

About Justin

Justin Victor B.Sc., CNST, RHFP is a Spiritual Conduit, Certified Neuroacoustic Sound Therapist, author, and Reconnective Healing Foundational Practitioner. He founded Vibrational Instinct in 2021 to fulfill the ever-growing need for a system of health that bridges 21st century science and ancient wisdom.

He focuses on clearing physical, mental, emotional, and spiritual blockages so that the body can **heal itself** via its own intrinsic healing abilities regardless of the conditions or imbalances.

Booking: vibrationalinstinct.com

E: wisdom@vibrationalinstinct.com

P: 780-953-3222



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Bio-Tuning

*Scientifically and Holistically
Restoring Complete Brain-
Body Balance*

*Knowing the self helps you **remember**
the being behind it. ~SPS*

Benefits

Working with the brain in this way allows us to balance and enhance every aspect of our lives. When the stress response becomes untangled and balanced once again, the very symptoms that you're seeking relief from often **fall away** on their own. This can only happen when you return to a point of zero stress, or homeostasis. Some of the many benefits of this process can include:

- Deeper, less interrupted, more restful sleep
- Greater and more abundant sense of calm
- Reduced tension and anxiety
- Boosted immune response
- Enhanced focus
- Improved memory and learning
- Heightened states of meditation

The frequencies utilized in Bio-Tuning are also effective at working with specific conditions, taking advantage of research in areas such as the Default Mode Network^{2,3,4,5} and gamma⁶. These include conditions such as:

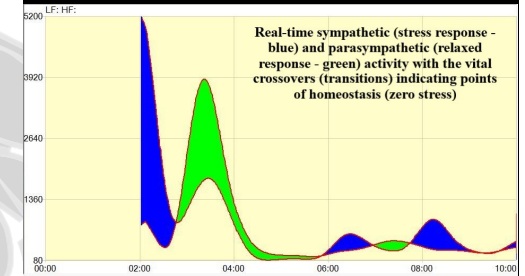
- Alzheimer's Disease^{3,4}
- ADD and ADHD
- Autism Spectrum Disorder
- Concussion
- Depression^{5,7}
- Dyslexia
- Epilepsy
- Fibromyalgia
- Obsessive Compulsive Disorder
- Post-Traumatic Stress Disorder
- Schizophrenia
- Seizures

How Does it Work?

During a Bio-Tuning session, your heart-rate is collected via sensors placed on your wrists. This data is used to calculate your heart-rate variability (HRV), an internationally recognized gold standard in medicine, and the activity of your autonomic nervous system (ANS) in real-time. The ANS includes your sympathetic and parasympathetic nervous systems, which represent the "fight-or-flight" and "rest and digest" responses, respectively. Just like your fingerprints, you have a unique frequency that will bring you to **zero stress, a pre-requisite for any healing**. The Bio-Tuning program uses precisely tuned frequencies to find and capture this frequency.

Once we have your frequency, we use sound and vibration, through headphones and a sound table, to strengthen each range of your brainwaves. Beginning with delta brainwaves to balance your deep sleep and physical recuperation, we follow this with any combination of sessions for emotional balancing, relaxation, meditation, focus, and more, all based on **your goals and aspirations**. Essentially this is a gym for your brain, minus the physical exertion!

This technology incorporates the phenomenon of binaural beats, discovered by H. W. Dove, and involves using a slightly different frequency in each ear¹. The pulse created by these tones is matched by one's brainwave speed, which is specified in ranges we call delta, theta, alpha, beta, gamma, etc. This is known as brainwave entrainment (or the Frequency Following Response). Additionally, when wearing headphones, the brain hemispheres **synchronize and communicate effectively** with each other.



What is it?

Bio-Tuning is a revolutionary 21st century approach to holistic healing. It combines the phenomenon of brainwave entrainment, utilized in shamanic traditions, with heart-based measuring technology that is scientifically validated and utilized globally. This cutting-edge approach to sound healing is both scientific and holistic, working with you as a **whole** person, while being backed by peer-reviewed research.

Chronic stress does not discriminate, and it has become a debilitating pandemic. The multi-faceted nature of stress requires an approach that works with each person physically, mentally, emotionally, and spiritually. Anything short of this will more than likely fall short of any kind of lasting and comprehensive improvement. Bio-Tuning enables one to work with all of these using only **sound and vibration**.