



Clinical Observations on the Effects of Bio Music One (BMO)

*SARA Listening Sessions – July 2024 to June 2026
Compiled from Live Testimonials and Observations*

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Disclaimer:

This observational report is based on qualitative feedback and does not constitute a controlled clinical trial. Further research is needed. For research or media inquiries, please contact the author.

1. Introduction

Between July 2024 and June 2026, six live listening sessions were held in collaboration with the Shelter Animal Reiki Association (SARA). These sessions involved caregivers, Reiki practitioners, shelter workers, and animals (both companion and shelter-based). The aim was to explore the effects of Bio Music One (BMO), a vibratory musical process, on both human and animal well-being, with particular attention to multispecies co-regulation, stress reduction, and support in acute environmental stress situations.

See Appendices 1–3 for detailed scientific summary, full testimonials, and highlight selections.

Participant names have been shortened or anonymized in accordance with ethical practices for the protection of personal data.

2. Method Overview

Participants were invited to attend Zoom-based listening sessions in which selected Bio Music One tracks were played. They were encouraged to observe and report both their own experiences and those of nearby animals in real-time via the Zoom chat. Observations were grouped, formatted, and analyzed qualitatively.

3. Session-by-Session Testimonials and Analysis

The following section summarizes the observations collected during each session. Each session includes:

- Human and animal testimonials
 - A selection of most notable observations
 - A scientific-style summary
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Session 1 – July 10, 2024

Animal Testimonials

- **MH:** Her cat, who normally sleeps elsewhere, entered the room during the session and sat next to her – something she rarely does.
- **CF:** Her nearly deaf cat entered the room and fell asleep during the third track.
- **KMDB:** Her cat LC immediately stretched out and went to sleep, instead of leaving as usual when music plays.
- **VVS:** Her cat jumped on the table before the session, then stayed sleeping next to the computer during the music.
- **MC:** Her dog stayed for all 3 tracks before leaving.
- **AB:** Her dog moved from the tile floor to an upholstered chair to lie near the music source.
- **KD:** Her kitten, usually play-aggressive, stayed on her lap and bit with a soft mouth for the first time.

Human Testimonials

- **LA & LJ:** Started feeling blocked in the head but later felt light and open.
- **CF:** Tingling all over, heat in head, and visual effects like purple blobs.
- **MC:** Felt strong Reiki energy, involuntary body swaying, then got up and danced.
- **ML:** Felt heart chakra expansion, connected with a tree, cried, and noted her old dog left the room (in pain).
- **BB:** Felt joyful vibrations, wanted to dance, and felt liberated.
- **ES:** Headache disappeared and felt energized.
- **Tee Pal:** Emotional, dream-like imagery, feeling of presence.
- **KD:** Felt energetic throughout, and witnessed behavioral improvement in her cat.
- **CF (closing comment):** Considered BMO a great tool to help rescue animals.

Selected Highlights

- Deaf or distant animals spontaneously approached the music source and fell asleep.
- Highly sensitive animals (cats, dogs) and a kitten with behavioral issues responded with calm or improved behavior.

- Participants reported dancing, emotional release, and strong physical sensations (tingling, warmth, tears).
- Noted potential for BMO as a tool in **shelter animal care** and **emotional regulation** for both species.

Scientific Summary

The July 10 session produced clear patterns of calming, emotional release, and energy balancing effects across species. Cats, dogs, and even an aggressive kitten displayed signs of behavioral relaxation, suggesting sensitivity to the vibratory and energetic components of BMO. Humans reported improved clarity, joy, physical tingling, spontaneous movement, and meditative states. Multiple cross-species interactions emerged during the session (e.g., simultaneous sleep, physical proximity), pointing to the potential of BMO as a multispecies well-being support tool.

Session 2 – November 6, 2024

Animal Testimonials

- **KMDB:** Dozed off with her dog Beau – both fell asleep unexpectedly.
- **MC:** Her cat fell asleep during the session.
- **ES:** Her cat nuzzled the laptop and fell asleep.
- **GML:** Her dog, bunny, and cockatiel showed strong energetic reactions and "released" during the music; some needed to go outside to re-ground.
- **MC:** Noted that when she plays BMO Album 1 at the shelter, barking stops – especially in combination with Reiki.
- **WM:** A cat known for erratic behavior (zoomies) stayed calm and snuggled with her during the session.

Human Testimonials

- **LA:** Described it as intense healing.
- **CF & MS:** Noted complete silence of mental chatter.
- **AS:** Felt chakra activation, burning sensation in titanium hips, jaw release, and tears – followed by lightness.
- **ES:** Felt joy, release of stirred-up emotions.

- **CD:** Saw sun and sand visuals; physical heaviness in an injured arm.
- **MC:** Described flying sensations, movement, dancing, and hope/joy.
- **ES:** Had a profound realization about her fear-based behaviors.
- **CB:** Unexpected physical and emotional changes, even commenting on looking younger.
- **KMA:** Surprised by depth of relaxation; described "drifting but present."

✔ Selected Highlights

- Multi-species response: Cats, dogs, birds, and even a bunny responded energetically.
- Behavioral impact at shelters (barking reduced).
- Powerful psycho-emotional release in humans, including trauma/grief, tension, fear.
- Reports of spontaneous dancing, physical expression, and internal quietude.

Scientific Summary

This session showed a strong **regulatory effect on the autonomic nervous system**, with participants reporting deep relaxation, emotional clearing, and energetic balancing. Animals showed synchronized calming behaviors, even across species. BMO was observed to reduce agitation (both in shelters and homes), and multiple cases involved spontaneous expression through movement, emotional release, or sleep – pointing toward its therapeutic potential for trauma recovery and stress management in both humans and animals.

