



STILL POINT
{technodelic} Studio

WHITE PAPER

Designing for State

A Framework for Sensory Environment, Attention,
and Experience

DUSTIN HOLZWARTH

SEPTEMBER 2026

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

Before the argument begins, clarify the container.

Scope and Evidence Note

This paper develops a practitioner framework for Still Point {technodelic} Studio from Dustin Holzwarth's background in emergency medicine and clinical simulation, his personal contemplative and spiritual exploration, and the evolving design practice at Still Point. It distinguishes practitioner observation from established research and treats the complete {technodelic} composition as a subject for investigation rather than a clinically validated intervention.

The scientific discussion is intentionally layered. Evidence supporting underlying phenomena such as vibroacoustic stimulation, meditation, multisensory processing, interoception, absorption, expectancy, and altered states is cited where relevant. Still Point-specific propositions, including sensory coherence, multimodal compounding, changing sensory thresholds across repeat sessions, and durable therapeutic development, remain hypotheses unless directly measured.

Still Point {technodelic} Studio is an experiential wellness practice, not a medical or mental-health practice. This paper does not claim to diagnose, treat, cure, or prevent medical or psychological conditions, replace psychotherapy or medical care, or establish biomedical mechanisms for spiritual practices.

Who This Paper Is For

This paper is for people interested in how sensory environment, attention, contemplative practice, and experiential design can be brought into deliberate relationship: participants curious about the Still Point method, practitioners and collaborators interested in the framework, and researchers interested in the questions it raises.

Executive Summary

Still Point {technodelic} Studio explores a simple but consequential question: what becomes possible when the conditions surrounding attention, sensation, and subjective experience are designed deliberately? The model grew from an unusual convergence of emergency medicine, clinical simulation, contemplative practice, energy work, sensory technology, and Dustin Holzwarth's personal exploration of ordinary and non-ordinary states. Across those domains, one idea kept returning: human experience does not occur in a vacuum. Preparation, environment, sequence, expectation, sensory input, attention, and reflection all help shape what can become noticeable.

In clinical simulation, Dustin learned that realistic equipment and technically sophisticated scenarios were not enough. Participant engagement hinged on the prebrief, and the environment itself could reveal communication failures, workflow constraints, assumptions, and gaps in the larger system. Debriefing added another durable lesson: what happened is information, and inquiry can precede interpretation. Later, his own internal work turned those professional instincts inward. He became interested in what changes when mental noise settles, the body becomes more noticeable, and a person has enough room to encounter their own experience without being told what it must mean.

Still Point is the resulting experiment. It combines physical low-frequency vibration through a Vibroacoustic Table, sound, light, focused awareness, energy work, pacing, silence, and environmental design. The method is not defined by how many modalities are present. It is defined by how intentionally they are related. Timing matters. Contrast matters. What happens earlier may change how something later is received. The participant's familiarity, expectations, preferences, current state, and history matter too. The participant is not a passive receiver. They are part of the system.

The framework therefore refuses two easy stories. First, it does not claim that adding modalities automatically creates a stronger or more therapeutic effect. Second, it does not place the practitioner in the role of guru, interpreter, or owner of the outcome. Still

Point can design conditions. It cannot guarantee what any individual will experience or what they will do with it. Deep relaxation is legitimate. Imagery, emotion, insight, altered time perception, or unusual awareness may occur, but none is required. Intensity is not insight, and spectacle is not the goal.

The components have evidence. The composition remains the experiment. Vibroacoustic stimulation, meditation, attention, multisensory processing, expectancy, and non-pharmacological altered states all have meaningful research literatures. Those literatures do not yet validate the complete {technodelic} Experience as a clinical intervention. This manuscript treats that distinction as the research opportunity rather than an inconvenience. It proposes a Still Point Experience Framework of Prepare → Experience → Reflect, a four-level Evidence Ladder, a working concept of state literacy, and a staged research program designed to let evidence challenge the method rather than merely decorate it.

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PART I

Origins: Designing Conditions

Designing the conditions in which experience can change.

The Experience Begins Before It Begins

Before a clinical simulation begins, there is a moment that can determine whether everything that follows will matter. The room may be meticulously prepared, the equipment identical to what clinicians use every day, and the scenario capable of reproducing a genuine patient-care problem down to the monitor alarming at the right second. None of that guarantees engagement. For Dustin Holzwarth, who spent years in healthcare simulation after more than a decade in emergency medicine, some of the most decisive work happened before the scenario started at all: it happened in the prebrief.

“Their engagement hinged on my prebrief.”

Clinical simulation asks participants to engage seriously with an experience they know has been constructed. They know the patient may be a simulator and the scenario has been designed, yet the exercise only becomes useful when they engage sufficiently for real decisions, habits, communication patterns, and assumptions to appear. Preparation, orientation, expectations, psychological safety, and clarity all help make that possible. Dustin learned that a technically excellent scenario could become surprisingly thin when participants never fully entered it. [1]

The environment participates

Once engagement exists, simulation can reveal far more than whether one person made the correct clinical choice. In-situ simulation was especially meaningful to Dustin because the actual clinical environment entered the scenario with the team. Equipment placement, workflow, interruptions, space constraints, communication patterns, and relationships all became observable. A scenario might expose an individual decision, but it could just as easily reveal an unclear process, an equipment problem, a shared assumption, or a gap in the larger system of patient care. The environment was not background. It was participating in what became visible.

That realization developed into a durable habit of thought. Experience could be designed, and design could reveal information that ordinary circumstances concealed. Over time, Dustin became increasingly attentive to the quieter elements of that design: sound, light, timing, physical space, visual information, expectation, sequence, and the relationship between one cue and another. He became fascinated by the fact that a small sensory decision could change the tone of an experience without becoming the obvious subject of it.

Experience as information

Debriefing completed the architecture. In clinical simulation, advocacy and inquiry offered a disciplined alternative to simply declaring what participants had done right or wrong. The facilitator could make an observation or concern visible, then ask about the thinking that produced the action. The objective was to uncover the mental model beneath the behavior. That process carried a deceptively powerful principle: what happened is information, and curiosity can come before judgment. [2,3]

Still Point is not clinical simulation. There is no patient scenario to solve, no learner being graded, and no clinical performance standard waiting at the end of a session. Yet part of the architecture is recognizable. The experience begins before the equipment turns on. The conditions surrounding it matter. Engagement matters. What emerges belongs first to the person experiencing it. Reflection can begin with inquiry rather than with the practitioner’s interpretation.

From suspension of disbelief to permission to experience

At Still Point, preparation may include explaining what the participant will encounter, clarifying what can be adjusted, answering practical questions, preserving meaningful agency, and removing the idea that there is a correct internal response. Nothing specific has to happen. A participant does not need to visualize, reach a particular meditative state, release emotion, understand energy work, or produce a dramatic altered-state experience. Deep relaxation is enough, curiosity is enough, and a subtle session does not become a failed session simply because it cannot be turned into a story.

This absence of a prescribed outcome is not decorative reassurance. It is part of the design. A participant who is continuously asking whether they are doing it correctly, whether Dustin expects something to happen, or whether they should be feeling more stays partly outside the experience, evaluating it. Preparation can reduce some of that performance pressure. Dustin's simulation background therefore becomes a practical Still Point principle: do more before the experience so you can often do less during it.

“Do more before the experience so you can do less during it.”

From Reacting to Designing

The questions that eventually became Still Point were not only professional. Dustin describes a period in his life as a “hamster wheel”: the days felt repetitive and reactive even while his internal sense of authorship had thinned. The pattern was not necessarily dramatic from the outside. That was part of what made it difficult. A life can remain functional while still feeling internally static.

What followed was a period of deeper internal work and what Dustin describes as a spiritual awakening. The phrase belongs to his account of the experience and should remain there without being turned into a requirement for anyone else. Through meditation, energy work, sensory practice, and other forms of exploration, he began noticing that when mental noise quieted and his body settled, his relationship to life changed. The external world did not disappear. What changed was his ability to notice himself inside it and choose how to engage rather than simply absorb the next demand.

“I realized I was constantly reacting to life instead of designing it.”

Quiet as access, not escape

Still Point later adopted language about quieting the noise, but for Dustin this was not originally a brand line. It described a lived change. As mental activity became less dominant, he felt more able to recognize his own preferences, possibilities, and responses. Quiet was not withdrawal from ordinary life. It created more room to participate in it intentionally. A quieter state seemed to change what became available to awareness.

The body also returned to the conversation. Modern life can make attention feel almost entirely cognitive: thinking, planning, remembering, evaluating, anticipating, solving, and responding. Physical sensation often becomes background information until discomfort forces it forward. Meditation and related practices changed that relationship for Dustin. Breathing, tension, stillness, pressure, and sensation became information again. This would later help explain his attraction to vibroacoustic experience, where the body is given an unmistakable sensory signal rather than being asked to discover a very subtle one unaided.

A spiritual origin without spiritual conformity

Dustin’s personal path includes spiritual language, Reiki, contemplative practice, sensory exploration, and firsthand experience of non-ordinary states. Those experiences help explain his curiosity about consciousness, altered perception, time distortion, embodiment, salience, imagery, and shifts in self-perception. They do not define what a Still Point participant must believe. A participant may interpret a session spiritually, psychologically, physiologically, aesthetically, or simply as an hour in which they felt extraordinarily good. Still Point emerged partly from spiritual and consciousness exploration, but it does not require spiritual conformity.

