# RPF Systems Guide to Vibroacoustic Therapy

## Introduction

## At RPF Systems, we integrate advanced mind-body modalities into our Neuromastery Coaching framework to accelerate measurable improvements in focus, resilience, and recovery. Vibroacoustic Therapy (VAT) is one of these modalities. Delivered through the inHarmony Sound Lounge, it combines low-frequency sound vibrations with specialized sound programs and therapeutic intent to help the body and mind achieve deep states of balance, relaxation, and alignment.

## What is Vibroacoustic Therapy?

Vibroacoustic Therapy is a research-supported method that uses low-frequency sound delivered through specialized transducers embedded in a specially designed bed. Unlike music therapy, which engages the auditory system, VAT allows you to also physically feel sound waves as gentle vibrations throughout the body. These vibrations influence the nervous system, promoting relaxation and restoration at a cellular level.

## How It Works

 Immersive **Sound + Vibration:** Tactile transducers create a full-body sonic environment.

 Specialized **Programs:** The Music Meditations app offers a library of frequency-based sessions targeting outcomes such as relaxation, peak focus, stress release, or deep recovery.

 Ergonomic **Design:** The bed contours to the body, supporting comfort and alignment during each session.

 Mind**-Body Integration:** As the body entrains to the vibrations, the nervous system shifts into parasympathetic states, supporting calm, clarity, and resilience.

## Benefits of Vibroacoustic Therapy

Research and client experiences have shown that VAT can:  
• Reduce stress, anxiety, and muscle tension  
• Improve circulation and oxygenation  
• Support better sleep and faster recovery  
• Enhance focus, mood, and mental clarity  
• Complement coaching and performance protocols by creating a calm, receptive mental state

## Vibroacoustic Therapy at RPF Systems

We integrate VAT into our coaching programs, such as the Ultimate Performance Protocol, in sessions lasting 12–20 minutes. Combined with coaching dialogue, neurobioenergy alignment, and other modalities, VAT accelerates results by creating the ideal physiological and psychological environment for transformation.

## What to Expect in a Session

1. Comfortable Positioning: You will lie on a vibroacoustic bed.  
2. Frequency Selection: Specific programs are chosen to match your goals (e.g., relaxation, focus, recovery).  
3. Immersive Experience: You will feel gentle vibrations while resting in a safe, quiet environment.   
4. Integration: Following VAT, we discuss your experience and integrate insights and NeuroMastery Coaching™ into your coaching objectives.

## Safety and Accessibility

Vibroacoustic Therapy is safe, non-invasive, and free of side effects. It is suitable for most individuals, though clients with pacemakers, seizure disorders, or certain medical conditions should consult a physician prior to beginning therapy.

## Conclusion

Vibroacoustic Therapy is not just about relaxation. It is a scientifically grounded tool that enhances performance, resilience, and wellbeing. At RPF Systems, it is an integral part of helping you overcome limits, align your mind and body, and achieve your ultimate potential.