Session 3 – December 18, 2024

Animal Testimonials

- **KMDB:** Her dog Beau was "really out" during the first track.
- **ES:** Her dog stretched and sighed during a moment of release.
- **AS:** Her sick cat was "zonked out" and didn't move during the session.
- **KR:** Her mini-Shetland horses fell asleep during the first track played remotely via phone video.
- **WM:** Her cat cuddled peacefully instead of his usual hyperactive behavior.
- **TP:** Her cat started grooming her.

- **KR (later):** Her dogs and cat were deeply relaxed and showed signs of emotional release.

Human Testimonials

- **Before:** Many reported stress, fatigue, grief, anxiety.
- **After:** Participants expressed deep relaxation, emotional clarity, energetic shifts.
- **LA:** Felt relieved of stress – "a feeling of relief."
- **AH:** Felt like dancing; had increased appetite after energetic activation.
- **JW:** Described energetic release like acupuncture or Reiki.
- **MC:** Danced, felt love, reconnected with joy and physical expression.
- **CM:** Felt deep physical shifts in spine and heart area.
- **AS:** Reported intense full-body energetic waves and diaphragm release.
- **TVSB:** Pressure, tingling, and emotional transformation.
- **Multiple others:** Mentioned visions, sensations, dreams, and color imagery.

Selected Highlights

- Animals across species fell asleep or showed bonding behavior (snuggling, grooming).
- Mini horses fell asleep remotely via phone connection to the music.
- Participants showed powerful psychological transformations – fear, stress, grief released.
- Many noted increased energy, clarity, and openness after the session.

Scientific Summary

This session offered an especially clear before-and-after contrast. Most participants began in heightened stress states and left feeling calm, energized, or joyful. Somatic responses (tingling, diaphragm release, clarity, tears) aligned with psycho-emotional breakthroughs. Remarkably, animals—including remote listeners—showed behavioral changes, suggesting Bio Music One's vibrational field may extend beyond the immediate environment. Reports of synchronized bonding behaviors (e.g. grooming, sighing, cuddling) support further exploration into BMO's use in relational and therapeutic contexts.

Session 4 – July 2, 2025

Animal Testimonials

- **LA:** A little chihuahua she was babysitting, who had just arrived and was pacing restlessly in the living room, suddenly ran into her office as soon as the first track began. The dog jumped on the daybed and fell asleep – deeply relaxed.
- **GC:** Her usually active cat fell into a deep sleep and stayed on her feet for an unusually long time – fully relaxed and lying half upside-down.
- **DD:** During the music, she felt called to offer Reiki to her cat. The cat fell asleep within seconds. She later noted it was “the best catnap ever!”

Human Testimonials

- **ES:** Felt relaxed, followed by waves of peace moving through her.
- **SB:** Felt internal energy dancing; experienced peaceful presence and heightened awareness.
- **TV:** Saw bright light and purple color during the second track; experienced eyelid tingling and energy flow in her head.
- **DW:** Slept during the first track. The second track brought deep relaxation and a sense of expansion, with an increased connection to nature.
- **LA:** Felt uplifted and joyful. Noted a bald eagle approached her window – an extremely rare occurrence – which she linked to the peaceful atmosphere.
- **KS:** Her restless mind calmed significantly during the session.

Selected Highlights

- Rapid calming effects observed in a newly arrived, anxious chihuahua.
- Deep sleep or unusual stillness in cats known for high activity.
- Human participants reported emotional grounding, internal energy shifts, and sensory phenomena (e.g., visuals, tingling).
- Several cases of synchrony between human energy healing and animal relaxation.
- Strong indications of nervous system regulation and mood upliftment.

Scientific Summary

This session confirmed patterns already noted in previous sessions. Rapid behavioral shifts in animals (e.g., sleep, calm, proximity-seeking) occurred alongside human experiences of deep relaxation, sensory activation, and joyful emotional states. Especially notable was the immediate calming of a pacing chihuahua and the alignment between a Reiki offering and a cat's deep sleep. The combination of emotional, sensory, and behavioral responses supports Bio Music One's potential as a multispecies regulation tool acting via vibrational means.

Session 5 – March 25, 2026

Animal Testimonials

- **MH:** Her two dogs and two cats, present during the session, all fell into a deep and sustained sleep state.
- **KT:** Observed her dog lying next to her take several deep, releasing breaths before settling into a relaxed state.

Human Testimonials

- **MH:** Fell asleep during the session, indicating a strong relaxation response.
- **NR:** Also fell asleep during the session.
- **CF:** Reported a tingling sensation throughout the entire body that persisted after the session.
- **LB:** Felt her heartbeat in different areas of the body, suggesting heightened somatic awareness.
- **LT:** Experienced a desire to engage more deeply with life, accompanied by reflective curiosity and introspection.
- **JL:** Reported inner rhythmic movement sensations without physical motion, particularly during the second track.
- **JL:** Described an out-of-body-like sensation during the final track, alongside deep relaxation.
- **KP:** Felt very relaxed and “blissed out” following the session.
- **LH:** Noted that the session felt more physical compared to a previous session, indicating variability in experience.
- **MES:** Reported a mixed response depending on the track, with some perceived as pleasant and others less comfortable.

Selected Highlights

- Multiple participants and animals entered **deep sleep states**, suggesting rapid nervous system down-regulation.
- Observable **human–animal synchrony**, with animals relaxing simultaneously with their caregivers.
- Strong reports of **somatic activation**, including tingling sensations and altered perception of internal bodily signals.
- Emergence of **altered states of consciousness**, including inner movement, expanded awareness, and out-of-body-like sensations.
- Evidence of **cognitive and introspective activation**, with participants reflecting on life direction and personal depth.
- Clear **inter-individual variability**, including differences in response depending on the musical sequence.

