden weakness or numbness, slurred speech, or severe sudden headache occurs during listening, stop immediately and seek standard medical care.

**Use only with qualified supervision — not self-guided (relative):** diagnosed seizure disorder or epilepsy (rhythmic audio carries seizure-provocation considerations); significant or recent cardiovascular conditions, or implanted

cardiac devices (cardiology consultation first); recent stroke, TBI, or significant concussion (defer ~3 months, with clearance); severe or unstable dissociative disorders; first-trimester pregnancy (defer to second trimester, providers informed); minors; severe psychiatric conditions even in stable phases (integrate into existing care); early-recovery substance use disorder.

**Be more conservative than a supervised setting.** With no practitioner present to read your responses and adjust, the threshold for pausing and consulting a clinician is lower — and this matters more for the full-depth session than for the short one. Emotional or somatic material may surface; have ongoing support available. If listening produces difficulty during, after, or between sessions that does not settle, stop and seek appropriate support before continuing.

**Standard cautions:** never while driving or operating machinery; if you have a stable chronic medical condition or take medication with autonomic effects, inform your treating provider; older or frail listeners benefit from the seated position, shorter early sessions, and longer integration afterward.

## Legal note

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This recording is a structured sound practice for the promotion of wellbeing, relaxation, and contemplative or meditative practice. It is experimental and is expressly not a medical device, therapeutic agent, or psychotherapeutic method, and does not diagnose, treat, cure, or prevent any condition. It does not replace medical, psychological, or psychotherapeutic consultation or treatment. Derived from Skorba Synthesis — The Threshold Consciousness Protocol (Orm Proske, MD, 2026), registered with the US Copyright Office. SKORBA® is a registered trademark of Orm Proske.