Experience with non-ordinary states belongs in the same category: personal context, not service definition. Still Point does not claim to recreate pharmacological psychedelic states. Dustin’s exposure to substantially altered perception is relevant because it gave him firsthand familiarity with how different experience can become under changed conditions. It also reinforced a boundary that would become increasingly important: intensity can be compelling, but intensity is not automatically insight.

“Intensity is not insight.”

From Sensory Curation to {technodelic}

Clinical simulation had already trained Dustin to notice that our senses curate experience. A room is never merely a room. Sound changes attention, lighting changes expectation, timing changes a transition, and physical layout changes what becomes easy or difficult. Some signals demand attention while others work almost invisibly. Some create familiarity; others create contrast. Some make an environment predictable, while others introduce just enough novelty to alter the way a person relates to what is happening.

Designing relationships, not collecting modalities

This way of thinking eventually moved beyond realism. Still Point does not need to make an external scenario convincing. It uses sensory design to alter the conditions surrounding an internal one. A vibration experienced in silence is not necessarily the same experience as that vibration paired with music. Light introduced at the beginning of a session may function differently from light introduced after the participant has already settled. A spoken prompt can orient attention at one moment and interrupt something emerging at another. Silence can change the meaning of the sound that preceded it.

The implication is compositional. Curation requires selection and, just as importantly, restraint. Not every available tool belongs in every moment. Still Point therefore rejects the idea that sophistication can be measured by the number of modalities operating at once. More technology, more sensory channels, and more guidance do not automatically create more depth. The question is always what serves the experience now.

The unexplored territory between practices

As Dustin explored meditation classes, sound experiences, energy work, vibroacoustic practice, and other modalities, he noticed that most were organized around one modality, sometimes two, plus a teacher. Each could be valuable. His curiosity moved toward the space between them. What happens when vibration is timed in relationship to meditation rather than simply added to it? What happens when light changes the sensory field before focused awareness is introduced? What happens when energy work occurs inside an environment already shaped by sound and physical vibration? Eventually, the modalities themselves became the composition.

“What happens when the modalities themselves become the composition?”

Defining {technodelic}

Still Point needed a word for something that did not fit comfortably inside the name of any single tool or practice. {technodelic} became that word. It is not an established scientific category, a medical term, or a synonym for psychedelics. It is Still Point’s language for the intentional combination of sensory technology, contemplative practice, focused awareness, and environmental design to create conditions in which attention, bodily awareness, and subjective experience may shift.

The braces are oddly appropriate. Visually, {technodelic} looks constructed, coded, and modular, which suits an approach that sits deliberately between categories: technology and contemplation, physical sensation and internal experience, measurement and subjectivity, modern tools and older practices, structure and emergence. The term does not resolve those tensions. It holds them together long enough to ask what becomes possible when they are composed intentionally.

PART II

Designing State: Sensation, Sequence, and Depth

Designing the conditions in which experience can change.

Why Combine Modalities?

Still Point did not begin from the belief that one modality was insufficient. It began from the observation that addition and integration are not the same thing. Sound plus vibration, meditation plus light, or energy work plus music can be stacked without any clear relationship among them. Dustin's early experiments felt different when the modalities were intentionally composed. One layer appeared to change the conditions for the next, producing an experience that felt less like a checklist and more like a dynamic sequence.

He describes that subjective effect as compounding. Vibration changed how sound was perceived; sound changed the emotional and attentional environment around vibration; light shifted the visual field; focused awareness redirected what became salient; silence changed the meaning of the stimulation that came before it. That observation is practitioner experience rather than scientific proof of synergy. Still Point does not claim mathematically exponential effects. The researchable question is narrower and more useful: can one sensory or attentional input alter the conditions in which another is received?

Experimental work with flicker light provides a useful example of that broader question. In one small controlled study, adding rhythmic visual stimulation to music significantly changed participants' reported emotional response to the music. Separate experiments found that the frequency and rhythmic organization of flicker stimulation materially changed the resulting visual experience. These studies do not validate Still Point's particular combinations or sequencing. They do show that sensory inputs can interact and that temporal organization can matter to subjective experience, strengthening the rationale for treating relationships among stimuli as research variables rather than assuming each modality operates independently. [18,19]

The participant is never neutral

A modality does not arrive into a static system. It arrives into a person who is already having an experience. If vibration has helped someone settle physically, the next sound enters a different context than it would have at minute one. If attention has become less scattered, a subtle change may become more perceptible. If intensity resolves into silence, the silence itself may become an event because of the contrast. Each stage of the experience can alter both the participant and the conditions for what follows.

This recursive quality makes sequence, timing, duration, intensity, contrast, familiarity, expectation, and individual variability important design variables. It also means the same tools can produce substantially different experiences when arranged differently. A session is not fully described by listing its components. The method exists partly in the relationships.

More is not the goal

Dustin's later experience challenged the easy conclusion that if multiple modalities can deepen an experience, adding more must create more depth. More sensory input can become clutter. Too much guidance can become cognitive competition. Too much intensity can make the experience about the intensity itself. A modality that is useful early may become unnecessary later, and silence may become more powerful than another layer.

"Signal over spectacle."

Composition therefore requires listening. Dustin's facilitation is largely intuitive, and the manuscript should not disguise that intuition as a rigid algorithm. The principle beneath it can still be stated clearly: the next element should serve the state that already exists, not simply appear because it is available. That principle may ultimately matter more than any fixed recipe.

The design hypothesis

The scientific question underneath Still Point is not simply whether vibration, meditation, music, light, or focused attention can affect human experience. Many of those domains already have literatures. The more interesting question is what happens when they are intentionally sequenced in ways that may change the conditions for one another. This is harder to study because interaction effects, expectancy, dose, timing, and participant differences all enter at once. It is also precisely where Still Point's contribution may lie.

Sound That Becomes Physical

The Vibroacoustic Table is one of Still Point's clearest physical differentiators. Low-frequency sound is transmitted through the table as vibration that can be physically felt through the body, so part of the sound experience becomes tactile rather than purely auditory. That basic phenomenon matters even before any therapeutic claim is considered because it provides an unmistakable embodied sensory anchor.

A person who is struggling to find the body in conventional meditation does not need to search for a barely perceptible sensation when the table is active. The body is receiving a clear physical signal through contact, pressure, vibration, and resonance. Dustin describes this experientially as inviting the mind back into the body. Research language should remain more cautious, pointing instead toward tactile perception, interoceptive awareness, attention, absorption, autonomic response, and relaxation as relevant constructs to investigate.

“What you hear is only part of the story.”

A research field, not a universal mechanism

Vibroacoustic research is legitimate and active, but the protocols are heterogeneous. Devices differ, frequencies differ, amplitudes differ, session lengths differ, populations differ, and outcomes differ. Some studies investigate pain, some relaxation, some stress, some autonomic activity, and some neurological conditions. The existence of promising findings does not justify a sentence that treats every vibroacoustic protocol as equivalent. [4]

A randomized crossover study of low-frequency sound conditions illustrates the point: heart-rate variability and subjective measures changed after exposure, but between-condition differences were limited, and the authors called for larger studies and closer examination of coinciding factors. The study makes vibroacoustic effects scientifically testable without turning one result into a universal autonomic mechanism. [5]

This is why Still Point should avoid claims such as automatically activating the vagus nerve, releasing stored trauma, rewiring the brain, or producing a guaranteed neurological state. Those phrases may sound persuasive in wellness marketing, but they collapse distinct mechanisms and levels of evidence. The stronger position is more interesting: the table creates a powerful physical sensory condition, and the question is what that condition does alone and in relationship with the rest of the experience.

The body as a reference point

The table may also provide continuity while other elements change. Music can move, light can change, guidance can stop, and silence can arrive, while the body stays in contact with the physical surface. That stable tactile reference point can help hold the experience together. It may be one reason stronger vibration feels useful in early sessions: it gives the participant an obvious landmark while subtler attentional and sensory relationships begin to develop.

Still Point does not need the table to be the whole composition. In musical terms, it can function more like a bass line underneath it: physically present, organizing, and sometimes prominent, but ultimately serving a larger piece.

Sensory Coherence

Modern life is already immersive. The problem is that it rarely feels composed. Sound arrives from one direction, visual information from another, a phone vibrates, traffic moves, decisions accumulate, and internal dialogue continues throughout. The issue is not merely “too much stimulation.” It is fragmented stimulation, with multiple systems competing for attention without a shared design.

Still Point works with many of the same sensory channels but approaches them differently. The studio uses sensory coherence as a working design concept for the deliberate coordination of sound, vibration, light, body position, temperature, music, voice, silence, timing, and environmental conditions so they function as parts of one experience rather than as unrelated demands. Sensory coherence is not presented as an established scientific theory. Its underlying premise, however, is compatible with research on multisensory integration, attention, temporal alignment, salience, and sensory congruence. [6,7]

Related experimental work with rhythmic visual stimulation also suggests that temporal structure is not incidental: changing the frequency or rhythmicity of the same class of sensory input can materially alter the subjective experience it produces. That finding does not establish Still Point’s broader sequencing model, but it reinforces timing itself as a meaningful design variable. [18]

Coherence is not sameness

A coherent experience does not have to be uniform. Dustin is often interested in subtle juxtaposition. Heavy physical vibration may coexist with delicate sound. A technologically generated visual field may sit beside contemplative or energetic practice. Intensity may resolve into quiet. Movement may resolve into stillness. Coherence means the relationships feel intentional, not that every element matches.