Scientific Summary

The March 25 session reinforces previously observed patterns of rapid nervous system regulation, deep relaxation, and multispecies synchronization. Both humans and animals displayed a strong tendency toward sleep or deeply relaxed states, often occurring simultaneously, suggesting co-regulatory dynamics.

Participants reported a range of somatic and perceptual effects, including full-body tingling, altered interoception, and non-ordinary states of awareness. Cognitive responses such as increased introspection and shifts in perspective were also noted, indicating that the experience may engage both physiological and psychological processes.

Importantly, this session highlighted a degree of inter-individual variability, with some participants reporting differing responses depending on the musical tracks. This distinction supports the observation that the effects of Bio Music One may operate independently of subjective musical preference, pointing instead toward an underlying physiological or vibratory mechanism.

Additionally, reports comparing this session to previous ones suggest a possible deepening of response with repeated exposure, indicating a potential adaptive or progressive effect over time.

Overall, these findings further support Bio Music One's role as a non-verbal, multispecies regulatory stimulus with consistent effects on relaxation, perception, and human–animal co-regulation.

Session 6 – June 24, 2026

Animal Testimonials

- **KP:** The dog she had described earlier as severely noise-phobic was listening from the doorway of her office during the session.
- **RN:** Her dog sat next to her and she perceived the music as calming him.
- **DW:** During an ongoing storm, her dog became noticeably more relaxed; her breathing calmed and she stopped panting.
- **LD:** Her anxious dog Nina, who is usually unsettled by noise and tends to stay in a bed behind her or in a safe space, lay directly behind her chair during the playlist, relaxed completely, appeared to dream/twitch, and later continued resting under the desk.
- **RR:** Her dogs were initially anxious, but tapping them to the beat appeared to help them connect with the rhythm more easily and soothe.
- **JC:** Her cat “zoned out” throughout the music.

Human Testimonials

- **RN:** Reported strong colours, especially around the crown chakra, along with emotional release.
- **CR:** Felt energized and noted that many creative ideas came through during the session.
- **CC:** Experienced deep yawning, indigo blue imagery, tears, chills, and deep relaxation / near-sleep by the end.
- **SH:** Felt energy coursing through her body almost from the start, followed by a strong sense of calm.
- **TV:** Saw a kaleidoscope of colours and felt both deeply relaxed and calmly energized.
- **DW:** Reported a large reduction in physical pain during the session, while also observing her dog’s calming response.
- **LD:** Reported feeling much more relaxed and happier by the end of the session after arriving in a stressed state.
- **KPa:** Shared that the session was meaningful for her noise-phobic dog and engaged actively in exploring how to use BMO for trauma-linked sound sensitivity.
- **KPi:** Could only listen to the first two songs because the sequence began to feel agitating.
- **CC:** Reflected that, once again, something she tried for her dog also ended up supporting her own well-being.

Selected Highlights

- Several participants attended specifically because of **fireworks, storm, or noise-related anxiety** in their animals, making this session particularly relevant to real-life high-stress situations.
- Multiple animals showed signs of **rapid calming**, including reduced panting, relaxed breathing, zoning out, staying close to the caregiver, or settling in unusual places of comfort.
- Strong examples of **human–animal co-regulation** emerged, with caregivers and animals often relaxing in parallel during the listening sequence.
- Human participants reported a wide range of responses, including **deep relaxation, energetic movement, emotional release, colour imagery, creativity, and pain reduction**.
- The session offered especially relevant evidence for the use of BMO in **acute environmental stress contexts**, such as fireworks, storms, and trauma-linked sound sensitivity.
- As in previous sessions, **individual variability** remained present, with one participant finding the sequence agitating after the first two tracks.

Scientific Summary

This sixth SARA session adds an important applied dimension to the observational series by focusing specifically on **acute stress in animals linked to fireworks, storms, and sound-triggered anxiety**. Unlike the more general well-being orientation of some earlier sessions, many participants joined this webinar because they were actively seeking support for animals already experiencing severe environmental stress.

The session again revealed rapid calming effects across species. Several animals showed visible signs of down-regulation during the listening experience itself, including calmer breathing, reduced panting, deep relaxation, proximity-seeking, and zoning out. Particularly notable were the reports of anxious or noise-sensitive dogs settling near their caregivers and remaining unusually relaxed throughout the sequence.

Human participants reported a broad spectrum of responses consistent with previous BMO sessions: energetic flow through the body, emotional release, colour imagery, creative activation, deep relaxation, and in at least one case a marked reduction in physical pain. The coexistence of calm and activation — relaxation alongside creative or energetic opening — was again a striking feature of the session.

As in previous sessions, the webinar also highlighted strong **human–animal co-regulation dynamics**, with participants repeatedly observing that the music appeared to soothe both themselves and their animals simultaneously. This was especially clear in cases where a caregiver’s relaxation coincided with visible calming in a nearby dog or cat.

Importantly, the session also preserved a degree of **individual variability**, with one participant finding the sequence agitating after the first two tracks. This reinforces the growing observation that

subjective response to individual tracks may differ, while the broader regulatory potential of the BMO process remains evident.

Overall, this session strengthens the hypothesis that Bio Music One may serve not only as a general multispecies regulation tool, but also as a **practical support resource in situations of acute environmental stress**, particularly those involving fireworks, thunderstorms, trauma-linked sound sensitivity, and related nervous system overload in companion animals.

4. Scientific Summary Across All Six Sessions

The six Bio Music One sessions conducted with SARA members consistently revealed calming, focusing, and harmonizing effects across multiple species. Animals showed behavioral shifts including increased stillness, relaxation, reduced panting, proximity-seeking, and bonding behavior. Humans reported decreased anxiety, emotional release, physical sensations, energetic activation, and spontaneous movement, as well as meditative, sleep-like, or expanded states of awareness.

