

The Hypogeum Journey

Cognitive Coherence — a self-guided sound journey through the Oracle Room

Companion guide & front-matter script · recorded acoustic application

A 27-minute recorded sound journey that reconstructs the resonance of the Ħal Safflieni Hypogeum in Malta — the 5,000-year-old underground temple whose Oracle Room carries a measured double resonance at roughly 70 Hz and 110–114 Hz. The recording carries you as a procession once moved through the site: in from daylight, down through the chambers, into the resonant Oracle Room, to the deepest sanctum, and back up to the surface. It is built around the 111 Hz “holy frequency” with the 70 Hz lower mode beneath it. This recorded form is a supplementary version of the practice described in *Skorba Synthesis — Creating Cognitive Coherence under Uncertainty* (Orm Proske, MD, 2026); its fuller form is applied by a practitioner with weighted tuning forks. It supports the conditions associated with the coherent state; it is not a medical or psychotherapeutic procedure.

What this recording is and is not. It approximates, through the air, the resonance a body would meet inside the chamber, and produces a partial form of the practice. It does not replace the somatic (tuning-fork) application, nor medical, psychological, or psychotherapeutic care. It does not produce a state you cannot already reach — it supports the conditions under which your own integrated, coherent state becomes more accessible.

How to listen (this matters for the low frequencies)

The journey rests on two deep tones — a 70 Hz floor felt more than heard, and the 111 Hz resonance that blooms in the Oracle Room. Small earbuds reproduce neither well.

- **Use speakers with real low-frequency response**, or over-ear headphones. Earbuds are the least suitable. Keep the volume moderate — present, never aggressive.
- **Protect about 35 minutes** — ~27 minutes of audio plus a few quiet minutes afterward. Do not drive or return to demanding tasks immediately.
- Lie down or sit back, eyes closed. Let the out-breath lengthen a little; the sound carries the pace.

Headphones are helpful but not required: the resonance is a real acoustic effect in the air, not a headphone-dependent binaural one.

The journey, stage by stage

1. **Threshold (0–3½ min).** You step from daylight into the first opening in the rock. The 111 Hz tone is faint and distant; the air begins to close around you. Breath settles.

2. **Descent (3½-8½ min).** Down through the passages into the middle level. The 70 Hz floor rises — the deep tone of being inside the stone — and the resonance grows.
3. **The Oracle Room (8½-17½ min).** The resonant heart of the site. The 70 and 111 Hz tones sound together and the chamber blooms — sound seeming to come from everywhere. This is the place to set your intention (see below).
4. **The Holy of Holies (17½-22 min).** Deeper still, to the lowest and stillest point beneath the sanctum. The 70 Hz floor is fullest; the resonance is held quietly. Nothing to do but rest.
5. **Return (22-27 min).** Back up through the chambers toward daylight. The deep floor fades, the sound brightens and opens, and the journey ends clearly. Do not skip it; allow a few quiet minutes before resuming your day.

Passing the Oracle Room: setting an intention

There is a reason this practice places its one active moment in the Oracle Room. At these resonant frequencies, the brain's language centres quiet and non-verbal, image-based processing comes forward — a receptive, inward state. It is the natural window for holding a personal intention.

- As the chamber blooms and the resonance steadies, bring to mind one image or wish that matters to you — a single picture or felt sense, not a sentence.
- Hold it wordlessly while the resonance carries it. Do not strain or repeat words; let the image rest in the sound. If nothing comes, simply resting in the resonance is complete.
- It is entirely yours. The recording offers no words, mantra, or imagery of its own — the meaning is yours to bring, and that is also why it works: an imposed phrase would re-engage the very thinking the resonance is quieting.

A note of care. This is gentle focused-intention work, not clinical hypnosis. If you are prone to distressing intrusive imagery or to dissociation, you may prefer to stay with the breath and the tone and let the intention step go. Let whatever arises be allowed; nothing is required of you.

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

Appropriate (self-guided): people in stable autonomic and psychological condition, for wellbeing, depth relaxation, contemplative or intention practice, and grief or life transitions — with the understanding that emotional material may surface and that you should have ongoing support available.

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; 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; early-recovery substance use disorder.

Be more conservative than a supervised setting. With no practitioner reading your responses, the threshold for pausing and consulting a clinician is lower. If listening produces difficulty 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 condition or take medication with autonomic effects, inform your treating provider; first-time, older, or frail listeners benefit from shorter early sessions and longer integration afterward.

Legal note

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. Inspired by the archaeoacoustics of the Ħal Saflieni Hypogeum and derived from Skorba Synthesis — Creating Cognitive Coherence under Uncertainty (Orm Proske, MD, 2026); SKORBA® is a registered trademark of Orm Proske.