Contrast can sharpen perception. Silence becomes more noticeable after sound, stillness after movement, darkness after light, and a subtle vibration after a stronger one. The transition itself becomes part of the experience. Still Point is therefore not designed as one long, uniformly relaxing atmosphere. Relaxation may be a desirable result, but the deeper design goal is to create conditions in which shifts become noticeable.

Attention is part of the composition

Sensory design cannot be separated from attention. The environment always contains more information than a person consciously notices, and attention determines what becomes foreground. Strong vibration can capture attention immediately, while a simple prompt can redirect it toward breath, body, or listening. Music can support absorption. Silence can remove a competing signal and make internally generated sensation more noticeable. The facilitator’s voice and the sensory field therefore need to be designed together rather than treated as separate layers.

This also explains the cost of competition. Too many simultaneous changes can keep attention moving. Too much intensity can make the participant monitor the stimulus instead of entering the experience. Too much instruction can return someone to analysis. The design problem is not how to keep adding. It is how to make each element legible enough to serve the state without becoming another demand.

“High intentionality in the environment. Low demand on the participant.”

Depth Without More

The natural assumption in immersive design is that intensity creates depth: more light, more vibration, more sound, more guidance, more sensation. Still Point increasingly challenges that assumption. Dustin has observed that early sessions may rely more heavily on strong sensory anchors because they make the departure from ordinary conditions obvious. Vibration gives the body something unmistakable to notice, light clearly changes the visual environment, and sound establishes a distinct atmosphere. In early experiences, that legibility may matter.

As familiarity grows, however, the design problem changes. A returning participant no longer needs to devote the same amount of attention to understanding the table, the room, the light, or the expectations. Some uncertainty falls away, and subtler information can become more noticeable. A lower-intensity vibration, a quieter sound, a pause, a small bodily change, or silence itself may carry more weight because novelty is no longer consuming the same share of attention.

“Strong signal → familiarity → subtler input → deeper internal response.”

Sensitivity instead of escalation

The long-term design ambition is therefore not necessarily stronger stimulation. It is greater sensitivity. Intensity asks the environment to do more. Sensitivity allows the participant to notice more. If a method depends entirely on novelty, it must keep escalating to remain impressive. More technology, more spectacle, and more unusual effects become the product. Still Point is interested in the opposite trajectory: less dependence on novelty, more relationship with awareness.

This is also philosophically important because it moves the work away from dependence. Strong sensory scaffolding may help make a state obvious at first, but scaffolding is not meant to become the building. If a participant gradually becomes more familiar with the sensation of settling, absorption, bodily presence, or reduced mental noise, the external support may be able to recede. The studio’s value then shifts from repeatedly making a state happen to helping the participant become more familiar with how that state feels and what conditions influence it.

This may be one of Still Point’s most consequential hypotheses. If repeated experience allows a participant to recognize or access meaningful shifts with less external sensory intensity, then the long-term trajectory of the method is not toward increasingly elaborate technology. It is toward greater sensitivity.

The technology may function first as a strong signal: something obvious enough to make a change in state noticeable. With familiarity, the participant may begin to recognize subtler transitions with less external support. If that pattern proves directionally true, Still Point becomes less about producing states for people and more about helping people become increasingly literate in their own.

A threshold that moves

Dustin sometimes describes this as a changing threshold for deeper experience. Early on, a pronounced cue may be useful to cross that threshold. Later, a smaller cue may be enough. Several mechanisms could contribute: reduced novelty, increased trust, expectancy, attentional learning, greater familiarity with the environment, improved state recognition, or sensory adaptation. Still Point should not prematurely choose among them. The phenomenon itself is the research question.

This possibility resembles learning a landscape. The first journeys need obvious landmarks. Later, smaller features become recognizable. A subtle change in breath or body contact may become enough to tell the participant that something is shifting. The strong signal teaches the territory; subtlety tests whether the participant can recognize it without giant signs.

From strong signal to state literacy

If familiarity reduces the amount of external sensory intensity required, technology becomes scaffolding rather than destination.



THE CONSEQUENCE

“Still Point becomes less about producing states for people and more about helping people become increasingly literate in their own.”

WORKING HYPOTHESIS • DIRECTIONAL, TESTABLE, NOT YET ESTABLISHED

What "Deeper" Means

"Deeper" is one of the most common words in contemplative practice and one of the least precise. It can refer to stronger emotion, quieter thought, vivid imagery, profound relaxation, spiritual insight, altered time perception, bodily awareness, absorption, or simply a sense that surface-level mental chatter has receded. At Still Point, the word is most useful when it describes accessibility rather than hierarchy.

A beginner may spend much of a conventional meditation trying to arrive at the very state in which the practice is supposed to begin. Thought appears, attention wanders, self-monitoring begins, and effort is consumed by the attempt to settle. Dustin's working intuition is that layered sensory support can alter the route into the experience. Physical vibration gives attention somewhere embodied to go, sound organizes the auditory field, light changes the sensory environment, and focused awareness can provide a simple orientation. The environment carries some of the load.

"It's like putting a car into park."

Less effort spent arriving

The metaphor does not mean the engine disappears or consciousness shuts down. The relationship to movement changes. For Dustin, going deeper begins when the participant spends less of the experience trying to stop rolling forward and more of it noticing what becomes available once the momentum changes. This may include deep relaxation, absorption, bodily awareness, imagery, altered time perception, emotional movement, or simply a quieter cognitive field.

Another useful metaphor is attentional bandwidth. Ordinary life recruits attention for monitoring, planning, self-evaluation, decision-making, environmental scanning, and internal narration. When some of those demands decrease, other information may become easier to notice. Depth may therefore involve not only something being added to consciousness, but also less competition within it.

Inviting the mind back into the body

Dustin often describes the shift as reclaiming awareness of self or inviting the mind back into the body. The language is experiential, not anatomical. Still Point increases the salience of physical sensation through pressure, vibration, posture, breath, temperature, contact, and stillness. The experience gives attention a route back toward embodied information. That route may involve both externally delivered tactile signals and internally arising bodily sensations, which makes interoception an interesting but not yet demonstrated research territory.

Theta without brainwave theater

Dustin has also used theta language to describe deeper meditative territory. Meditation research does report theta and alpha changes in some practices, but brainwaves are not levels on an elevator. Multiple frequency bands coexist, patterns vary across brain regions and practice types, and theta also appears in contexts unrelated to meditation. Still Point has not measured EEG and should not claim that its modality stack reliably pushes the brain into theta. [8]

The scientifically useful question is different: do Still Point experiences produce reproducible changes in neural activity associated with relaxation, absorption, focused attention, or altered awareness? That question can eventually be measured. Until then, Dustin's car-in-park metaphor remains a cleaner description of the experience than a premature neurological claim.

PART III

The Participant and the Practitioner

Designing the conditions in which experience can change.

Entering the Experience

A Still Point session does not begin when vibration starts. It begins when the participant understands what kind of experience they are entering, what is expected of them, what is not expected, and how much ownership they retain. Immersive experiences create uncertainty: What am I supposed to feel? Am I doing this correctly? Should I be relaxed already? What if nothing happens? What if something strange happens? Do I need to meditate, let go, or believe in Reiki? Each question occupies attention, and attention is one of the central materials Still Point is working with.

Reduce the need to perform

Many wellness and contemplative environments unintentionally create performance pressure by instructing people to relax, clear the mind, surrender, be present, release, stop thinking, or have no expectations. The paradox is that the harder someone tries to produce the correct internal state, the more attention may be devoted to monitoring whether they have succeeded. Still Point takes a different position: there is no correct experience to produce. The participant can move from asking “Am I doing this right?” toward asking “What am I noticing?”

Permission before technique

Preparation therefore establishes permission as much as instruction. Permission to adjust, ask questions, remain skeptical, be spiritual or not, enjoy the physical sensation without searching for meaning, find something meaningful without needing to explain it, or have a quiet experience without converting it into disappointment. The participant enters not as someone trying to satisfy the facilitator, but as the primary observer of their own experience.

Agency changes the container

Agency is especially important in immersive work because immersion can otherwise be confused with surrendering control to the practitioner. Still Point aims to reduce the number of things the participant must actively manage while preserving their ability to make meaningful choices. Intensity can be adjusted. Comfort can be changed. Questions are welcome. A modality is not sacred or mandatory simply because it is part of Dustin’s toolkit. The participant can allow the experience to unfold while still knowing they can speak, stop, modify, or redirect if needed.

Do more before, less during

A strong preparatory conversation reduces the need for constant narration once the experience is underway. If the participant understands the container, Dustin can speak less, correct less, interpret less, and pay more attention. His facilitation is generally quiet once someone is engaged. He may adjust the environment or offer support, but constant intervention is not proof of care. Another instruction can become another stimulus to process, and another explanation can pull someone back into analytical thought.

*“Intervene when intervention serves the participant’s experience.
Otherwise, leave room.”*

Silence is designed space

Silence is not absence inside this model. Sound can orient attention, vibration can create a physical anchor, and guidance can direct awareness, while additional auditory input can also compete for attention or create distraction under some conditions. Research on task-irrelevant sound supports that narrower point, although it does not establish a universal cognitive benefit of silence. Still Point therefore treats silence primarily as a design choice: a deliberate period in which no new external auditory demand is being added.

[16]

Even in a guided experience, there is a point beyond which the facilitator cannot and should not follow. Dustin can design the room, sequence the modalities, remain attentive, and support the return, but he cannot occupy the participant's internal experience for them. That boundary is not a limitation to overcome. It is part of the method.