These effects appeared reliably and often rapidly, including among first-time participants, suggesting a reproducible response pattern. Across sessions, both humans and animals frequently entered states of deep relaxation or sleep, often occurring simultaneously, indicating potential co-regulation dynamics between species.

Participants also reported a wide range of somatic and perceptual experiences, including tingling sensations, altered body awareness, internal movement, colour imagery, and non-ordinary states of consciousness. In some cases, cognitive and introspective shifts were observed, including increased clarity, insight, emotional processing, and creative activation.

Importantly, variability in individual responses was noted, with some participants experiencing differences depending on the musical sequences or finding certain tracks more activating than others. This distinction suggests that the effects of Bio Music One may operate independently of subjective musical preference, pointing toward an underlying non-verbal, physiological or vibratory mechanism.

The sixth session added a particularly important practical dimension to the observational series by focusing specifically on animals experiencing acute stress related to fireworks, storms, and trauma-linked sound sensitivity. The emergence of calming responses in this context — including reduced panting, calmer breathing, visible relaxation, and proximity-seeking in anxious animals — strengthens the hypothesis that BMO may also be relevant as a support tool in real-life high-stress situations.

Additionally, comparisons across sessions continue to suggest a possible deepening of response with repeated exposure, indicating an adaptive or progressive effect over time.

Overall, these findings reinforce the hypothesis that BMO interacts with the nervous system through non-verbal, vibratory pathways, supporting its potential as a tool for enhancing multispecies well-being, particularly in animal care, shelter environments, emotional regulation, and acute stress management contexts.

5. Clinical Perspectives and Implications

Over the course of six live listening sessions conducted between July 2024 and June 2026, participants were exposed to the Bio Music One (BMO) audio process in a controlled, real-time setting. Each session included a diverse cohort of animal caregivers and their companion or shelter animals.

Qualitative feedback consistently revealed multispecies responses, including spontaneous sleep onset, deep relaxation, calmer breathing, reduced panting, and behavioral regulation in animals such as cats, dogs, rabbits, horses, and birds. Notably, several animals with histories of hyperactivity, trauma, or noise sensitivity exhibited calm, proximity-seeking, and bonding behaviors within minutes of music exposure.

Human participants concurrently reported a wide range of somatic and psychological responses, including physical tingling, emotional release, decreased anxiety, pain reduction, and increased clarity, presence, introspection, or creative activation. A significant number of participants entered deeply relaxed or sleep-like states during the sessions, while others described perceptual phenomena such as inner imagery, colour experiences, or altered bodily awareness.

Across all sessions, many participants observed a synchronization between their own states and those of nearby animals, suggesting the presence of non-verbal co-regulation dynamics. These responses were observed both in experienced users and in first-time participants, supporting the reproducibility of the effects.

Importantly, variability in individual responses was also noted, particularly in relation to different musical sequences. This variability, alongside the consistent emergence of physiological and behavioral effects, suggests that BMO may operate independently of subjective musical preference, pointing toward an underlying non-verbal, physiological or vibratory mechanism.

The sixth session added an especially relevant clinical and practical dimension by focusing on animals experiencing acute stress linked to fireworks, storms, and trauma-related sound sensitivity. In this context, participants reported real-time calming responses such as reduced panting, calmer breathing, zoning out, deep relaxation, and unusual proximity-seeking in anxious animals. These observations suggest that BMO may have value not only as a general support for emotional and nervous system balance, but also as a practical resource during periods of acute environmental stress.

In addition, comparisons across sessions continue to indicate a possible deepening of responses with repeated exposure, suggesting an adaptive or progressive effect over time.

Taken together, the convergence of multispecies behavioral changes, human somatic and psychological responses, observed co-regulation patterns, and emerging applications in acute stress situations supports the potential role of BMO as a tool for facilitating emotional and nervous system balance in both clinical and caregiving contexts.

Based on these promising qualitative findings, the development of a structured clinical trial protocol in collaboration with veterinary and animal care institutions would represent a relevant next step.

Appendix 1 – Detailed Scientific Summary of the 6 Sessions

Scientific Summary of Findings Across 6 Bio Music One Sessions with the SARA Organization (2024–2026)

Between July 2024 and June 2026, six live listening sessions featuring the Bio Music One (BMO) audio process were held with members of the SARA (Shelter Animal Reiki Association) community. Participants included animal caregivers, Reiki practitioners, shelter staff, and pet owners, along with their companion animals and animals in care. A wide range of species was represented, including cats, dogs, birds, rabbits, and horses.

Each session followed the same basic format: participants listened to one or more BMO tracks or curated sequences in real time while observing their own somatic, emotional, and energetic responses – as well as those of nearby animals. After each session, qualitative feedback was collected via Zoom chat and, in some cases, follow-up email messages.

Multispecies Responses Observed

Across all six sessions, animals consistently displayed rapid and notable shifts in behavior in response to BMO. Common patterns included:

- **Spontaneous sleep onset** (even in noisy, novel, or otherwise activating environments)
- **Physical relaxation** (stretching, sighing, slower breathing, reduced panting, grooming, cuddling)
- **Unusual calmness in typically active, anxious, or noise-sensitive animals**
- **Increased proximity to the sound source or caregiver**, including in animals who would not normally remain nearby
- **Synchrony with human states**, often relaxing, settling, or releasing in parallel with their caregivers

Shelter- and trauma-related examples included reduced barking and restlessness, as well as enhanced bonding behaviors in animals with histories of hyperactivity, emotional sensitivity, or trauma.

Notably, one case involved **mini-Shetland horses falling asleep remotely while listening through a phone speaker**, suggesting that the vibrational component of BMO may remain active even when the music is streamed or played at a distance.

