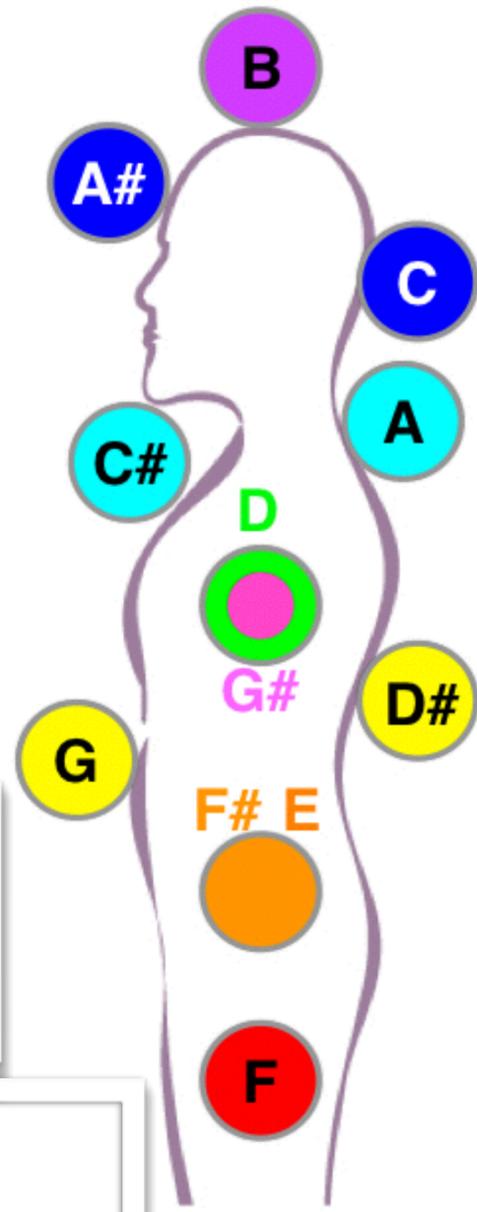
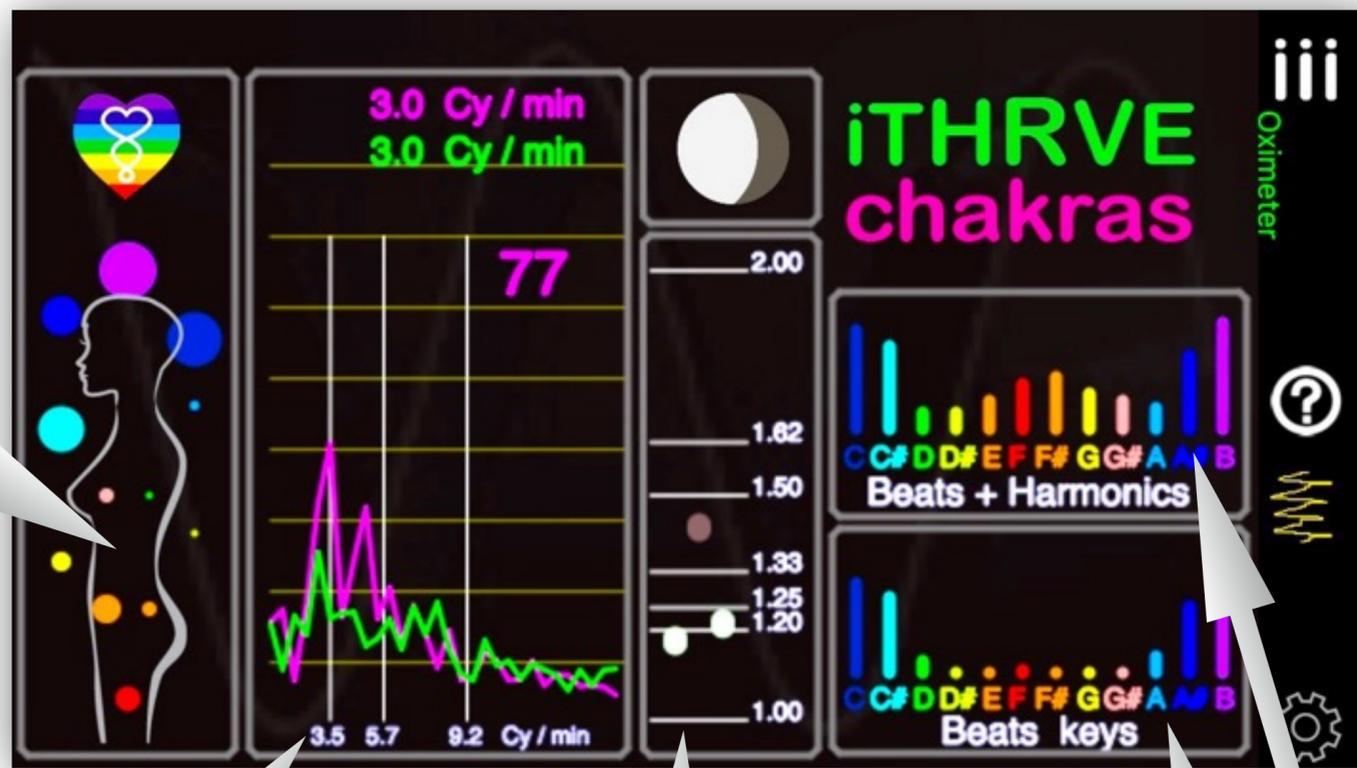