The Participant Is the Author

Still Point is built around a simple ethical boundary: the participant's experience belongs to the participant. Unusual, emotional, embodied, spiritual, or altered experiences create a strong temptation for practitioners to explain what happened, assign meaning, or position themselves as the person who understands the participant better than the participant understands themselves. Dustin rejects that role. He does not want the Still Point practitioner to become an interpreter, a healer who claims the outcome, a guru, a martyr, or a self-involved center of the work.

Interpretation changes ownership

The moment a practitioner tells someone what an image, emotion, memory, or bodily sensation means, a new frame enters the experience. That frame may be useful, but it may also be wrong, and it can become more authoritative than the participant's own uncertainty. Still Point preserves the possibility that "I don't know what that was" may be an honest and complete answer for now. Meaning is allowed to stay provisional.

Inquiry before meaning

Dustin's simulation background reinforces this stance. Advocacy and inquiry begin from the recognition that visible behavior does not fully reveal the mental model beneath it. Still Point applies a related humility after subjective experiences. Rather than beginning with explanation, the facilitator can ask what the participant noticed, what felt different, what stood out, whether anything changed, what felt useful, and what did not. Those questions preserve authorship and let the participant discover meaning rather than receive it ready-made.

"Don't provide the answer. Create enough space for the participant to encounter their own."

Not guru, not healer, not martyr

The practitioner's expertise still matters. Dustin understands the technology, has developed judgment about pacing and sensory relationships, and has accumulated experience with how different inputs can feel. Expertise in creating conditions, however, is not authority over another person's inner life. He can offer context and possible frameworks without declaring that a participant's experience has one universal meaning.

The same boundary protects against dependency. If the practitioner becomes "the healer," participants may begin attributing change primarily to the practitioner rather than to their own experience, capacities, choices, and circumstances. If the practitioner becomes a guru, the participant becomes a seeker of the practitioner's answers. If the practitioner becomes a martyr, care becomes entangled with the facilitator's sacrifice and identity. Still Point needs an attentive practitioner, not a central character.

"Still Point is the container. Dustin is an experienced guide within it."

The practitioner standard

A Still Point facilitator should be able to create without controlling, guide without dominating, support without rescuing, observe without interpreting prematurely, offer expertise without claiming authority over meaning, care without becoming a martyr, and remain present without becoming the subject. A useful test is simple: does this choice deepen the participant's relationship with their own experience, or deepen their dependence on the practitioner?

Dustin's own language is direct: he does not have the answers and is not solving another person's problems. His role is to create conditions in which the participant may explore their own psyche, sensations, memories, emotions, questions, patterns, and possibilities with fewer ordinary demands competing for attention. The practitioner prepares the environment and protects the container. The participant encounters what is theirs.

Creating Conditions, Not Delivering Outcomes

Still Point's distinction between creating conditions and delivering outcomes becomes especially important around the word healing. Dustin uses healing language naturally within his personal and spiritual framework, particularly in relation to Reiki. He does not, however, understand healing as something he inserts into another person. He can prepare an environment, offer Reiki, compose vibration, sound, light, silence, and focused awareness, and remain attentive. He cannot honestly claim ownership of whatever change follows.

The participant brings something into the room

No participant arrives as a blank slate. Expectation, belief, skepticism, curiosity, previous experience, current stress, bodily sensation, sensory preference, comfort, mood, physiology, and the relationship with the facilitator can all shape how a session unfolds. Dustin believes openness matters, especially within his Reiki framework, but Still Point should define openness carefully. Openness is not obedience, ideological agreement, or spiritual conformity. A skeptical participant can still be open if they are willing to notice what happens.

Expectancy without suggestion

Scientific research gives Still Point good reason to take context and expectancy seriously. Expectations can affect subjective experience, treatment engagement, adverse effects, and physiological outcomes in many settings. That does not justify manufacturing expectation through promises of breakthrough, emotional release, deep transformation, or predetermined sensations. Still Point should distinguish confidence in the container from expectation of a specific result. The first can support engagement. The second can begin writing the participant's story before the participant has lived it. [10,13]

Different kinds of knowledge can remain different

Still Point sits at an intersection of measurable information, subjective information, and spiritual interpretation. Physiological variables such as heart rate, HRV, respiration, EEG activity, vibration frequency, and duration belong to one category. Reports of relaxation, imagery, bodily sensation, emotional movement, time distortion, mental quiet, or insight belong to another. Spiritual language about energy, intuition, healing, or meaning belongs to yet another. A mature framework does not need to collapse those categories into one another.

Reiki is a useful example of why those categories should stay separate. A 2025 meta-analysis of randomized trials reported a small improvement in quality-of-life outcomes across the included studies, while the specific energetic mechanism proposed in Reiki tradition remains unestablished in biomedical science. Still Point can acknowledge that evidence without converting a spiritual explanatory model into a proven physiological mechanism. [9]

A physiological measure cannot prove the metaphysical meaning of an experience. A spiritual experience does not become meaningless because no biomarker was collected. A participant's subjective report should not automatically be translated into a biological mechanism. Still Point can let these categories coexist without pretending they are interchangeable.

What Still Point can offer

Still Point can offer a deliberately composed period in which sensory input, attention, pacing, silence, agency, and inquiry are handled with unusual care. A participant does not need to accept one explanatory model for the experience to be worthwhile. The value of the container can be concrete: feeling sound physically, settling more deeply, noticing what changes when ordinary demands recede, and encountering one's own experience with less pressure to perform, interpret, or produce a particular result.

Openness cannot become blame

The concept of openness becomes dangerous when it is used to explain away every disappointing result. A subtle session does not mean someone was spiritually deficient. A skeptical participant has not failed. Someone who does not perceive energy has not blocked the practitioner. A restless session does not prove resistance. Openness is one variable among many, and a method that treats every positive outcome as evidence for itself and every negative outcome as participant failure is no longer genuine inquiry.

No Required Outcome

Still Point is highly intentional about the conditions it creates and deliberately less possessive about what follows. The danger of experiential wellness is that participants can quickly absorb an unspoken hierarchy of outcomes: deep relaxation, vivid imagery, emotional release, spiritual insight, altered awareness, or a dramatic internal event may become the imagined markers of a “good” session. Once that hierarchy exists, the participant may begin evaluating themselves against it.

Relaxation is not the consolation prize

Deep relaxation is a fully legitimate reason to come to Still Point. It is not the lesser outcome received when something more profound fails to occur. A participant may leave quiet, physically settled, rested, clearer, more present, or simply feeling good. A pleasurable experience does not become more legitimate only after therapeutic or spiritual significance is attached to it.

Intensity is not efficacy

A dramatic experience may feel important and may in fact become meaningful. It can also simply be dramatic. A subtle experience can feel ordinary and become more significant later. Still Point therefore avoids using intensity as a proxy for value. A participant who cries has not automatically gone deeper than someone who does not; a participant who sees imagery has not necessarily accessed something more useful than someone who notices their body becoming still.

The participant’s criteria matter

People arrive for different reasons. One person may want to quiet mental noise, another to explore meditation, another to experience physical vibration, another to investigate altered awareness, another to rest more deeply than they can at home. Still Point does not need to rank those motives. Outcome neutrality means the experience has direction without requiring a single destination.

The studio can still design for engagement, reduced competing demand, embodied attention, relaxation, absorption, self-inquiry, and the possibility of altered awareness. What it cannot responsibly do is guarantee which of those will matter to a particular person on a particular day. A trustworthy method must also tolerate mixed responses, disliked modalities, neutral sessions, skepticism, and people who simply decide the experience is not for them.

A clear promise about the process

What Still Point can promise is attention to the process it can actually influence: thoughtful preparation, meaningful agency, deliberate sensory composition, responsiveness, restraint, and a return that does not force meaning. It can take deep relaxation seriously without needing to inflate it into something else. It can let a participant’s report count as information rather than as a verdict that must confirm the method. That is a more modest promise than guaranteed transformation, and a more credible one.

A method should survive disappointment

A trustworthy methodology also needs criteria for success that do not depend on the participant producing an impressive inner event. Still Point can ask whether the conditions were thoughtful, whether the participant retained agency, whether the experience was responsive rather than coercive, whether the facilitator preserved authorship, and whether the participant was free to notice what actually happened. Those are process measures the studio can influence directly. The internal outcome is less predictable, and that is appropriate.

There is something quietly radical in allowing a person to have an ordinary experience. They do not have to arrive broken, leave healed, or prove that something profound occurred. They are allowed to experience an hour of deep rest, physical pleasure,

curiosity, restlessness, imagery, insight, or almost nothing dramatic. Removing the obligation to transform may itself remove one more demand from the experience.

If every possible response is interpreted as evidence that Still Point worked, Still Point stops being inquiry and becomes belief maintenance. A method worth studying should be able to survive the participant saying, “That didn’t do much for me,” without immediately inventing a reason the participant failed. The practitioner does not need to win. That response is information too.

Experience as a Continuum

Still Point is not built around the idea that one session should contain everything. Across repeat experiences, Dustin has observed that people often seem to learn, integrate, or expand on something that appeared before. A later session does not begin from zero. The participant brings familiarity with the room, table, sensations, expectations, and the fact that nothing specific is required. Novelty consumes less attention, while subtler changes may become easier to recognize.