The sixth session added a particularly important practical dimension to these observations by focusing on **animals experiencing acute stress linked to fireworks, storms, and trauma-related sound sensitivity**. In this context, participants reported real-time calming responses such as:

- calmer breathing
- reduced panting
- zoning out or settling deeply
- remaining close to the caregiver during stressful weather or after a history of sound-triggered anxiety

These patterns were observed consistently across sessions and among both experienced users and first-time participants, supporting the reproducibility of the observed effects.

Human Participants' Responses

Participants repeatedly reported:

- **Deep physical relaxation**, often accompanied by tingling, warmth, lightness, or heaviness in the body
- **Emotional release** (tears, joy, peace, relief, grief clearing, softening of internal tension)
- **Enhanced presence, focus, and mental clarity**
- **Somatic or energetic activation**, such as heart opening, diaphragm release, internal movement, or waves of energy through the body
- **Spontaneous movement**, including swaying, dancing, or inner rhythmic motion
- **Relief from physical pain or energetic blockages**
- **Perceptual phenomena**, such as colours, imagery, symbolic impressions, altered body awareness, or expanded states of consciousness

A significant number of participants entered **meditative, sleep-like, or altered states of consciousness**. Some described the quieting of “mental chatter,” while others reported intuitive insights, creative activation, or a deepening sense of inner spaciousness and emotional clarity.

Importantly, many caregivers expressed that BMO appeared to support both themselves and their animals simultaneously – often describing the session as beneficial or rebalancing for the entire household or shelter environment.

The sixth session also highlighted BMO's potential relevance in situations where **the human caregiver is under stress because the animal is under stress**. In several cases, participants described discovering that the session intended to support their animal also had a regulating effect on themselves, reinforcing the hypothesis of a **shared co-regulatory field** between humans and animals.

While these responses were broadly consistent across sessions, some variability was observed between individuals and across musical sequences, indicating that subjective experience may differ while underlying physiological or regulatory effects remain present.

Emerging Themes

Across all six sessions, several consistent themes emerged:

1. Co-regulation between humans and animals

One of the clearest recurring findings was the emergence of parallel shifts in humans and animals during the same listening period. As caregivers relaxed, animals often relaxed as well – and vice versa. This co-regulatory dynamic appeared across a wide range of settings, species, and emotional contexts.

2. Stress reduction in both caregivers and animals

The sessions repeatedly supported down-regulation of stress in both humans and animals, particularly in individuals described as highly sensitive, anxious, traumatized, hyperactive, or overstimulated. The sixth session strengthened this theme by demonstrating potential relevance in **acute environmental stress contexts**, such as fireworks, storms, and noise-triggered anxiety.

3. Somatic release and energetic regulation

Many participants described physical and energetic shifts including tingling, inner movement, yawning, warmth, pressure release, or sensations of energy flowing through the body. These experiences were often accompanied by visible behavioral changes in nearby animals.

4. Reproducibility of responses

The broad consistency of observed effects across six separate sessions – including among first-time participants – supports the reproducibility of the BMO response pattern. Sleep, deep relaxation, physical release, emotional softening, and animal calming were observed repeatedly across time and contexts.

5. Progressive depth of experience

Comparisons across repeated sessions suggest that some participants may experience a deepening of response over time, with more refined somatic awareness, stronger perceptual phenomena, or more immediate access to relaxed states after repeated exposure.

6. Practical application in high-stress situations

The sixth session introduced an especially important applied theme: the use of BMO as a **practical support tool in situations of acute environmental stress**, particularly fireworks, thunderstorms, and trauma-linked sound sensitivity in companion animals. This moves the observational series beyond general well-being and into a more clinically and behaviourally relevant domain of real-life stress support.

Overall Interpretation

These effects appeared even in participants with no prior experience of BMO and without any verbal suggestion or priming. The universality, immediacy, and cross-species nature of the responses suggest that BMO may act through a **non-verbal, vibratory mechanism capable of influencing nervous system regulation**.

Taken together, the six SARA sessions support the view that Bio Music One may function as a **multispecies regulatory stimulus**, capable of facilitating:

- relaxation and sleep
- emotional release and calming
- somatic and perceptual regulation
- co-regulation between humans and animals
- and, potentially, support during episodes of acute stress linked to environmental triggers

While these observations remain qualitative and exploratory, the consistency of the reported effects across multiple sessions and contexts provides a strong basis for further structured research.

Appendix 2 – Full Participant Testimonials

(Session 1 – July 10, 2024)

Effects on Animals

■ “My cat, when she is inside, usually sleeps in a dog bed. Now, since we started with this session, she was sitting at the middle of the door of the room where I am, and now she came in and is sitting next to the bed watching me. And she really rarely comes in this room 😊” **MH**

■ “During the last one, one of my cats arrived. She is now asleep in the room. She is almost deaf. I assume she can benefit from the vibrations and the energy. Is that correct?” **CF**

■ “I’m with my kitty LC and she immediately stretched out and went to sleep. She usually moves away when she doesn’t like music. She’s very peaceful and so am I.” **KMDB**

■ “One of my cats was jumping on the table while you were talking and was sleeping beside the PC the whole time while the music was playing.” **VVS**

■ “My dog stayed for all 3 tracks. He then left.” **MC**

■ “During first meditation my dog lay sleeping on the cool tile floor (40°C is the temp outside here). During second meditation he leapt up onto an upholstered chair to lie with his head, eyes open, about 1 foot from the computer.” **AB**

■ “My 8-month-old kitty and I were energized throughout the meditations! My kitty came over to my lap and started biting me (she has play aggression). However, for the first time, she was actually starting to use a very soft mouth, which was amazing!! 😊” **KD**