**Chakras display:**  
Size of dots are related to the number of hits of the music note associated with the chakra since the beginning of the record.



Third order spectrum analysis related to the coherence of the breathing. The coherence is related to the amplitude of the peak.  
The pink curve is the HRV spectrum  
The green curve is the PPG (pressure wave) spectrum  
(only available with light sensors (Camera & iHeath finger sensor))  
Click on this graph to show/hide the PPG spectrum curve

Analysis of the musical keys in your heart/HRV

Musical Ratios of peaks in the HRV spectrum analysis (dots turn green when they fit a musical ratio).

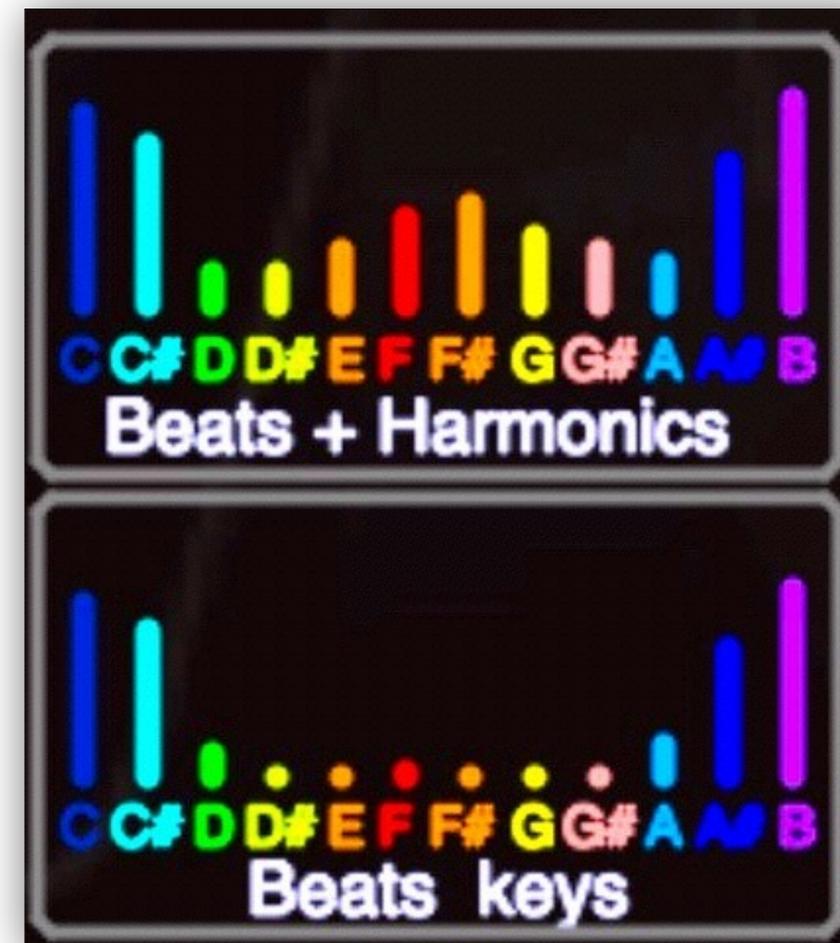
## Music notes

### Relationship between the frequency of heart rate and musical notes

The size of vertical bars is related to the number of times a musical note has been associated with a heart rate during a recording.

The top graph reflects the first harmonics related to the fundamental note from the lower graph.

Observe the changes related to your relaxed state, your emotional state, the time of the day ...