Experience accumulates

A first session is experienced partly through novelty. A second is experienced partly through comparison. Later sessions may be experienced through recognition. A sensation that once felt strange can become familiar enough to stop demanding analysis. A participant may notice that one modality consistently helps them settle while another keeps them more alert. They may recognize the moment thoughts become less dense, the difference between physical relaxation and mental quiet, or the way silence changes their experience. Over time, they begin collecting information about themselves.

State literacy

Many people have a surprisingly narrow vocabulary for internal state: stressed, fine, tired, anxious, relaxed. The actual territory is more differentiated. Still Point can create opportunities to notice distinctions such as heavy versus grounded, quiet versus sleepy, alert versus activated, absorbed versus distracted, still versus numb, physically calm while mentally busy, or mentally quiet while physically energized. The purpose is not to diagnose those distinctions for the participant. It is to make their own experience more legible.

Recognition may also change access. A completely unfamiliar state can be difficult to identify while it is happening; a familiar one can be recognized earlier. Instead of spending attention on “What is happening?”, a returning participant may recognize the transition itself. That reduction in uncertainty is one plausible reason repeated experiences can become subtler without becoming less meaningful, although the mechanism is still a Still Point hypothesis.

Still Point uses state literacy as a working term for the developing ability to notice, differentiate, and become more familiar with one’s internal states and some of the conditions that influence them. It is not an established scientific construct under that name. The concept should be treated as a Still Point synthesis and examined alongside established constructs such as interoceptive awareness, metacognition, emotional granularity, psychological flexibility, and self-regulation. [12,14]

The idea is broader than calm. Human systems need activation, focus, rest, connection, recovery, and intensity at different times. A more useful capacity may be flexibility: recognizing where one is, noticing when something is changing, and becoming more familiar with which conditions support a personally useful transition. The participant does not need a perfect technical vocabulary. Recognition itself is valuable.

From repetition to practice

Repeated sessions can be viewed as repetition or as practice. Repetition means doing the same thing again. Practice means developing a relationship with what is being done. Still Point is more interested in the latter. The participant develops familiarity with attention, sensation, state shifts, preferences, resistance, subtlety, and their own capacity to notice. The external experience may contain familiar elements, but the internal participant is not the same.

Integration without dependency

The long-term direction should not be greater dependence on Dustin or the studio. A healthier progression would be for participants to become increasingly familiar with what settling, absorption, embodied awareness, or reduced mental noise feels like for them. They may begin to recognize a state sooner, identify useful cues, or notice earlier when they are moving away from it. Still Point can remain valuable as a place for exploration and depth without becoming the only place where a participant believes those states are accessible.

PART IV

Evidence and Inquiry

Designing the conditions in which experience can change.

What the Research Actually Supports

Still Point sits in a territory where curiosity can easily outrun evidence. The studio combines domains with research literatures of their own: vibroacoustic stimulation, music, meditation, attention, multisensory processing, autonomic activity, expectancy, interoception, absorption, and altered states of awareness. Those literatures matter. They do not automatically validate the complete Still Point {technodelic} Experience.

A study of low-frequency sound does not prove the effects of light. A meditation study does not validate Reiki. Evidence for several individual components does not become evidence for their combination merely because the components are delivered in the same room. Still Point therefore needs to separate what is established, what is supported but limited, what is emerging, and what remains a specific hypothesis arising from Dustin's practice.

Vibroacoustic stimulation

The strongest direct scientific territory is vibroacoustic stimulation. Low-frequency sound can be delivered through chairs, beds, mats, tables, or related surfaces so that acoustic information is experienced tactually as well as auditorily. Research has investigated pain, stress, relaxation, autonomic measures, neurological conditions, and other outcomes. Findings are promising in some areas, but devices, frequencies, treatment durations, populations, and outcome measures vary enough that broad therapeutic conclusions are difficult. [4,5] For Still Point, the responsible conclusion is that vibroacoustic stimulation is a legitimate field of investigation with measurable subjective and physiological effects in some studies. It is not that every vibroacoustic protocol reliably produces the same outcome. Pain research illustrates the distinction clearly: promising findings can justify continued study without turning the Vibroacoustic Table into a treatment claim.

Autonomic activity and HRV

Heart-rate variability is relevant because relaxation and arousal have measurable physiological correlates, but HRV is not a simple "vagus score." It is influenced by breathing, posture, age, fitness, medication, health, and many other factors. Some low-frequency sound studies have reported changes in HRV consistent with altered autonomic activity. That evidence is worth examining without converting it into claims that Still Point automatically activates the vagus nerve or shifts everyone into parasympathetic dominance. [5]

Meditation, attention, and theta

Meditation research establishes that attentional practices can alter cognitive processes, but meditation is not one thing and does not have one universal neural signature. Focused-attention, open-monitoring, loving-kindness, and other practices differ. Reviews have reported theta, alpha, and other oscillatory changes in some contexts, while also describing substantial heterogeneity across participants, practice types, and methods. Theta therefore is relevant to Dustin's intuition while still being a Still Point research question rather than a demonstrated mechanism. [8]

Multisensory integration and attention

Research on multisensory integration is especially relevant to Still Point's design philosophy because human perception is inherently combined. Sensory channels influence one another, attention affects integration, multisensory events can capture attention, and temporal or spatial congruence can change how signals are perceived. This supports the premise that sound, vibration, light, and attention do not operate as isolated lanes. It does not establish that Still Point's specific combination produces exponentially deeper or more therapeutic effects. [6,7]

Rhythmic visual stimulation and altered experience

Flicker-light stimulation provides a more direct research literature for one of Still Point's sensory components. Controlled studies show that rhythmic light presented to closed eyes can reliably produce transient visual phenomena including colors, geometric patterns, motion, and changes in ordinary perceptual experience. Frequency and rhythmicity matter: in one experiment, rhythmic 10 Hz stimulation produced especially strong geometric and dynamic effects, while frequency-matched arrhythmic stimulation substantially reduced them. [17,18] The effects are not confined to description alone. A small 2024 study found that adding rhythmic flicker to music significantly increased reported music-evoked emotion, offering a concrete example of one sensory channel altering the experience of another. fMRI studies have also reported changes in thalamocortical and visual-network connectivity during flicker stimulation, with some connectivity measures tracking the reported intensity of visual phenomena. Neural entrainment to periodic flicker is well documented, but the precise causal pathway from entrainment to the full subjective experience remains unsettled. These findings support flicker light as a serious tool for studying altered perception and sensory interaction; they do not establish therapeutic benefit or validate the complete Still Point composition. [19–22]

Expectancy and context

Expectancy and contextual framing are scientifically relevant because experience begins with the person's relationship to the stimulus, not with the stimulus alone. Social learning, positive and negative expectation, and treatment context can influence subjective and physiological outcomes. This makes Dustin's emphasis on the prebrief scientifically interesting in its own right. A future study could vary neutral prebrief structures while keeping the sensory experience constant to examine agency, performance pressure, spiritual versus physiological framing, and participant reports. [10,13]

Absorption, interoception, and altered awareness

Absorption may eventually provide more useful research language than simply saying someone "went deep." In psychology, absorption has long been described as a disposition toward episodes of highly engaged attention in which perceptual, imaginative, or ideational experience can become unusually compelling. [11] Interoception provides a separate construct for the sensing and representation of internal bodily signals. [12] A 2025 meta-analysis of 29 randomized trials found a small-to-moderate improvement in self-reported interoception following mindfulness-based and related interventions, with the largest effects among mindfulness-based programs. [14] Still Point should not infer from that literature that the Vibroacoustic Table increases interoception; the table provides strong external tactile input, and the relationship between that input and internal bodily awareness remains a research question. Non-pharmacological altered states are also well documented in the broad sense that psychological, physiological, contemplative, and sensory methods can alter ordinary patterns of perception, attention, bodily awareness, and self-experience. [15] Still Point's specific state profile, however, has not yet been characterized.

What science does not currently establish

- That Still Point reliably produces theta or another specific EEG state.
- That its modalities produce exponential effects when combined.
- That stronger sensory coherence necessarily produces deeper therapeutic outcomes.
- That repeat sessions reliably reduce the amount of sensory stimulation required.
- That Still Point creates durable therapeutic change.
- That Reiki within Still Point operates through a demonstrated energetic biomedical mechanism.
- That one protocol will work similarly across individuals.
- That the complete {technodelic} Experience has been clinically validated.

What the existing research does establish

- Sound can become tactile through vibroacoustic delivery.
- Low-frequency vibroacoustic stimulation can produce measurable subjective and physiological effects in some studies.
- Meditative practices can affect attention and are associated with measurable neurophysiological patterns.
- Sensory modalities interact rather than operating independently.
- Attention and multisensory processing influence one another.
- Timing and congruence can influence sensory integration.
- Frequency and rhythmicity can influence the subjective effects of flicker-light stimulation.
- Rhythmic visual stimulation can alter reported emotional responses to music in controlled experimental settings.
- Context and expectation can influence subjective and physiological outcomes.
- Human consciousness can shift significantly without pharmacological intervention.

“The components have evidence. The composition remains the experiment.”

The Evidence Ladder

Still Point needs a way to talk about science without flattening every claim into the same category. A pilot study should not become “research proves,” an association should not become causation, a proposed mechanism should not become an established explanation, and a participant’s powerful experience should not become evidence for a biological mechanism. The Evidence Ladder gives the manuscript a simple recurring structure for keeping different levels of confidence visible.

