We noticed, that when people listen to certain sound patterns - their multisensory perception tends to change. Of course they don't start see green small aliens nor fairies flying around them (maybe except for some synesthesia folks...), but something else, more important - happens. While listening, they start to notice or emphasize certain aspects of their surroundings, their feelings, their experiences. They call it like "wow", "amazing", "cool", and so on. All their expressions seem to refer to one general term: "beauty". We noticed, that when subjects listen to our Stroiciel - they tend to perceive more beauty around them and within them; more harmoniousness and subtleness in shades of what is typically called - "beauty". Having such an agreement, we decided not define what "beauty" is, but to focus on - what evokes these changes of perception, and how it affects the consciousness in general.

So what does the Stroiciel do? How it works? In simple terms, on technical side - it combines specially engineered sounds of nature, principles of harmony based on harmonic series and geometry of ratios, psychoacoustics and vibration extractors. On the practical side, it involves a following response, effects of saturation and cognitive perception reshaping. As a result, through changing patterns of auditory perception - Stroiciel affects all associated areas; while on neural level in goes through multi-sensory pathways, on "software" (perceptual/cognitive) level - it interacts with the sensation of I/Self. Hearing/listening to sounds/soundspaces and perceiving patterns - makes people feel different, that's fact. Feelings, smells, motion, space, tension, touch, sensation of self-boundaries, visuals, and so on. We used core mechanisms that are responsible for these shifts, and programmed them in certain direction: "beauty". This effect seems to be stronger than with other types of sound recordings.

Here are some details.

Engineered sounds of nature, what is it, why this is used? Sounds of nature in general - strongly interact with us, because we are part of nature. Thus - there are natural patterns, that will have positive effects on us; that's the part of life. Among these patterns, are all kind of noises - falling rain, flowing stream, ocean waves, rustling wind, and so on; relaxing, cleansing, calming, energizing. We developed a technique, that allows to emphasize these life-changing effects; and we call it Nabra-Sync (NAtural BRAinwave SYNChronization). And it was one of the first steps. When we started to play with extracting vibrations - it appeared, that patterns engineered through Nabra-Sync are much stronger than raw, unprocessed sounds of nature; this also confirmed the value of Nabra-Sync process itself. Anyway, we have found, that while the method for extracting vibrations can be successfully applied to various sound sources (we tested it in our research on singing bowls and others - see the SBRS VibeTouch or Spectral Beauty), concept of Stroiciel and auditory perception reshaping - works best with Nabra-Sync.

Harmonic series, geometry of ratios, and principles of harmony, what is it, why is important? If you find a research material, on why major CEG chord is perceived as joyful, while minor or tense chord is not, then you have the scientific answer to biology and psychology of attraction. There are parallels (correlates) between simplicity/complexity of vibrations produced around harmonic series progression, and emotional responses to a stimuli that contains these patterns. Part of this is related to human voice, which is basically made of harmonics, and is very close to us. Other part refers to strengths of physical resonances between interfering signals and stability of patterns. To put it simple: stronger resonance, recognizability and stability - the better psycho-biological response.

Extracting vibrations - what is that??? Nothing esoteric. We developed a special type of "resonant filters", that allow to pick up natural vibrations - anywhere in the spectra, at any "speed" rate, from any type of signal source. It's somewhat opposite direction from adding something like binaural beats to a soundspace. To pick up vibrations properly - complex matrixes of these filters are used.

Psychoacoustics? Reconfiguration of spatial cues (to make the sound "closer" and "deeper"), quasi-Pythagorean tuning (shifting down the whole tuning a little bit, to make the sound more emotional), sub-harmonic reconstruction (to make the sound more vibrant), masking, patterns of auditory perception - such elements can be considered as the part of psychoacoustics.

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What is the "following response"? Certain things attract perception and attention more than others, and it's more than just "liking"; it's biology based on evolution. When a person starts to unintentionally focus on (or split their attention) and follow a stimuli, immersing within what they perceive - this is what we call a "following response". It is more complex than a concept based on "frequency to frequency" translation.

And what is "perception reshaping"? It can be considered as the union of adaptation and tuning. When a subject receives (and is saturated with) a stimuli, first what happens - are psycho-biological attempts to recognize these new structures as something "familiar"; this is adaptation. But in order to recognize a pattern - directional specialization is required. To react to specific features of a stimuli - network must change, and this change is followed by shifts on other connected levels; this is "perception reshaping". It's like this. If you are new to the forest, and you go there, then initially - everything looks and sounds the same. After some visits - you start to recognize different trees, birds, or even tracks. Meaning of what you

perceive has changed, because your perception has been reshaped; you adapted. Or. If you were on a session with therapeutic singing bowls, then after that session, when you go outside - for few minutes or even hours - you will probably hear singing bowls ringing somewhere and around. It's because due to sound/vibration characteristics - your brain changed the preference in recognizing sounds "as something" (changed the meaning), and thus - your perception has been reshaped. Or. If you start to hear an inexistent a melody in city traffic, then your perception is being reshaped, most probably by the mood change (when your are happy, everything starts singing in unison, like in these advertisements?). Mood follows reshaping.

