

Bio Music One

The Complete Discovery Guide



INNER
PEACE

EMOTIONAL
RELEASE

MENTAL
CLARITY

SELF-
CONFIDENCE

VITAL
ENERGY

OPENNESS
OF HEART

GROUNDING
AND CALM

JOY
AND LIGHTNESS

12 GROUP
SESSIONS
LIVE

A UNIQUE
COLLECTIVE
EXPERIENCE

MORE SERENITY
IN EVERYDAY LIFE

MORE HARMONIOUS
RELATIONSHIPS

STRONGER
CONNECTION
WITH SELF

GREATER CLARITY
IN DECISIONS

ALIGNMENT
WITH LIFE
AND PROJECTS

SENSE OF MEANING
AND ALIGNMENT

Why this document?

For more than twenty years, Bio Music One has inspired questions, testimonials, discoveries, and at times a certain curiosity.

This document brings together the main questions we have received over the years, along with the answers we would like to share today through a series of short videos.

It is not a user manual, nor a commercial brochure.

Above all, it is a discovery guide designed to help you better understand the world of Bio Music One: its story, its albums, its applications, and the experiences shared by its users.

Whether you are discovering Bio Music One for the first time or have been using it for years, we hope this document will help you find the answers that are most relevant to you at this moment.

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A. Understanding Bio Music One

1. What is Bio Music One?

Bio Music One is a unique process embedded within original musical creations. It was designed to promote relaxation, bring greater mental clarity, and help restore a better inner balance.

For more than twenty years, it has been used by thousands of people in their daily lives to support their well-being.

2. How does the process work?

Bio Music One is based on a specific sound organisation embedded directly into the music.

This vibrational architecture creates a coherent environment that the body naturally perceives. The process then acts as a support, helping the body release tension and return to a more balanced state.

3. How is it different from other kinds of music?

All music can trigger emotions, memories, or particular inner states.

Bio Music One goes a step further: the process is integrated into the very core of the musical composition.

It is not only what you hear that matters, but also the way the sounds are organised in relation to one another.

4. Is it relaxation, meditation, or music therapy?

Bio Music One is neither a relaxation method, nor a meditation technique, nor a conventional form of music therapy.

It is a standalone process that can support these practices, but can also be used very simply in everyday life, without any particular training or prior knowledge.

5. What might you feel during a listening session?

Each person has a different experience. Some people quickly feel a sense of calm or release.

Others notice greater mental clarity, physical sensations, emotions, or a stronger sense of presence within themselves.

There is no right or wrong experience.

6. Why does each person experience it differently?

We are all different. Our physical, emotional, and mental state at any given moment naturally influences how we experience the music.

That is why some people feel a great deal from the very first listening session, while others notice changes that are more subtle or more gradual.

7. Can you use Bio Music One without believing in it?

Yes. Bio Music One does not require any particular belief. You simply listen and observe what happens within yourself.

Some people feel enthusiastic from the very first listening session, while others remain more sceptical.

What matters most is simply having your own experience.

— Well-being

“From the very first notes, I feel my nervous system begin to let go.”

— Relationships

“Playing Bio Music One brings a sense of serenity to the whole family.”

B. Who Is Behind Bio Music One?

8. Two creators behind Bio Music One

— The origins of the process

Bio Music One is the result of more than twenty years of research, experimentation, and creative work led by two passionate artist-researchers: Robert and Jean-Louis.

Their goal has always been the same: to better understand how music can serve as a support for well-being and human growth.

9. How has Bio Music One grown over more than 20 years?

— Growth through experience

Since its creation in 2004, Bio Music One has grown mainly through word of mouth, conferences, workshops, collective listening sessions, and user testimonials.

This gradual development has allowed it to reach tens of thousands of people in many countries and across a wide range of contexts.

10. Bio Music One in a few figures

— The scale of the journey

Bio Music One represents more than twenty years of development, over 700 conferences across 15 years, more than 300,000 users, over 10,000 written testimonials collected, and several dozen sound-based tests carried out.

A human and musical journey that continues to grow today.

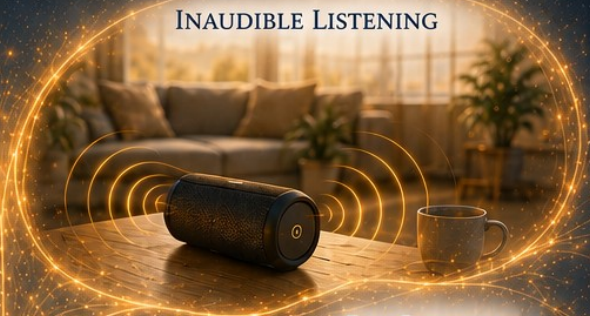
— Everyday life

“In the car, I feel relaxed and at the same time fully alert.”