Level 1 : Established

Established claims are supported by mature or substantial evidence and do not depend on Still Point’s larger theory being correct. Examples include the multisensory nature of human perception, interaction among sensory channels, the influence of attention on perception, tactile experience of low-frequency sound, contextual effects on subjective experience, meditation-related changes in attention, and the existence of non-pharmacological altered states. [1–8,10–16]

Level 2 : Supported / Promising

Supported or promising claims have meaningful evidence but remain limited by study size, protocol variability, population differences, or inconsistent replication. Examples include vibroacoustic stimulation and relaxation, some autonomic or HRV findings, pain-related research, stress responses to low-frequency sound, frequency- and rhythmicity-dependent effects of flicker-light stimulation, associated visual-network findings, and particular neural oscillatory patterns associated with some forms of meditation. The appropriate language is “has been associated with,” “has shown promising findings,” or “has been investigated for,” not “has been proven to.”

Level 3 : Emerging

Emerging questions have early, heterogeneous, or strongly context-dependent evidence. This is where specific multimodal combinations, sequencing strategies, sensory immersion and absorption, vibroacoustic experience and interoceptive awareness, and repeated-session state transitions are likely to sit for now. Emerging evidence is not failed evidence. It identifies where better questions and better methods are needed.

Level 4 : Still Point Hypothesis

A Still Point hypothesis is a proposition arising from Dustin’s observation, design experience, or practitioner intuition that has not been specifically demonstrated. Major examples include the possibility that modalities compound experientially, that strong sensory anchors help some participants access quieter states more readily, that familiarity reduces the external intensity required, that the prebrief materially changes engagement, that the modality stack produces reproducible neurophysiological changes, and that repeated experience may contribute to durable therapeutic development.

The ladder protects the ambitious ideas

Scientific restraint does not require Still Point to abandon the observations that made the project interesting. Dustin can keep talking about compounding, theta, healing, subtlety, and durable growth when each idea is placed in the correct category. The ladder protects curiosity from being forced into premature certainty. It also creates a framework that can change over time as evidence strengthens, weakens, or contradicts an assumption.

Evidence should be allowed to change the method

The ladder is not only a communication tool. It should influence practice. If data eventually suggest one modality adds little, Still Point should reconsider it. If sequencing matters, sequencing should become more explicit. If assumptions about intensity are wrong, the method should change. If subjective depth does not correspond neatly with physiological measures, that discrepancy should be explored rather than hidden. Research is most valuable when it can surprise the studio.

The Evidence Ladder

A recurring visual language for keeping established science, promising findings, emerging questions, and Still Point hypotheses visibly distinct.

01 ESTABLISHED

WHAT CAN BE STATED WITH HIGH CONFIDENCE

Human perception is multisensory. Low-frequency sound can become tactile. Context and attention influence experience.

02 SUPPORTED / PROMISING

MEANINGFUL EVIDENCE, IMPORTANT LIMITS

Vibroacoustic relaxation and pain research; selected autonomic findings; rhythmic-light effects; some meditation-related neural patterns.

03 EMERGING

EARLY, HETEROGENEOUS, CONTEXT-DEPENDENT

Specific multimodal sequences, sensory immersion and absorption, repeat-session state transitions.

04 STILL POINT HYPOTHESIS

PRACTITIONER OBSERVATION AWAITING DIRECT TEST

Modalities may compound experientially. Familiarity may reduce required intensity. State literacy may transfer.

What We Still Don't Know

The strongest version of Still Point does not pretend uncertainty is a weakness. It treats uncertainty as a map. Many of the most interesting ideas in the {technodelic} framework are plausible, experientially compelling, and adjacent to established science, but they are still unanswered. A white paper that only lists supportive findings would miss the real opportunity because Still Point is not merely applying known science. It is generating questions.

The combination itself has not been validated

Research exists on vibroacoustic stimulation, meditation, music, attention, multisensory integration, expectancy, autonomic measures, and altered awareness. The complete Still Point experience has not been studied as a unified intervention. We therefore do not know whether the composition produces effects greater than individual components, different from them, dependent on sequence, dependent on intensity, dependent on participant familiarity, or largely explained by one or two dominant elements.

We do not know whether modalities truly compound

Dustin's observation is clear: intentional layering often felt dramatically deeper to him than single-modality experience. Scientifically, several explanations remain possible. Specific interaction effects have been demonstrated in other experimental contexts, including rhythmic visual stimulation changing music-evoked emotion, but that does not establish that Still Point's full modality stack compounds in the same way. Within Still Point, one modality may change the way another is perceived; the effect may be mainly attentional; novelty or expectancy may contribute; the immersive environment may be the dominant factor; or different participants may be responding to completely different elements. Until those possibilities are tested in the actual composition, compounding remains an important practitioner observation rather than an established Still Point interaction effect. [19]

We do not know which combinations or sequences matter most

Even if multimodal composition matters, the useful relationship may differ by person and by timing. Vibration plus music, vibration plus focused awareness, light before meditation, silence after intensity, or energy work inside a deeply relaxed state may not contribute equally. Still Point also assumes order matters because the participant is not in the same state at minute thirty as at minute three, but it has not systematically compared sequences. These are testable design questions.

We do not yet know exactly what depth is

Depth may involve absorption, reduced thought density, increased bodily awareness, stronger imagery, altered time perception, emotional salience, deep relaxation, reduced environmental awareness, or several of these at once. They are not identical states. A rigorous research program will likely need multiple constructs and measures rather than one global "depth" score.

We do not know whether familiarity transfers

Dustin's observation that repeat participants may need less obvious external stimulation leads to a larger question: does familiarity stay studio-bound, or can it become a more general capacity? Do participants recognize settling sooner outside the studio? Do they identify useful cues more accurately? Does state familiarity become a skill, a form of state literacy, or simply familiarity with one particular environment? The answer could materially change how Still Point understands its long-term value.

If the pattern proves directionally true, technology becomes scaffolding rather than destination. The more consequential outcome would be state literacy: a participant becoming better able to recognize their own shifts, distinguish among them, and notice which conditions influence access to them.

We do not know what durable change looks like

The largest question is not whether Still Point can make someone feel different for an hour. It is whether repeated access to intentionally designed states corresponds with measurable, durable psychological, physiological, or behavioral change over time. That could include changes in self-regulation, stress recovery, attentional flexibility, interoceptive awareness, coping, emotional processing, or other constructs. Still Point does not currently claim that result. It proposes the question.

“The unanswered questions are not fine print. They are the map of the next phase.”

PART V

Method, Practice, and Future

Designing the conditions in which experience can change.

The Still Point Experience Framework

Still Point did not begin as a formal protocol. It emerged from streams of experience that gradually converged: emergency medicine and clinical simulation, personal internal work, meditation and Reiki, sound and vibration, light and focused awareness, and exploration of non-ordinary states. Over time, a structure became visible beneath the changing details. The technology may evolve, a participant may need more or less sensory support, and the facilitator may speak more or less, but the larger architecture is surprisingly consistent: Prepare → Experience → Reflect.

I. Prepare

Preparation is not administrative scaffolding around the real work. It is part of the work. The participant needs enough context to understand what they may encounter, how the session generally unfolds, what can be adjusted, and how communication works. More importantly, orientation removes the idea that there is a hidden correct response. The participant does not need to stop thinking, reach theta, see imagery, become emotional, feel energy, or undergo a profound altered state.

Orient

Explain the container, the equipment, likely sensations, and the general structure in practical language. Enough information should be provided that novelty does not consume the session, while avoiding an elaborate script that suggests exactly what the participant should feel.

Establish agency

The participant retains meaningful control. Intensity can be adjusted, discomfort can be communicated, questions are welcome, and a modality can be changed or interrupted if needed. Still Point reduces unnecessary management without asking the participant to surrender ownership of themselves.

Reduce uncertainty and performance pressure

Answer enough questions that the participant can stop managing the experience from the outside. Establish permission to remain skeptical, spiritual, non-spiritual, curious, quiet, or uncertain. The goal is confidence in the container rather than expectation of a predetermined outcome.

II. Experience

Once the participant enters the sensory environment, preparation gives way to composition. The practitioner's question becomes: what does this experience need now? The Experience phase can be understood through three overlapping functions: Coordinate, Attend, and Allow.

Coordinate

Sound, vibration, light, music, focused awareness, energy work, body position, room conditions, spoken guidance, and silence are treated as relationships rather than ingredients. Sequence, intensity, timing, contrast, transitions, and the participant's changing state all matter. Strong signals can establish landmarks early; later, subtlety may become sufficient.

Attend

Attention is directed only when direction is useful. A prompt toward the body or a simple cue to listen may help, but the facilitator should recognize when attention already has somewhere useful to go. Guidance should not become a constant occupation of the participant's cognitive field.

Allow

At some point the most useful intervention may be to stop adding. Silence, stillness, and restraint create room for the participant's internal experience to stay private while it is happening. The practitioner stays attentive to comfort, environment, intensity, movement, and trajectory without demonstrating usefulness through constant action.

III. Reflect

The return deserves as much intentionality as the entry. An absorbed participant should not simply be switched back into ordinary conditions without transition. Sound, vibration, light, movement, and conversation can resolve gradually so the room becomes foreground again.

Reorient

Restore ordinary sensory and attentional demands progressively. The participant returns rather than simply being stopped.

Inquire

The participant speaks first. "What did you notice?" is one of the cleanest opening questions because it does not supply a theory in advance. Sensation, imagery, relaxation, confusion, emotion, time distortion, a memory, or an apparently uneventful experience all count as information.