Effects on Humans

■ “I felt very blocked in my head during the first part but then felt very light and open during the second and third parts.” **LA**

■ “I felt something very similar to Leah.” **LJ**

■ “Felt joyful vibrations starting back of neck then moving down to legs. Wanted to dance. Then had a feeling of liberation.” **BB**

■ “I felt really tingly, especially on my extremities—arms, fingertips, legs and toes. I also felt like my head was hot. In the second one, I started to see purple blobs as well, which I often see before I fall asleep. During the last one, I continued to feel the tingles and just felt really relaxed.” **CF**

■ “Started feeling strong Reiki energy in my hands. Involuntary swaying of upper body. Smiling. Very relaxed. The last track I had to stand up and dance. I danced throughout the last track.” **MC**

■ “I felt my heart chakra expand, felt a connection with a big tree I meditated with yesterday as if we were one, then I cried suddenly. My old dog who was with me is in pain tonight and he left the room after the 2nd music.” **ML**

■ “I was lightheaded at the first one, and I could feel my body responding to the music all the time. Such an interesting experience—thank you so much.” **VVS**

■ “I had an awful headache and by the end my headache is gone and I also feel energized.” **ES**

■ “Tried to be with bullfrogs in the pond. Of course, all kinds of distractions came. Went into house. Face became hot. Got emotional. Dance always on my mind. Rave images. Never went to one. Opened eyes kept looking to ceiling like many spirit animals there.” **TP**

■ “It’s been a very challenging behavior to deal with (play biting), but for the first time, she was actually starting to use a very soft mouth, which was amazing!!” **KD**

■ “I appreciate the combination of percussion with the more ethereal sounds ~ the perfect blend of earth energy and cosmic energy!” **MD**

■ “Very interesting. A great tool to help rescue animals.” **CF**

(Session 2 – November 6, 2024)

Effects on Animals

■ “Didn’t think I could sleep, but dozed off and so did Beau.” **KMDB**

■ “My cat fell asleep.” **MC**

■ “My cat fell asleep too! After nuzzling the laptop and looking for where the sound was coming from.” **ES**

■ “During the 1st track my dog, bunny, and cockatiel all began huge releases. The 2nd one my dog and cockatiel’s energy fields got very zappy and they had to go outside and re-ground.” **GML**

■ “When I play the album 1 at the shelter, any barking stops in combination with Reiki.” **MC**

■ “I am cat and dog sitting and the cat usually does zoomies around the other pets. He is snuggled up to me, purring away.” **WM**

Effects on Humans

■ “That was very intense healing!” **LA**

■ “The internal chatter stopped.” **CF**

■ “Same here, Cathy.” **CB**

■ “My mind quieted—very helpful today.” **MS**

■ “My titanium hips began to heat and burn. I moved my body by oscillating and unwinding what I was holding on to. Then I felt my jaw begin to vibrate. I began to release with tears.” **AS**

■ “The first track made me feel joy that wasn’t attached to anything, the second felt like things were being stirred up in me and then released.” **ES**

■ “Felt like I was flying away. Very active, very energetic. Second one had me up and bouncing.” **MC**

■ “Realizations about how I usually manage fear came to me. I realized I don’t have to behave that way. I have a choice.” **ES**

■ “First track calming—could feel the sun and the sand. Second track a bit jolting. My arm felt very heavy.” **CD**

■ “Deep relaxation continued, my arms felt so heavy.” **KMA**

■ “First track really gave me the feeling that all is truly well. Second track made me feel grounded.”
CB

(Session 3 – December 18, 2024)

Effects on Animals

■ “Beau and I were really out on the first one.” **KMDB**

■ “My dog is sleeping next to me and at this point she stretched a little and sighed.” **ES**

■ “My cat is struggling with health issues and he is zonked out—hasn’t moved once since we began the session.” **AS**

■ “My husband was on video call while at our little horse herd. Two mini-Shetland horses fell asleep during the first track.” **KR**

■ “The cat started grooming me .TP

■ “My dogs and cat are very relaxed now and I feel they’ve had some release from tracks also.” **KR**
(later)

Effects on Humans

■ “Feeling much more relaxed. Less tension in my body. A feeling of relief.” **LA**

■ “Feel better. Feel like dancing.” **AH**

■ “Greater clarity in my core—as if lots of ripples have subsided in a body of water.” **JW**

■ “Danced, felt romantic. Thoughts of space. Felt energetic. Wondered if I had a past life as a space creature.” **MC**

■ “My lower spine actually felt like a column of energy was spiraling up. I felt a calming sensation through my heart and shoulders.” **CM**

■ “Now my entire body is being heated in waves from top of head down. Still perspiring—wow.” **AS**

■ “I felt really relaxed. I love the way Bio-Music One makes me feel.” **CF**

■ “I was feeling kind of numb and stuck and now feel more energized and open.” **ES**

■ “Thank you very much for this intense session. I think this is just what is needed right at this time.”
MES

■ “Each track has been a process—only track that triggered me was track 2. The last 2 tracks expanded and quickened the expansion.” **KR**

(Session 4 – July 2, 2025)

Effects on Animals

■ “This album is VERY powerful! I felt it much deeper immediately than the others. I’m looking forward to playing it now for myself and the dogs. I couldn’t send photos because every time I tried to take one, the dogs would open their eyes—but I’m babysitting a little chihuahua who just arrived today. She had been pacing and staying in the living room, away from me. As soon as you started playing the first track, she came running in, jumped on the daybed in my office, and just slept and relaxed! It was amazing!” **LA (via email)**

■ “I have a cat sleeping on my feet, and halfway through he went into super relaxed mode—turning his head and lying half upside down. He is completely relaxed now. He doesn’t normally stay so long in one place—he is quite an active cat, but he is fast asleep now.” **GC**