C. Using Bio Music One

USING BIO MUSIC ONE
BRINGING HARMONY INTO YOUR EVERYDAY LIFE

CONSCIOUS LISTENING


INAUDIBLE LISTENING


AT WORK


FOR STUDYING


FOR BETTER SLEEP


FOR RELAXATION


DURING SPORTS ACTIVITIES


DURING MEALS


AS A COUPLE


FOR MEDITATION


WHEN TRAVELLING


BIO MUSIC one

 A SIMPLE AND FLEXIBLE APPROACH

 AT YOUR RHYTHM, WITHOUT PRESSURE

 FOR EVERYONE, ANYWHERE IN THE WORLD

 IN EVERY MOMENT OF YOUR LIFE

 FOR GREATER HARMONY, WELL-BEING AND INNER BALANCE

MUSIC MAKES SENSE OF EVERYTHING

11. How should you listen to Bio Music One?

Ideally, Bio Music One is listened to through headphones in a quiet setting, so that the experience can be fully received. This is what we call **Conscious Listening**.

But the albums can also be used in everyday life: at home, at work, while travelling, or during other activities. This is what we call **Inaudible Listening**.

These two complementary approaches are explained in the following sections.

12. The golden rule

Bio Music One is meant to be used consciously. Choose the album or sequence of albums that naturally draws you in, at the moment that feels right, and for the length of time that feels appropriate to you.

There is no rigid framework to follow. Take breaks whenever you feel the need, and return to it when the impulse naturally comes back.

If you feel the need for support from Bio Music One but have very little time, simply choose a track intuitively and listen to it for a few minutes in **Conscious Listening** mode.

Sometimes, that is already enough to restore a first sense of balance, calm, perspective, or renewed vitality.

13. Conscious Listening

Conscious Listening means taking a moment for yourself and paying attention to what is happening within you while the music is playing.

Without trying to control or analyse anything, it is simply a matter of observing the sensations, emotions, or inner changes that arise naturally.

It is often the deepest way to discover the Bio Music One process.

14. Inaudible Listening

Bio Music One can also be used at a very low volume, or even at a level that is almost inaudible.

This approach makes it possible to integrate the process into everyday activities while continuing to benefit from its subtle support.

Many people use it while working, studying, sleeping, or going about their usual routines.

15. What if I do not feel anything?

Not feeling anything right away is a completely normal experience.

Some people notice changes very quickly, while others observe them more gradually in everyday life.

The important thing is not to look for a specific effect, but simply to observe what naturally begins to evolve over time.

18. Everyday applications

Bio Music One can be used at home, during meals, while studying, during sleep, or in moments of relaxation.

It can also support work, sports practice, travelling, driving, or intimate moments as a couple.

The following sections present some of the many ways Bio Music One can be integrated into everyday life.

18.1 At work

Bio Music One can support periods of work by encouraging a calmer, more centred inner state, as well as a more harmonious atmosphere within teams.

Many people use it to manage pressure more effectively, stay focused, regain a sense of flow in their activities, and stimulate their creativity.

18.2 For studying

Some users enjoy using Bio Music One during periods of learning or study.

The music helps create an environment that supports attention, concentration, and the integration of information.

18.3 For better sleep

Bio Music One can be used before bedtime or during the moments of relaxation that lead into sleep.

It can also be played throughout the night in **Inaudible Listening** mode to support release and help improve the quality of rest.

Many users report falling asleep more easily, experiencing more restorative sleep, and waking up with greater vitality.

18.4 For relaxation

After a busy day or during stressful periods, listening can help release accumulated tension and gradually restore a greater sense of inner calm.

Used as **background sound** or in **Inaudible Listening** mode when returning home from work or school, Bio Music One can help soothe the atmosphere and encourage greater harmony within the household.

18.5 For meditation

Bio Music One can support meditative practices by encouraging inner stillness and self-observation.

Some people use it as a meditation support, while others prefer it as a standalone experience.

Conscious Listening can itself be seen as a form of sound meditation unique to Bio Music One.

18.6 During physical and sports activities

Depending on the activity, Bio Music One can support both preparation and recovery.

It encourages a finer awareness of the body, movement, breathing, and the impact of physical activity on one's inner state.