Integrate

Integration does not require extracting a lesson from every session. The participant can notice what, if anything, feels worth carrying forward. Meaning may stay unresolved, and the practitioner can offer context without replacing the participant's own language or turning an experience into doctrine.

Three practitioner competencies

Understand how the modalities marry together: timing, sequence, intensity, contrast, relationship, transition, and restraint.

Know how to let the participant have their own experience without becoming interpreter, guru, rescuer, or center.

Know how to create conditions in which meaningful change, integration, or what the participant experiences as healing can be accepted without claiming ownership of the outcome.

Prepare → Experience → Reflect

The framework is deliberately simple: do enough before the experience to reduce unnecessary management, compose the experience with restraint, then let reflection begin with the participant's own account.

01 PREPARE

Orient Establish agency Reduce uncertainty Remove performance pressure

"Confidence in the container without prescribing an outcome."

02 EXPERIENCE

Coordinate Attend Allow Use enough signal

"High intentionality in the environment. Low demand on the participant."

03 REFLECT

Reorient Inquire Integrate Leave meaning open

"The participant speaks first. Inquiry precedes interpretation."

THE STILL POINT EXPERIENCE FRAMEWORK

The Current Still Point Experiences

The four current Still Point experiences are not merely a menu. Taken together, they reveal different relationships to state, sensation, experimentation, application, and immersion. They can be understood as a loose ecology rather than a rigid progression. A participant does not need to “graduate” through them, and no offering is a prerequisite for personal legitimacy. Each creates a different doorway into the larger Still Point question.

Test & Reset : Feel it.

Test & Reset is a focused thirty-minute Vibroacoustic Table experience and a complete experience in its own right, not a demo. Its primary relationship is direct sensation: what changes when sound becomes something the body can feel? For some participants, the value may simply be the pleasure and novelty of physical sound. For others, the table becomes a clear embodied anchor that makes state change easier to notice.

Velvet Hammer : Explore the tools.

Velvet Hammer is a beginner-friendly group experience that layers several gentle practices and invites comparison. Its core idea is simple: try several doors and see which ones open. The participant is not being told which practice should work. They are gathering information about how different kinds of input affect their own experience.

“Try several doors. See which ones open.”

Vulgar Display of Gratitude : Use it when life gets loud.

Vulgar Display of Gratitude is the practical and unfiltered anti-spiral class. It is not rage therapy and it is not toxic positivity. Gratitude is downstream of the process rather than forced at the beginning. The underlying question is whether useful state-shifting practices can remain useful when the world is not quiet, curated, or cooperating.

{technodelic} Experience : Go deeper.

The {technodelic} Experience is the personalized flagship, combining sound, vibration, light, energy work, focused awareness, pacing, and silence according to the participant and the moment. A first session begins with Test & Reset, providing a direct sensory reference before the broader composition expands. Its core question is what becomes available when the conditions are designed around the participant rather than around one modality.

A non-linear learning ecology

Together, the offerings suggest a useful sequence of sensation → exploration → application → immersion. Test & Reset makes state change tangible. Velvet Hammer invites comparative experimentation. Vulgar Display of Gratitude emphasizes portability outside ideal conditions. The {technodelic} Experience deepens the individualized composition. The sequence is descriptive rather than prescriptive, and a person may move among the offerings according to curiosity rather than rank.

Principles That Travel

If Still Point expands, what must be replicated is not a room full of equipment and not Dustin’s personality. The most important assets are principles. Hardware can change, rooms can change, and technologies can evolve. The method should remain recognizable because preparation, agency, sensory intentionality, participant authorship, restraint, outcome neutrality, inquiry, and research integrity remain intact.

Fidelity at the level of principle

Principle	What travels
Prepare before you perform	Engagement begins before sensory technology. Orientation, agency, and reduced uncertainty are part of the experience.
Compose the environment	Modalities are relationships, not a checklist. Timing, intensity, contrast, and transitions matter.
Preserve participant authorship	The practitioner does not own meaning or interpret the participant’s psyche as if holding an answer key.
Use enough signal	Intensity serves the experience. It is not the goal and should not escalate merely to remain impressive.
Know when to stop adding	Silence, stillness, and restraint remain active options in the composition.
Let inquiry precede interpretation	Reflection begins with curiosity and lets the participant speak first.
Keep science and belief distinct	Research, subjective experience, and spiritual interpretation can coexist without being conflated.
Do not promise what the method cannot control	Still Point creates conditions rather than guaranteeing transformation.

“Expansion is replication of principles, not multiplication of equipment.”

When it stops being Still Point

Several failure modes can be stated plainly. If the practitioner becomes the answer, it is no longer Still Point. If maximum intensity becomes the goal, it is no longer Still Point. If every participant’s experience is interpreted through one doctrine, it is no longer Still Point. If research becomes decorative proof rather than genuine inquiry, the method has lost one of its central protections.

A future practitioner therefore needs judgment more than button knowledge. Technology skills are teachable. The harder standard is knowing how to compose modalities, preserve agency, recognize when less is more, let the participant retain authorship, and tolerate uncertainty without filling it with the practitioner’s own story.

Applications and Expansion

Still Point's principles can potentially travel into contexts far beyond the current studio without requiring every setting to reproduce the same equipment. The strongest applications are those that preserve the central relationship among sensation, attention, state, agency, and self-observation. Expansion should not outrun understanding, and each application should remain clear about scope.

Individual and group experiential wellness

The current individual method can deepen through better documentation, structured observation, and repeat-session personalization. Group experiences can translate the same principles at a different scale, with special attention to agency, variable sensory preferences, and the fact that a group cannot be personalized in the same way as an individual session. The goal remains experience and self-observation rather than group conformity.

High-demand professions and workplace wellbeing

Healthcare workers, first responders, leaders, and other high-demand professions may find value in environments that create a pronounced contrast with ordinary cognitive and sensory load. Dustin's emergency-medicine and simulation background creates a natural bridge to these populations, but Still Point should remain experiential wellness rather than clinical treatment. The proposition is an intentionally designed reset and exploration of state, not a promise to treat occupational stress disorders or replace mental-health care.

Retreats, hospitality, and experiential installations

These three settings should not be collapsed into one opportunity because each changes the container differently. Retreats offer unusual control over time, space, pacing, and sensory conditions, which can support deeper work but also create a temptation to make intensity, emotional excavation, and promised breakthrough the product. A Still Point-informed retreat would emphasize preparation, space, rest, sensory coherence, participant authorship, and integration without requiring transformation.

Hospitality creates a different distinction. A Vibroacoustic Table placed in a beautiful hotel or spa room can be an excellent amenity without becoming a Still Point experience. A true Still Point partnership would require orientation, agency, thoughtful sequencing, restraint, outcome neutrality, and deliberate reorientation. The studio's contribution would be experience architecture, not simply equipment or a branded room.

Experiential installations raise an even more interesting scalability problem. A guided installation could broaden access by automating orientation, sensory immersion, focused-attention intervals, silence, and return. But automation immediately raises questions about agency, discomfort, personalization, practitioner judgment, and reflection. What should remain automated, what should remain human, and how should a system respond when the participant needs something the script did not anticipate? Scalability is not solved merely because the practitioner can be removed.

The design philosophy could extend into retreats, hospitality environments, and temporary installations where the central question is not how many wellness features can be added, but how an environment can be composed to change the relationship among attention, sensation, and rest. Such settings could use different technologies while preserving the same principles of preparation, coherence, pacing, agency, and intentional return.

Experiential education

Still Point increasingly resembles experiential education. Participants can learn through direct contrast: what does vibration feel like, what does focused attention change, what happens when stimulation decreases, what does deep relaxation feel like compared with ordinary rest, and which tools seem personally useful? This may be especially valuable for people who have struggled with conventional meditation instruction because the concepts remain abstract. Still Point can make a state shift tangible first, then invite observation.

Facilitator training and licensing

Facilitator training could eventually become one of the most important expansion paths if the Experience Framework becomes explicit enough. Training should not begin with which buttons to press. It should focus on preparation, sensory composition, agency, outcome neutrality, boundaries, restraint, inquiry, integration, and the judgment required to know when the environment needs more or less. A licensing model is conceivable only if fidelity standards protect the philosophy rather than merely the brand.

Clinical adjacency without clinical overreach

Psychotherapy is one particularly important adjacent container. A participant may encounter emotional material or personal insight during a Still Point experience, while a therapist may be better positioned to explore that material clinically. That does not make Still Point therapy. It means a participant may have different containers for different kinds of work. Future referral or collaboration models could explore that complementarity while keeping the roles distinct.

Research partnerships offer another form of adjacency. Universities, human-performance laboratories, neuroscience researchers, psychology departments, nursing researchers, simulation programs, and other academic groups could bring methodological discipline to questions Still Point should not try to answer alone. Outside collaborators can help identify valid constructs, choose measures, build appropriate controls, manage expectancy, isolate multimodal variables, and interpret findings. Still Point does not need to become its own university; it needs to become a sufficiently well-defined system that serious researchers can study it.

Still Point may eventually attract interest from healthcare organizations, therapists, integrative practices, or researchers. Clear scope should make collaboration easier. Still Point is not psychotherapy, does not diagnose, and should not become a backdoor route to making clinical claims outside clinical practice. A participant may have emotional or personal material arise during a session, while a therapist is the more appropriate professional for clinical exploration. Different containers can complement one another without pretending to be the same thing.