■ “I felt energized, and almost immediately I felt energy flowing from my hands. I was led to offer Reiki to my cat and she fell asleep within seconds! I continued to feel energized and was gently swaying to the beat by the end. Thank you!” **DD**

■ “Thank you for this time and session! I feel so much better than I did coming into our time together. And I had no expectations, so I am even more grateful! My cat is still sleeping from the music. The best catnap ever.” **DD (later message)**

Effects on Humans

■ “I felt relaxed and then like there were waves of peace moving through me.” **ES**

■ “Energy dancing inside. Peaceful, present, aware.” **SB**

■ “During the first one it started getting very bright, then during the second one it was bright the whole time and I saw some purple color. My eyelids were tingling the whole time during the second song. My top right jaw was hurting a bit during the second one. I felt very relaxed.” **TV**

(Later message) “The first one I was very relaxed and then I could feel energy just pour out of me. The second one my eyes were tingling again but even more intense this time, almost fluttering. And I could feel it all over my head. I could feel and see the energy moving. It was super interesting. I feel very light now.”

■ “The first one lulled me to sleep. The second one I found relaxing and expansive—not sleepy at all—but feeling really open and I was drawn to gaze out my window at nature.” **DW**

(Later message) “Relaxed and peaceful.”

■ “Very energetic for me this time. A bald eagle came close to the window—which they never do. 😊 Also, I felt joyful, which is what happens when we allow ourselves to feel peace. Beautiful!” **LA**

■ “Restless mind dialed down.” **KS**

■ “Before the music: intense. After: grounded and present.” **DD**

(Session 5 – March 25, 2026)

🐾 Effects on Animals

■ “I use biomusic often in shelter where I work, it just plays in my pocket .. 😊 Today I fell asleep, and my 2 dogs and 2 cats who are with me at home right now are sleeping deeply also 😊” **MH**

■ “Really enjoyed this experience and watched my dog on the floor next to me take several full releasing breaths and relax into the experience as well.” **KT**

🧑 Effects on Humans

■ “I just hooked up my heartmath device and showed that my brain and heart were in high coherence for 70% of that just now!” **EM**

■ “Felt asleep too” **NR**

■ “I always feel a tingling sensation all over. I'm still feeling it now.” **CF**

■ “When the 2nd track started, I felt a desire to experience life in a more profound and rich way. It made me curious as to whether I had the capacity to do that and if so, how to go about it. Very interesting ...” **LT**

(Later message) “Thank you for your response ... I need to be open to receiving!” **LT**

■ “Experienced beings I’ve experienced before and some I haven’t. Second track I felt or experienced some sort of dancing rhythmic movement without moving. The last track felt almost out of body. This was very relaxing and interesting. Thank you.” **JL**

■ “Very different from last night session. different feeling, more on the physical level.” **LB**

(Later message) “I feel my heartbeat in different place in my body.” **LB**

■ “I feel very relaxed & blissed out 😊” **KP**

■ “Apologies but this is really not for me. The first track didn't like at all, the second track was lovely & did have some physical effect, the third track had way too much beat for me.” **MES**

Significant testimonials pre-session:

■ “Yes, I learned [BMO] in dog massage school and it really helped us get connected with my source, calm, relax and connected. My third eye also pulsed!” **EM**

■ “Oh! also, I’ve used it with my HeartMath Inner Balance Coherence Plus device and it shows that it puts my heart and brain in coherence!” **EM**

(Session 6 – June 24, 2026)

Effects on Animals

■ “My little firework-traumatized rescue dog is listening from the doorway of my office right now. She has severe noise phobia and the fireworks where I live have already been going off constantly.” **KP**

■ “My dog sat next to me and I could feel the music calming him.” **RN**

■ “My dog is much more relaxed. It’s stormy here and her breathing has calmed and she stopped panting.” **DW**

■ "Nina is usually either in the bed behind me or in her safe place under the desk. During the playlist she lay directly behind my chair, relaxed deeply, twitched like she was dreaming, and then stayed resting under the desk afterward." **LD**

■ "My dogs were anxious at first, but I started tapping them to the beat and that seemed to help them connect with the rhythm and soothe." **RR**

■ "My cat zoned out throughout the music." **JC**

Effects on Humans

■ "Great colours especially Crown chakra. Plus, emotion releasing." **RN**

■ "Felt energizing and a lot of creative ideas came through." **CR**

■ "Deep yawning, indigo blue, tears, chills and deep relaxation / near sleep at the end." **CC**

■ "I felt energy coursing through my body almost from the very start. Over time I felt a great deal of calm." **SH**

■ "A kaleidoscope of colours... feeling very relaxed but also energized." **TV**

■ "Large reduction in pain in my body — and my dog is much more relaxed. It's stormy here and her breathing has calmed and she stopped panting." **DW**

■ "I feel completely different than when this first started!" **LD**

■ "This is not the first time I tried something to support my dog and it ended up being to support me ❤️" **CC**

■ "I could only listen to the first two songs. After that it started to feel agitating for me." **KPi**

Significant testimonials pre-session:

■ "I have a little rescue dog who is terrified of fireworks and won't eat because they've been going off day and night." **KP**

■ "My dog has severe noise phobia and now even a sun shower can trigger her." **KP**

■ "We're in monsoon season here in Arizona and the storms are very hard on the animals." **DW**
and another participant

Appendix 3 – Highlighted Testimonials (Best of All Sessions)

The following selected testimonials represent the most illustrative and consistent patterns observed across all six sessions, highlighting Bio Music One’s potential impact on both animal and human well-being.