Some albums are particularly appreciated in mindful body-based practices.

Kinema 1 is often used with yoga, Qi Gong, Tai Chi, or certain martial arts because of its ability to support fluidity, presence, and inner harmony.

Monte Cristo 3 is especially well suited to certain sports activities, particularly endurance disciplines where perseverance, breathing, and the ability to keep moving forward play an essential role.

18.7 During meals

Some people enjoy using Bio Music One during meals to create a calmer and more present atmosphere.

It can support a more conscious experience of eating and turn mealtimes into a genuine moment of restoration and renewal.

18.8 As a couple

Bio Music One can help create an atmosphere of relaxation, presence, and connection.

Many couples use it to develop a deeper awareness of themselves and of one another, with more presence, sensitivity, and depth in the relationship.

18.9 While travelling

Whether on public transport, during a journey, or between two activities, Bio Music One can provide an easily accessible space for recentring and balance in everyday life.

Some people also use it while driving and report greater alertness, improved concentration, and reduced fatigue on certain journeys.

— Work

“I use it while working: more calm and better concentration.”

— Sleep

“From the very first night, I drifted off to sleep effortlessly.”

D. The Most Commonly Reported Effects

19. Testimonials: why are they important?

— The living memory of Bio Music One

For more than twenty years, testimonials have played a central role in the development of Bio Music One.

They help us better understand how users experience it in everyday life, across a wide variety of situations and contexts.

With more than 10,000 written testimonials collected, they represent a valuable source of observation regarding the effects most frequently reported.

20. What are the effects most often reported?

Each person has a unique experience with Bio Music One.

However, certain effects appear regularly in the testimonials: a calmer mind, deeper relaxation, better sleep quality, greater inner clarity, improved concentration, and a renewed sense of balance.

The following videos explore these different aspects in more detail.

21. Stress and tension

Among the effects most often reported is a reduction in stress and accumulated tension.

For more than twenty years, many people have described a gradual release of everyday pressure, a regained sense of calm, and a greater ability to step back from difficult situations.

For many, Bio Music One becomes a genuine space for restoration and renewal.

22. Sleep

Sleep is one of the areas most frequently mentioned in testimonials.

Many users report falling asleep more easily, waking less often during the night, or experiencing sleep as more restorative.

Some use Bio Music One before going to bed, while others play it during the night in **Inaudible Listening** mode to support their rest.

23. Emotions

Emotions are also a recurring theme in user feedback.

Some people describe a sense of emotional soothing, while others speak of a greater ability to welcome, understand, or move through what they are experiencing.

Many mention a feeling of lightness, release, or a return to themselves.

24. Attention and concentration

Many users listen to Bio Music One while studying, working, or engaging in creative activities.

Among the effects reported are improved attention, more stable concentration, and a greater sense of flow in everyday tasks.

Some also describe enhanced creativity and a stronger ability to stay focused on what truly matters.

25. Health

Bio Music One is not intended to replace medical advice, treatment, or therapeutic support.

However, for more than twenty years, many people have reported an overall sense of well-being, a better quality of life, and a positive source of support in a variety of health-related situations.

These observations relate above all to well-being, quality of life, and each person's natural capacity to adapt.

26. Education

Teachers, educators, and parents use Bio Music One in a variety of educational settings.

The testimonials collected frequently mention a calmer atmosphere, better listening quality, and a greater readiness for learning in children.

These observations have led to the development of specific applications in the field of education.

27. Business and the workplace

Bio Music One is also used in professional settings.

Testimonials gathered over the years mention, in particular, better stress management, improved quality of relationships, and a more harmonious working atmosphere.

Some companies use it as a complementary tool to support well-being and quality of life at work.

28. Animals

For several years now, many animal owners, animal care professionals, and associations have also been using Bio Music One.

The observations collected include calmer behaviour, deeper relaxation, and a human-animal relationship that is often perceived as more harmonious.

These results led to the development of specific clinical observations dedicated to animals.

— Animals

“Our dog is calmer when the CD is playing.”

E. Evidence and Observations

29. Why were sound-based tests carried out?

— Understanding what was being observed

From the early years of Bio Music One's development, we wanted to better understand the effects reported by users.

This approach developed naturally over time through encounters with researchers, doctors, therapists, and professionals from a variety of fields.

The hundreds of conferences, workshops, and webinars organised over more than fifteen years also provided a valuable field of observation for better understanding the experiences reported by participants.

