



STILL POINT
{technodelic} Studio

EXECUTIVE WHITE PAPER

Designing for State

A framework for sensory environment, attention, and experience

What becomes possible when we deliberately change the conditions in which experience occurs?

THE PROPOSITION

Still Point {technodelic} Studio explores how deliberately composed sensory conditions can influence attention, embodied awareness, relaxation, and subjective experience. The method combines physical low-frequency vibration through a Vibroacoustic Table, sound, light, focused awareness, energy work, pacing, silence, and environmental design. Its premise is not that more modalities automatically create more effect. The question is how the relationships among them shape what becomes noticeable.

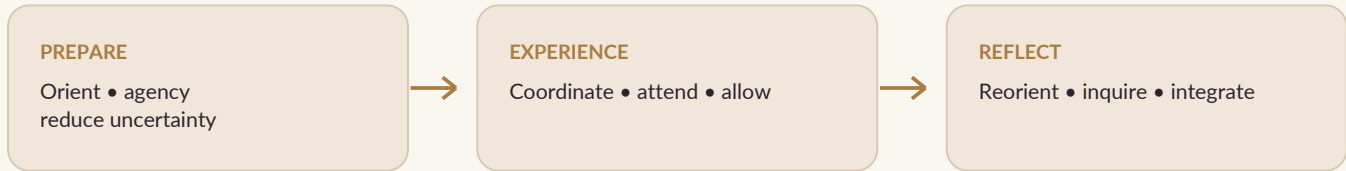
EVIDENCE BOUNDARY

The components have evidence. The composition remains the experiment.

ETHICAL CENTER

Still Point designs conditions. The participant remains the author of what the experience means.

Design the conditions. Preserve the participant.



WHAT THE PRACTITIONER DOES

The practitioner prepares the container, composes the sensory field, protects agency, and intervenes only when intervention serves the experience. Expertise belongs in the design of conditions, not in claiming authority over another person's inner life.

WHAT THE PARTICIPANT DOES

The participant notices. Deep relaxation may be enough. Imagery, emotion, insight, altered time perception, or unusual awareness may occur, but none is required. Inquiry begins with: What did you notice?

THE DEEPER HYPOTHESIS

From stronger signal to state literacy

If repeated experience allows a participant to recognize or access meaningful shifts with less external sensory intensity, the long-term trajectory is not toward increasingly elaborate technology. It is toward greater sensitivity.



If the hypothesis holds, the technology becomes scaffolding rather than destination.

Evidence, uncertainty, and the research path

EVIDENCE LADDER

- I ESTABLISHED**
Multisensory perception • tactile low-frequency sound • attention/context effects
- 2 SUPPORTED / PROMISING**
Vibroacoustic relaxation, pain, and some autonomic findings • rhythmic-light effects • meditation oscillatory findings
- 3 EMERGING**
Specific multimodal sequencing • immersion/absorption • repeated-session state transitions
- 4 STILL POINT HYPOTHESIS**
Compounding • changing sensory thresholds • state transfer • durable growth

RESEARCH PATH

- 01 CHARACTERIZE**
validated self-report + qualitative observation
- 02 TRACK**
repeat participation + preferred intensity + state familiarity
- 03 MEASURE**
HRV • heart rate • respiration • skin conductance
- 04 COMPARE**
components • sequence • intensity • silence
- 05 DEEPEN**
EEG and altered-state research when constructs are stable
- 06+ REPLICATE**
multi-practitioner fidelity • external collaboration • independent replication

KEY RESEARCH QUESTION

Does repeated familiarity with state transitions reduce the amount of external sensory intensity required to recognize or access comparable subjective states?

If directionally true, Still Point shifts from producing states toward helping people become more literate in their own.

The work is not to decide what someone should experience. It is to design the conditions carefully enough that something different has room to emerge.

Evidence base: peer-reviewed research spanning vibroacoustic stimulation, multisensory attention, rhythmic visual stimulation, meditation, interoception, expectancy, and altered states. Full references and evidence boundaries appear in the complete white paper.

READ THE FULL WHITE PAPER stillpointdfw.com/designing-for-state.html

Still Point {technodelic} Studio is an experiential wellness practice, not a medical or mental-health practice. This brief does not make diagnostic, treatment, cure, or medication-replacement claims.