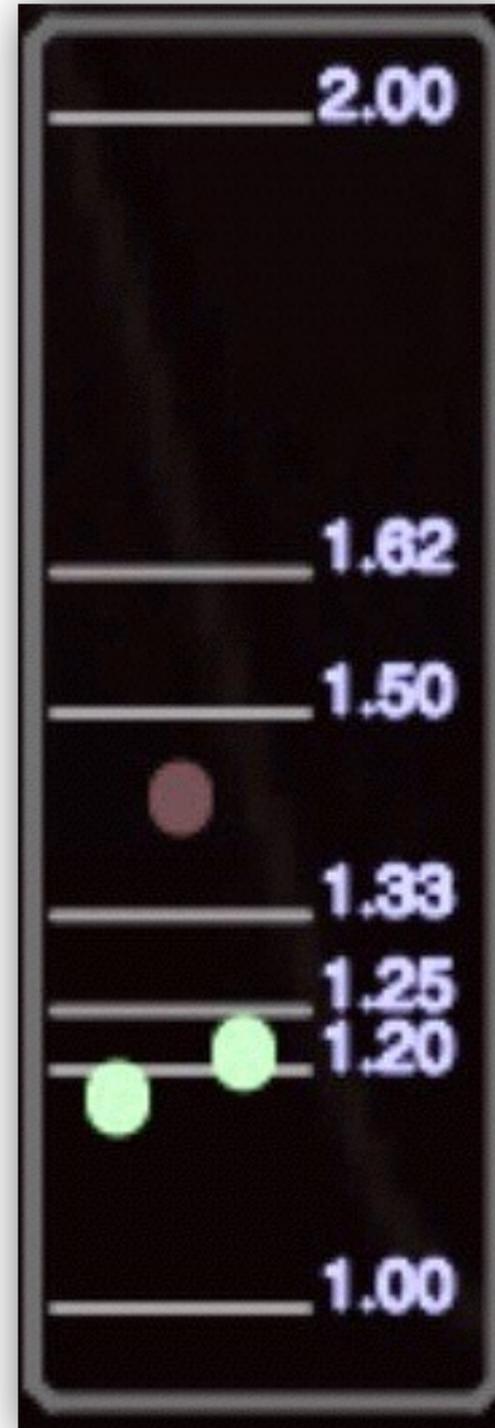


**C = Do**  
**D = Ré**  
**E = Mi**  
**F = Fa**  
**G = Sol**  
**A = La**  
**B = Si**

## Relationship between the frequency of heart rate and musical notes

| C       | C#      | D       | D#      | E       | F       | F#      | G       | G#          | A       | A#      | B       |
|---------|---------|---------|---------|---------|---------|---------|---------|-------------|---------|---------|---------|
| 15697,8 | 16630,8 | 17619,6 | 18667,8 | 19777,8 | 20953,8 | 22199,4 | 23520,0 | 24918,0     | 26400,0 | 27969,6 | 29632,8 |
| 7848,9  | 8315,4  | 8809,8  | 9333,9  | 9888,9  | 10476,9 | 11099,7 | 11760,0 | 12459,0     | 13200,0 | 13984,8 | 14816,4 |
| 3924,5  | 4157,7  | 4404,9  | 4667,0  | 4944,5  | 5238,5  | 5549,9  | 5880,0  | 6229,5      | 6600,0  | 6992,4  | 7408,2  |
| 1962,2  | 2078,9  | 2202,5  | 2333,5  | 2472,2  | 2619,2  | 2774,9  | 2940,0  | 3114,8      | 3300,0  | 3496,2  | 3704,1  |
| 981,11  | 1039,4  | 1101,2  | 1166,7  | 1236,1  | 1309,6  | 1387,5  | 1470,0  | 1557,4      | 1650,0  | 1748,1  | 1852,1  |
| 490,56  | 519,71  | 550,61  | 583,37  | 618,06  | 654,81  | 693,73  | 735,00  | 778,69      | 825,00  | 874,05  | 926,03  |