30. How were the tests carried out?

— Exploring the phenomenon

For more than twenty years, Bio Music One has been the subject of tests, analyses, and experimental observations in a variety of contexts, including water, human blood, heart coherence, brain activity, electrophysionic, geobiology, and overall well-being.

This work was carried out by different contributors, each according to their own field of expertise and methods of observation.

In addition to this, the thousands of testimonials gathered during conferences, workshops, webinars, and listening sessions have made it possible to observe recurring trends associated with the use of the process.

31. What do they show?

— Converging trends

Despite the diversity of approaches used, several themes appear repeatedly in the observations carried out around Bio Music One.

The work presented points in particular to potential effects related to the structuring of water, the balance of living systems, stress reduction, heart coherence, vitality, and certain physiological parameters.

Taken together, these elements reveal an overall coherence that has helped guide the development of the process over the years.

32. Bio Music One in the media

Over the years, Bio Music One has been featured in numerous reports, interviews, press articles, radio programmes, and television broadcasts in different countries.

This media coverage has helped introduce the process to a wider audience and opened dialogue with professionals from many different fields.

Even today, the media remain a valuable channel for sharing the experiences and observations gathered around Bio Music One.

33. Observational findings in humans

For several years now, the sessions of the BMO Club, as well as workshops and webinars, have made it possible to collect participants' feedback in a structured way.

These observations highlight recurring trends relating in particular to calm, sleep, emotions, vitality, quality of presence, and personal insights.

This observational approach contributes to a better understanding of how Bio Music One is experienced and integrated into the daily lives of users.

Explore the Bio Music One Club findings:

<https://biomusicone.com/en/#club>

34. Observational findings in animals

Bio Music One has also been the subject of specific observations in the field of animal well-being.

Animal owners, educators, animal care professionals, and associations have shared many reports concerning the reactions observed in animals exposed to the process.

These observations led to a dedicated observational study highlighting recurring trends related to calm, rest, quality of presence, and the human-animal relationship.

Today, they open new perspectives for research and application in the field of animal well-being.

Explore the Bio Music One report in observational findings in animals:

<https://biomusicone.com/en/animals/>

F. Discovering the BMO Universe

35. Why are Bio Music One albums different?

— One shared essence, many personalities

All Bio Music One albums contain the same process, just as all human beings share the same basic physical structure: a body, a head, arms, and legs.

And yet, each person develops certain qualities more strongly than others. Some are naturally more creative, others more athletic, more intuitive, or more expressive.

Bio Music One albums work in a similar way. They all contain the Bio Music One process, but each has its own musical personality and places greater emphasis on certain dimensions of the self.

This is what allows each person to naturally find the albums that best match their needs, their sensitivity, or the stage of life they are going through.

36. How do you choose your albums?

There is no right or wrong Bio Music One album.

Each album has its own musical and vibrational identity. Some people will naturally feel drawn to one album rather than another, depending on their sensitivity or their state at the time.

The simplest way to choose is often to follow your feeling, your intuition, or the descriptions provided.

Over time, many users discover that different albums support them at different periods of their lives.

37. Introducing Series 1 albums

— The great dimensions of the self

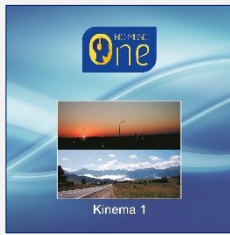
Series 1 forms the historical foundation of the Bio Music One process.

It brings together six albums with very different yet complementary musical worlds.

Some encourage recentring, others calm, inner depth, or an expansion of awareness.

Together, they offer a rich and varied journey that supports the user through different dimensions of personal growth.

37.1 Kinema 1 – Inner energy and harmony



Kinema 1 is often considered one of the most beautiful gateways into the world of Bio Music One.

Its gentle, fluid, and accessible music invites a greater awareness of the energies that surround us and move through us.

Many users report a rapid calming of the mind, along with a greater ability to adapt to life's changes with flexibility and flow.

It is also one of the albums most often used with autistic children, elderly people, or individuals living with neurodegenerative conditions, thanks to its ability to encourage calm and serenity.

In group settings, it often helps create a more harmonious atmosphere, whether within a family, a meeting, or an educational environment.

Kinema 1 teaches us how to reconnect with our natural movement and move forward with greater serenity.



37.2 Arnica Montana 1 – Body and embodiment

Arnica Montana 1 is the album of body awareness.

Its musical world encourages the release of physical tension while inviting a more attentive listening to oneself.

Many users especially appreciate it for supporting recovery, encouraging better sleep, and restoring vitality.