BEST-OF ANIMAL TESTIMONIALS

Relaxation, Sleep & Unusual Calm

■ “A little chihuahua who had just arrived and was pacing restlessly came running in as soon as the music started, jumped on the daybed, and fell asleep. It was amazing!” **LA (July 2 – Chihuahua)**

■ “My active cat went into super relaxed mode, turned half upside down and hasn’t moved. He’s now fast asleep.” **GC (July 2 – Cat)**

■ “My kitten usually bites hard due to play aggression. For the first time, she used a very soft mouth. It was amazing!” **KD (July 10 – Kitten)**

■ “My cat nuzzled the laptop, then curled up and fell asleep.” **ES (Nov 6 – Cat)**

■ “When I play Album 1 at the shelter, any barking stops—especially when combined with Reiki.” **MC (Nov 6 – Shelter effect)**

■ “Two mini-Shetland horses fell asleep during the first track, even though they were only hearing it remotely through a phone video.” **KR (Dec 18 – Horses)**

■ “My cat, who has health issues, was zonked out the entire session and hasn’t moved since it began.” **AS (Dec 18 – Cat)**

■ “The cat I’m sitting usually zooms around. This time, he snuggled up to me, purring away.” **WM (Nov 6 – Cat)**

■ “I fell asleep, and my 2 dogs and 2 cats who are with me at home right now are sleeping deeply also.” **MH (March 25 – Multi-animal environment)**

■ “My dog took several full releasing breaths and relaxed deeply during the session.” **KT (March 25 – Dog)**

■ “My dog is much more relaxed. It’s stormy here and her breathing has calmed and she stopped panting.” **DW (June 24 – Dog during storm)**

■ “My little firework-traumatized rescue dog is listening from the doorway of my office right now.”
KP (June 24 – Fireworks trauma / noise phobia)

BEST-OF HUMAN TESTIMONIALS

Emotional & Energetic Shifts

■ “I felt relaxed, and then like waves of peace were moving through me.” **ES (July 2)**

■ “Burning in hips, jaw vibration, emotional release with tears. Heavy tension completely transmuted—100% gone. Still vibrating.” **AS (Nov 6)**

■ “Felt calming in heart and shoulders. It was like tension just shot out of my elbows and fingertips. I felt truly balanced.” **CM (Dec 18)**

■ “Realized I don't have to manage fear the way I usually do. I actually have a choice. That insight came during the last track.” **ES (Nov 6)**

■ “I felt overcome with grief. I could feel it moving and hope it’s releasing.” **MS (Nov 6)**

■ “I’ve been stressed for the last month. Suddenly I realized what I was feeling was relief.” **LA (Dec 18)**

■ “I feel very relaxed & blissed out.” **KP (March 25)**

■ “When the second track started, I felt a desire to experience life in a more profound and rich way.”
LT (March 25)

■ “This is not the first time I tried something to support my dog and it ended up being to support me.”
CC (June 24)

Physical Sensations & Visual Phenomena

■ “Tingling in arms, legs, and head. Later saw purple blobs and felt deeply relaxed.” **CF (July 10)**

■ “Flying sensations, flapping arms, dancing. Very active and energetic.” **MC (Nov 6)**

- “I experienced energetic release like in acupuncture or Reiki.” **JW (Dec 18)**
 - “Felt like dancing. At the end, I was hungry—like my body had been activated.” **AH (Dec 18)**
 - “Energy rushes, pressure in cheeks, and bright light visuals—followed by deep relaxation.” **TV (Dec 18)**
 - “I always feel a tingling sensation all over. I'm still feeling it now.” **CF (March 25)**
 - “I felt my heartbeat in different places in my body.” **LB (March 25)**
 - “Deep yawning, indigo blue, tears, chills and deep relaxation / near sleep at the end.” **CC (June 24)**
 - “A kaleidoscope of colours... feeling very relaxed but also energized.” **TV (June 24)**
-

Mental Clarity & Peace

- “The internal chatter stopped.” **CF (Nov 6)**
 - “Monkey brain quieted and quit fighting me.” **GML (Nov 6)**
 - “I didn't realize how deeply relaxed I was until I noticed how heavy my arms were. But I was still aware.” **KMA (Nov 6)**
 - “Peaceful, present, aware... flowing energy in the solar plexus.” **SB (July 2 & Dec 18)**
 - “Greater clarity in my core—as if ripples had subsided in a body of water.” **JW (Dec 18)**
 - “My brain and heart were in high coherence for most of the session.” **EM (March 25 – HeartMath observation)**
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Key Patterns Observed

Across all sessions, several consistent patterns emerged:

- **Rapid downregulation of arousal:** Both animals and humans frequently shifted within minutes toward states of deep relaxation, stillness, or sleep, often accompanied by visible physiological release such as slower breathing, sighing, reduced panting, or muscular softening.
- **Multilevel sensory and somatic activation:** Participants reported reproducible physical sensations such as tingling, internal movement, pressure shifts, yawning, energetic flow, and altered body awareness, often alongside visual or perceptual experiences.

- **Emotional release and cognitive quieting:** Many described a reduction in mental chatter, spontaneous emotional processing, and a transition toward clarity, presence, relief, or expanded awareness.
 - **Human–animal co-regulation:** One of the most consistent features across sessions was the simultaneous calming of caregivers and nearby animals, suggesting that BMO may support a shared regulatory field rather than acting on only one member of the dyad.
 - **Potential relevance in acute stress situations:** The sixth session added particularly meaningful observations related to fireworks, storms, and trauma-linked sound sensitivity, suggesting that BMO may have practical value in helping animals and caregivers navigate periods of high environmental stress.
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Contact

Jean-Louis Fargier | Co-Creator Bio Music One

+44 7748 343 363 | +33 758 363 128

www.biomusicone.com | info@biomusicone.com