What about saturation and conditioning? Did you noticed what changes after you hear to your favorite album over and over again? That's the saturation, only in this case - it is followed by stronger shifts, not only in moods, but also in perception. As for conditioning. If you experience certain effect at least once, then it's possible to experience it again. To recall it - you may use real stimuli, or feelings and memories.

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So - what can you expect from Stroiciel APR? Depending on program you select - relaxation, release, energy, serenity, things like that. Independent from selection - expansion in awareness. Typical to APR - you may notice more harmonious subtleness on various (sensory and meta-sensory) levels, even at the same time - in visual perception, touch and motion, emotions and feelings, hearing, mental space, and so on. Depending on your personal experience - other things may happen, like telepathy, inner contact - these things are not "programmed" here so to speak. But first of all - have fun and enjoy. Before you start to play with your own expectations - check how it works on you.

Experiments you can do. 1) Put a program to your smartphone, go to open sunny field, and listen the nature "through" the recording; notice and see how the space around you changes; to increase the effect - hold your mobile so that you can feel the physical vibration of sound (tested with nokia n82). 2) If you feel "low" or everything around bothers you (sounds dissonant) - run a program and either just go with the flow, or intentionally focus on the recording to catch that subtleness (the sound will help to accomplish this task); the moment you start to hear it is the moment of change; later you may just recall feelings and memories of it (it's conditioning, based on state specific memory). 3) Put a program to your smartphone and use it as a gentle background during conversation on when being among other people; see how the sound releases tensions. 4) Go sleep and listen with headphones (2-3 loops); how you feel when you wake up again? 5) Play it gently from your mobile in a car or bus or train, and allow the sound to merge with traffic noise; did you notice, that after the melody is gone - noise is still singing? 6) Listen to other music after your sessions with Stroiciel, and notice how your perception of other music changed.

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How the Stroiciel came to being? Although a lot in this document may sound complicated, in reality it is not. If you deal with sounds and concepts for many years, then, whatever you encounter on your path - makes some sense, and there is a hierarchy in that. But also - you get that specific "hunch" that tells you what you can try, where to go, what to combine with what. Having some imagination and technical knowledge (and good ear too), you just translate ideas into practical results, just to see what happens. Sometimes - not always - you hit the point immediately. And if you do more experiments, then you hit the point more often. Sometimes you get additional guidance too. It's like the "domino effect" - when all simple puzzles are on right places - then greater and complex picture starts to emerge. Stroiciel came to being within less than 2 days, but on the other hand - it was grounded with over 20 years of gathering knowledge and experience. Hearing first glimpses, we just knew that this is it. We use the term "Stroiciel", because in our language (Polish) it sounds somewhat like "stradivarius", which is a synonym for uniqueness quality of an instrument, and of sound. But "stroiciel" in English translates as - tuner or reshaper.

How did we discovered the APR effect? There are two basic ways of approaching sound and consciousness experiments. One is, to provide the stimuli without expectations, see what happens next, and then - try to explain it. Second way is - to provide stimuli with context, see how expected results are achieved, and then - find out how to make it work better. In case of Stroiciel - we observed without expectations, noticed occurring phenomenons, created a workflow template and explanation based on that experience, and formalized expectations. Thus, even if you don't have initially that reference we had - if through listening you start to hear it - you will get it anyway.

What kind of additional tests we do? Well - before we release official products, we do a lot of listening. This tells us, how people may react to over-exposure, to over-doses of sound. Such tests include one-shot sessions (few hours long), regular listening for a longer period of time (usually few weeks), periodic checkups (how it sounds when coming back after a year or two), seasonal checkups (how it works at different long-term / seasonal weather conditions), sessions that follow analytic perception vs typical use (very intensive listening vs experience companion), conditional checkups (applying to real-life issues), and comparative "blind" sessions ("okay, so what can you tell me about this sound you hear?"). Plus - some more.

<p align="center">For Stroiciel APR programs, visit http://conscious-sound.bandcamp.com
For other details - you may visit http://planetaziemia.net/stroiciel.htm</p>