It is also a powerful grounding album, helping us feel more deeply embodied and more present between the polarities of Earth and Sky.

It invites us to fully inhabit the body while rediscovering a deep sense of inner balance.



37.3 Arnica Montana 2 – The feminine, emotions, and connection to life

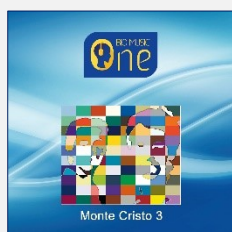
Arnica Montana 2 is often associated with awareness of the feminine.

Its delicate and inspiring musical world encourages openness to sensitivity, creativity, intuition, and inner joy.

Many users also report emotional soothing, a more natural release of negative emotions, and a greater ability to welcome what they are experiencing with gentleness.

It is also an album that fosters a sense of connection with Life as a whole — with what links us to others, to nature, and to ourselves.

It invites us to explore the most subtle, sensitive, and inspiring dimensions of being.



37.4 Monte Cristo 3 - The masculine and purposeful action

Monte Cristo 3 is the album of awareness of the masculine.

Its strong and structuring music naturally supports action, decision-making, and the ability to move forward.

But this strength is rooted above all in a deep capacity for letting go.

Many users describe renewed motivation, greater confidence, and a powerful impulse to take action in everyday life.

It is an album that helps us recover our true direction, realign inwardly, and fully embody our capacity for action.



37.5 Monte Cristo 2 - Self-expression and relationship

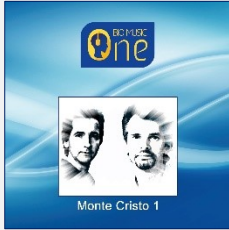
Monte Cristo 2 is the album of awareness of self-expression.

It invites us to better understand our own inner polarity, masculine or feminine, so that it can be expressed with greater authenticity and balance.

Many users report important insights into their deeper identity, their relationships, and the way they interact with others.

This album also supports self-confidence, the capacity to love, and the sincere expression of who we are.

It accompanies the alignment between our deeper being and the way we present ourselves to the world.



37.6 Monte Cristo 1 - Spirituality and intuition

Monte Cristo 1 is a true initiatory musical journey.

Through its music and symbolic lyrics, it invites each person to explore their spiritual dimension according to their own level of understanding and awareness.

Many users report a development of intuition, a clearer understanding of their place in life, and a stronger sense of connection to something greater than themselves.

It is an album that supports self-discovery and an opening to the spiritual dimension of existence.

38. Introducing Series 2 albums

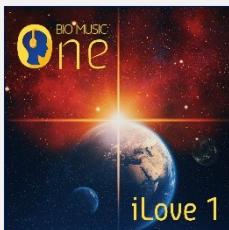
— A deeper reconnection with oneself

Series 2 extends and deepens the work initiated with Series 1.

The albums in this series offer an experience that is often perceived as more immersive, more subtle, and more profound.

They invite the listener to explore new inner spaces while remaining rooted in the foundations of the Bio Music One process.

For many users, the two series complement one another naturally.



38.1 iLove 1 – Potential and inner energy

iLove 1 is an album centred on awareness of one's potential.

Its music supports the awakening of the inner resources each person already carries within, but does not always fully use.

Many users describe a renewed sense of energy, greater inspiration, and a deeper connection to their own capacities.

It also encourages a harmonisation of the feminine and masculine polarities, allowing for a more balanced expression of the self.

It is an album that invites us to discover and bring forth the best of our inner potential.



38.2 iLove 2 – Unity and inner peace

iLove 2 is an album dedicated to awareness of one's unity.

Its musical world encourages a rapid release of surface tensions and helps us return to what is essential.

Many users report a sense of inner peace, recentring, and renewed coherence. It invites us to perceive ourselves in a more global dimension, beyond the concerns of everyday life.

It is an album that supports reconnection with what remains stable and deeply alive within us.



38.3 iLove 3 – Identity and self-expression in the world

iLove 3 is an album dedicated to awareness of one's identity.

It encourages a finer perception of oneself and of the world through the senses.

Many users describe greater presence, inner clarity, and a stronger ability to express what they carry deeply within.

Its musical world invites us to develop a subtler listening to what is manifesting in our lives and to recognise more clearly who we are.

It is an album that supports the authentic expression of the self and the manifestation of one's potential in the world.

— Education

"I play Kinema 1 in class. Calm settles in."

— Club BMO

"Something was released."