| 245,28  | 259,86  | 275,31  | 291,68  | 309,03  | 327,40  | 346,87  | 367,50  | 389,34      | 412,50  | 437,03  | 463,01  |
| 122,64  | 129,93  | 137,65  | 145,84  | 154,51  | 163,70  | 173,43  | 183,75  | 194,67      | 206,25  | 218,51  | 231,51  |
| 61,32   | 64,96   | 68,83   | 72,92   | 77,26   | 81,85   | 86,72   | 91,88   | 97,34       | 103,13  | 109,26  | 115,75  |
| 30,66   | 32,48   | 34,41   | 36,46   | 38,63   | 40,93   | 43,36   | 45,94   | 48,67       | 51,56   | 54,63   | 57,88   |
| 15,33   | 16,24   | 17,21   | 18,23   | 19,31   | 20,46   | 21,68   | 22,97   | 24,33       | 25,78   | 27,31   | 28,94   |
| 7,66    | 8,12    | 8,60    | 9,12    | 9,66    | 10,23   | 10,84   | 11,48   | 12,17       | 12,89   | 13,66   | 14,47   |
| 3,83    | 4,06    | 4,30    | 4,56    | 4,83    | 5,12    | 5,42    | 5,74    | <b>6,08</b> | 6,45    | 6,83    | 7,23    |
| 1,92    | 2,03    | 2,15    | 2,28    | 2,41    | 2,56    | 2,71    | 2,87    | 3,04        | 3,22    | 3,41    | 3,62    |

Frequency in beats/minute



### Musical Ratios

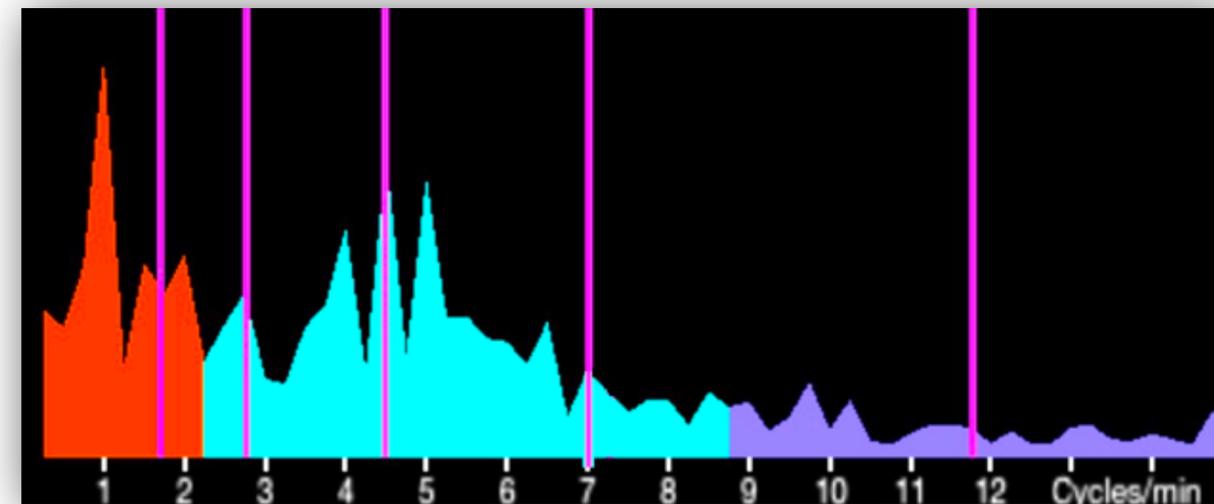
of the peaks of HRV spectrum  
(see the graph below)