G. Experiencing Bio Music One



BIO MUSIC one

INDIVIDUAL BIO ACTIVE LISTENING
DISCOVER YOURSELF

- A FORM OF SONIC MEDITATION
- AT YOUR OWN PACE, WITH AWARENESS
- AT HOME OR ANYWHERE
- FOR GREATER PEACE, CLARITY AND HARMONY

THE BMO CLUB
GROWING TOGETHER

- ONLINE MEETINGS IN SMALL GROUPS
- AUTHENTIC SHARING OF EXPERIENCES
- KIND AND WELCOMING SUPPORT
- AN INSPIRING COMMUNITY

WORKSHOPS
EXPERIENCE AND INTEGRATE

- GROUP SOUND EXPERIENCES
- SHARING AND EXCHANGE
- GENTLE INTEGRATION
- INSIGHTS AND INNER AWARENESS

EXPERIENCE BIO MUSIC ONE
COMPLEMENTARY APPROACHES FOR A SAME PURPOSE: YOUR EVOLUTION

THE BMO APP
INTEGRATE INTO DAILY LIFE

- ALL YOUR ALBUMS IN YOUR POCKET
- CREATE YOUR OWN LISTENING SEQUENCES
- DOWNLOAD AND LISTEN OFFLINE
- PURCHASE ONCE, KEEP FOR LIFE, ANYWHERE

HOW TO PURCHASE THE ALBUMS

FAQ
YOUR QUESTIONS, OUR ANSWERS

A UNIQUE EXPERIENCE AT EVERY STAGE OF YOUR LIFE

MUSIC MAKES SENSE OF EVERYTHING

39. How can you experience Bio Music One?

Discovering Bio Music One is one thing. Living it is a completely different experience.

Over the years, several ways of experiencing the process have been developed so that each person can find the approach that suits them best.

These approaches are complementary, and experiencing them in synergy can offer truly exceptional support.

The following sections present the main ways to discover Bio Music One for yourself.

39.1 Individual Bio Active Listening

— Discovering yourself

Individual Bio Active Listening is the simplest and most direct way to discover Bio Music One.

It consists of experiencing a **Conscious Listening** session with a single track, an album, or a listening sequence, while paying attention to what is happening within you during the music.

Without trying to control, analyse, or understand, it is simply a matter of observing the sensations, emotions, insights, or inner changes that arise naturally.

It can be practised as a form of sonic meditation in quiet conditions with headphones, but also during certain everyday activities as long as you remain attentive to yourself.

Over time, it often helps restore greater calm, inner clarity, and a deeper awareness of oneself.

Discover Individual Bio Active Listening:

<https://biomusicone.com/en/#bioactive/>

39.2 The BMO Club

— Growing with others

The BMO Club is a space for listening, sharing, and collective exploration.

Each session offers a different sound experience, followed by exchanges that allow participants to put words to what they have experienced.

Over the weeks, many members describe a gradual improvement in their quality of life, in the way they relate to themselves, and in their ability to move through everyday challenges.

The BMO Club allows people to experience Bio Music One within a particularly enriching collective dynamic. It is the living heart of Bio Music One.

Discover the Bio Music One Club:

<https://biomusicone.com/en/club/>

39.3 Workshops

– Deepening your understanding

Bio Music One workshops offer the opportunity to deepen the experience in a more interactive setting, whether in person or online.

They offer a space to experience different forms of listening and to share what arises with other participants.

These moments often encourage important insights and a deeper understanding of one's inner functioning.

39.4 The BMO App

The Bio Music One app makes it easy to access all your albums and listening sequences from your smartphone or tablet.

You can create your own listening sequences of albums, and use Bio Music One wherever you are, at any time.

Today, it is the simplest and most practical way to integrate Bio Music One into everyday life.

Albums purchased through the app remain available for life in your account.

[Download the App on Android](#) | [Download the app on iPhone / iPad](#)

39.5 How can you purchase the albums?

Bio Music One albums are available directly from our website as well as through the official app.

<https://biomusicone.com/en/#buy-albums>

You can explore the different series, read their descriptions, and choose the albums that best match your sensitivity or your current needs.

<https://biomusicone.com/en/discover-choose-the-albums/>

All the information you need is available on the dedicated presentation pages.

39.6 FAQ

Do you still have questions?

The Bio Music One FAQ brings together answers to the most frequently asked questions about the process, the albums, the app, and the different ways of using Bio Music One.

It is often the best place to start if you want to explore a particular topic further or quickly find a practical answer.

<https://biomusicone.com/en/faq/>

— Transformation

“A true rebirth.”