When there is a musical ratio, dots  
turn to green.

Musical ratios:

- 1.20 Minor third ( $6/5$ )
- 1.25 Major third ( $5/4$ )
- 1.33 Fourth ( $4/3$ )
- 1.50 Fifth ( $3/2$ )
- 1.62 Golden Number
- 2.00 Octave

Frequency domain of the spectrum of  
heart rate variation (HRV)



Example of Harmonic search in HRV spectrum. This  
example shows frequency peaks related to the golden  
number.

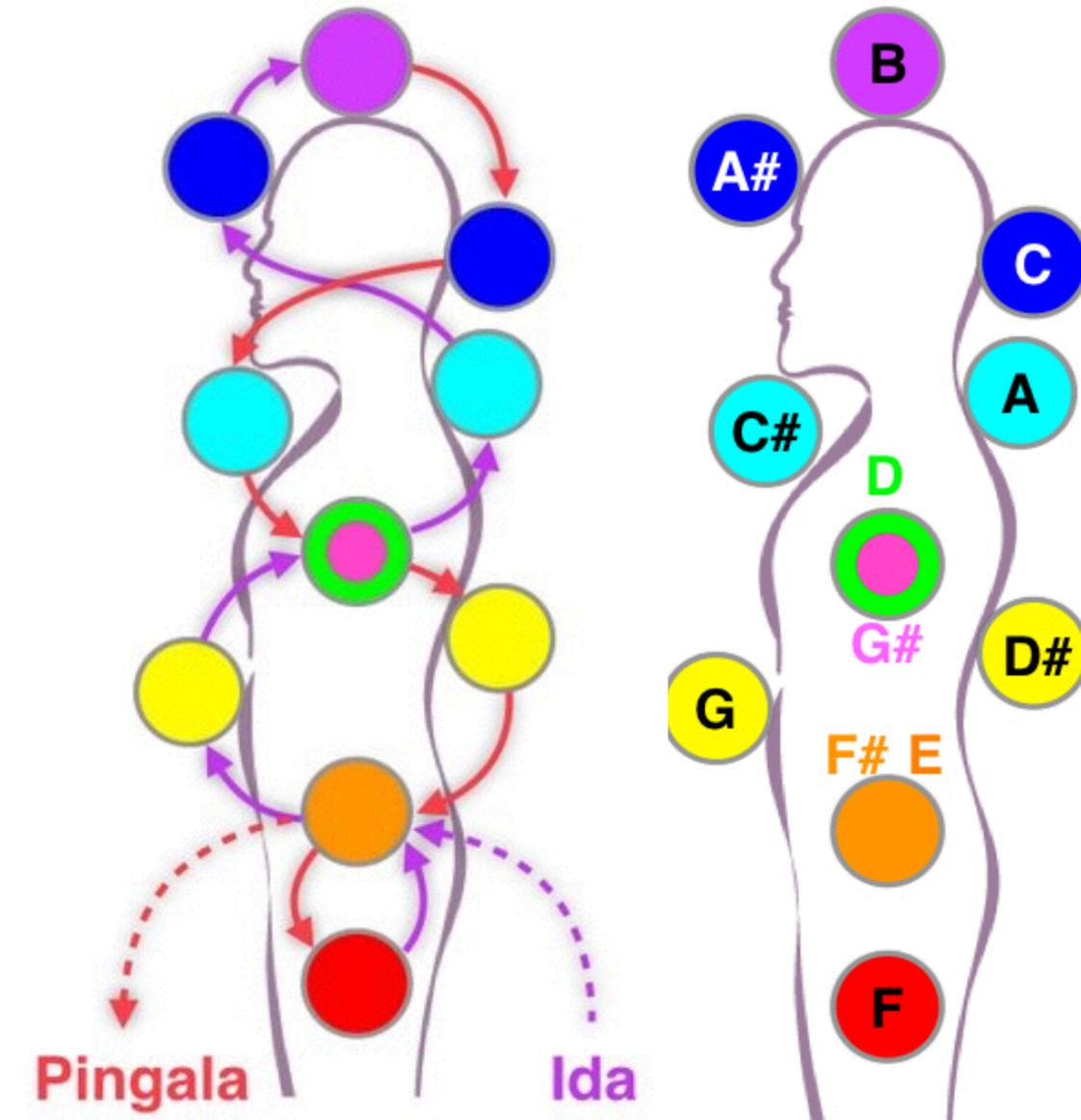
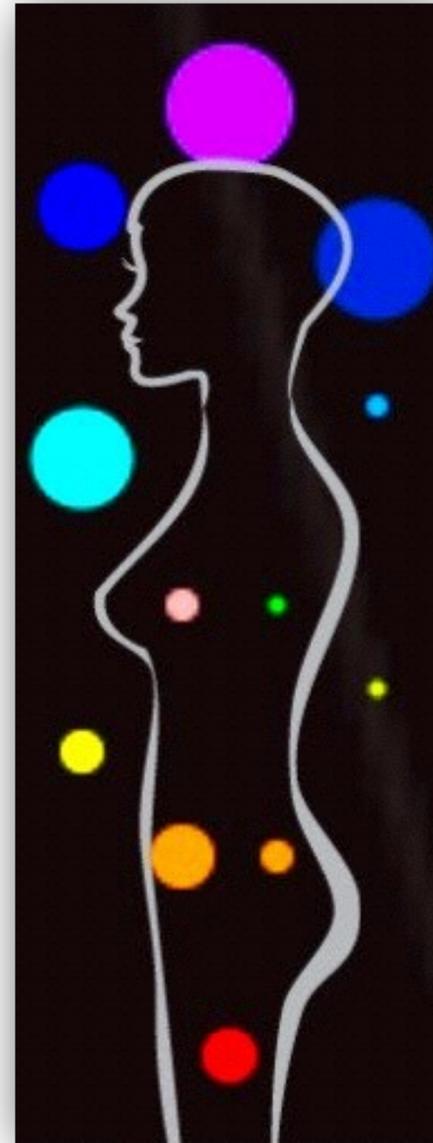
## Chakras

Correlation between musical Heart Rate key signatures and the glandular areas or chakras which are energized by specific notes.

The size of dots is related to the number of times a musical note associated with a chakra was detected during the recording. In the example enclosed, it is the upper part of the body which is most related to the frequencies of cardio beats.

This display allows you to see which chakras and what part of the body is activated during the practice.

Observe the changes related to your relaxed state, your emotional state, the time of the day ...



## Coherence of the deep & slow breathing practice

Third order spectrum analysis related to the coherence of the breathing practice. The coherence is related to the amplitude of the peak (an indicator of coherence value is displayed on the right part of the graph).

The pink curve is the HRV spectrum

The green curve is the PPG (pressure wave) spectrum  
(only available with light sensors (Camera & iHeath finger sensor))

Click on this graph to show/hide the PPG spectrum curve

The position of the peak (in cycles/minute) shows the frequency of the deep & slow breath during the practice.

### If you have done a practice without the « pacer »:

the peak position gives the frequency on which your body "waved" during practice. If you get good coherence peak value for this practice, it means that your slow & deep breathing was intuitively tuned (in raisonnance) with your pressure wave (Mayer Wave - craniosacral rhythm). In this case, the peak position (the value is displayed at the top of the graph) shows the frequency (in cycles / minute) of your craniosacral wave).