Technology and data-informed personalization

Data-informed personalization should remain an aid to judgment rather than an optimization engine. Structured observation could eventually ask whether some participants consistently prefer certain intensities, whether prior meditation experience corresponds with different response patterns, whether repeat participants settle more quickly, whether light becomes less useful over time, or whether particular combinations correspond with stronger subjective absorption. The participant should never become a profile to optimize. Data should sharpen curiosity.

This also suggests a distinctive technology-development question. Most wellness technology is organized around adding features, frequencies, programs, and biometric feedback. A Still Point-informed system could instead be designed around sequencing, adaptive intensity, participant familiarity, transitions, silence, and a reduced reliance on strong signals over time. The question is not only what else the machine can do. It is when the machine should do less.

Future technology could be designed around the Still Point philosophy rather than around feature accumulation. Adaptive intensity, sequencing, transitions, silence, participant familiarity, and the decision to do less could become design variables. Structured data might eventually help answer practical questions about sensory preference, meditation experience, settling, light sensitivity, repeat-session change, or absorption, but the participant should never become a profile to optimize. Data should sharpen curiosity rather than replace practitioner judgment.

“The question is not only: What else can the machine do? It is also: When should the machine do less?”

The most credible expansion path

Premature replication carries a real risk. If the principles are not clear, variation enters quickly: one practitioner interprets, another pushes intensity, another promises outcomes, another makes the experience entirely spiritual, and another strips the spiritual dimension away. The name can remain while the method disappears. Before scale, define the work. Before licensing, define fidelity. Before training, define competency. Before making larger claims, study the outcomes.

Still Point may eventually occupy a broader category than any current offering: experiential wellness through designed state environments. The language may evolve, but the idea is useful because it keeps the container larger than one device or practice. The expansion test remains simple: does this application preserve the participant’s relationship with their own experience? If the technology becomes the point, reconsider. If the practitioner becomes the point, reconsider. If the claim becomes larger than the evidence, reconsider.

The strongest near-term sequence is deliberate: deepen the individual method, document the framework, structure observation and measurement, refine group applications, develop partnerships, test facilitator training, and only then evaluate replication. Before scale, define the work. Before licensing, define fidelity. Before training, define competency. Before making larger claims, study the outcomes.

A Research Agenda

Still Point has reached the point where anecdote can become structured inquiry. Dustin already knows the questions that matter most to him: whether repeated experiences correspond with durable psychological, physiological, or behavioral change; whether participants become more familiar with internal states; whether less stimulation eventually becomes sufficient; whether the prebrief materially changes engagement; whether sequence and combination matter; and whether the states Still Point makes accessible are associated with meaningful therapeutic development.

Begin with characterization, not grand claims

This ordering matters because the method is still being articulated. Concepts such as depth, state familiarity, sensory subtlety, integration, and absorption need operational definitions before they can become outcomes. Early research should therefore be descriptive enough to discover what deserves measurement, rather than prematurely forcing the studio into an efficacy trial whose intervention and endpoints are not yet stable.

The method is still being articulated, so jumping immediately into a randomized clinical trial would be premature. Constructs such as depth, state familiarity, sensory subtlety, integration, and absorption need clearer operational definitions. The first research priority should be characterization: what actually happens across sessions, what participants report, which components appear salient, what varies from person to person, and what changes with familiarity.

Stage 1 : Structured participant observation

Begin with brief validated self-report measures and carefully designed qualitative questions before and after sessions. Where constructs such as interoceptive awareness or absorption are used, established instruments should be considered before Still Point invents proprietary measures. [11,12,14] Document session characteristics rather than treating every {technodelic} Experience as identical. Track sensory intensity, modalities used, sequence, duration, participant preferences, and practitioner observations with language that distinguishes observation from interpretation.

Stage 2 : Longitudinal tracking

Follow repeat participants across multiple experiences. Measure perceived mental noise, bodily awareness, absorption, relaxation, preferred intensity, time to settle, state familiarity, and what participants report carrying beyond the studio. This stage can directly examine Dustin's hypothesis that familiarity changes the amount of external scaffolding required.

Stage 3 : Physiological measures

Add heart rate, HRV, respiration, or skin conductance when the questions justify them. These measures should complement subjective reports rather than replace them. The interesting question may be where subjective and physiological changes converge, where they diverge, and whether those patterns change with experience.

Stage 4 : Component and sequencing studies

Compare conditions to determine which modalities, orders, intensities, transitions, and periods of silence matter. This stage could separate component effects from composition effects and test whether the relationship among modalities is actually doing the work Dustin suspects.

Stage 5 : EEG and altered-state research

Study neural activity only after the constructs and protocols are stable enough to make EEG meaningful. The objective should not be to find a marketable brainwave. It should be to ask whether reproducible neural patterns correspond with subjective relaxation, absorption, focused attention, altered awareness, or other well-defined constructs.

Stage 6 : Multi-practitioner fidelity and replication

Train multiple facilitators and examine whether the method stays recognizable without Dustin in the room. This tests whether intuition can be translated into trainable principles and which aspects of the method depend on personal style versus shared competency.

Stage 7 : External pilot and controlled research

Partner with researchers capable of independent methods, ethical oversight, preregistration, data protection, and publication. Formal human-subjects work will require appropriate consent and governance. Outside collaboration can help Still Point choose valid constructs, appropriate measures, credible controls, and interpretation standards without requiring the studio to become its own university.

Stage 8 : Independent replication

The mature scientific test is whether findings survive outside the originating practitioner, studio, and research team. Independent replication should be treated as an aspiration rather than an obstacle. A method that cannot be challenged cannot become a credible methodology.

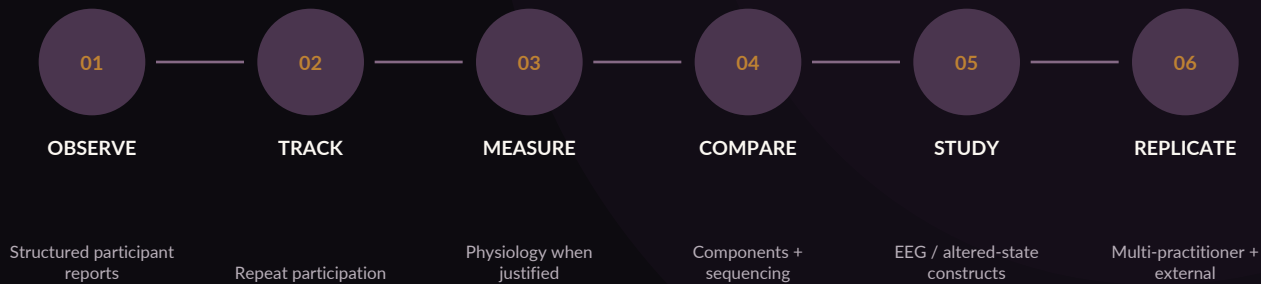
Major research questions

- Do intentionally combined modalities produce effects different from their individual components?
- Does sequence materially change subjective or physiological outcomes?
- How much does the prebrief affect engagement, expectancy, performance pressure, and the need for intervention?
- Does repeated familiarity with state transitions reduce the amount of external sensory intensity required to recognize or access comparable subjective states?
- Does state familiarity transfer outside the studio?
- Do subjective reports of depth correspond with physiological or neural measures?
- How durable are immediate post-session effects?
- Which components are necessary, optional, neutral, or distracting?
- How much of the method depends on Dustin specifically versus trainable principles?
- What outcomes matter most to participants themselves?
- Can facilitator intuition become explicit enough to support fidelity without becoming a rigid script?
- Can repeated Still Point experiences produce measurable, durable changes associated with therapeutic growth?

“Research should be capable of disconfirming Dustin’s assumptions.”

Research that is allowed to surprise us

The research agenda moves from characterization to measurement to replication without pretending the intervention is already settled.



CLOSING DIRECTION

“If the hypothesis holds, Still Point’s most sophisticated future may require less technology, not more.”

Designing the Conditions

Still Point began with a question Dustin had already been living inside for years: what happens when conditions change? Emergency medicine showed him people under pressure. Clinical simulation taught him that engagement, environment, sequence, and inquiry could be designed deliberately enough to reveal things ordinary circumstances conceal. His personal work turned that curiosity inward, and sensory exploration gave it new materials.

He did not discover one tool and declare it the answer. He became fascinated by the relationships among tools, by the way one condition could alter the meaning of another, and by what might happen when a person no longer had to spend the entire experience trying to arrive. The mature Still Point proposition is therefore not that technology creates transformation on command or that a practitioner possesses another person's answer. It is that carefully designed external conditions may make different internal experiences more accessible.

The participant remains capable

The participant does not come to be fixed, decoded, or told what their experience means. They can come because they want to relax deeply, feel good, explore an altered state, quiet mental noise, become curious about their own responses, or simply experience something interesting. The work assumes capability rather than diagnosis. The environment can be intentional without the participant being treated as a problem to solve.

The practitioner remains a guide

Dustin's expertise lies in preparing the container, composing the sensory field, preserving agency, recognizing when intervention is useful, and staying curious about what emerges. His role becomes more credible, not less, when he refuses to claim outcomes he cannot control. If the participant becomes increasingly familiar with their own state and less dependent on Dustin's interpretation, the method is moving in the intended direction.

The science remains useful because it can say no

Research should not become theater. A favorite modality may turn out to matter less than expected. The prebrief may matter more. Sequence may produce measurable effects, or the composition may be largely explained by a smaller number of variables. Subjective depth may not map neatly onto physiology. A hypothesis may fail. Still Point should allow those findings to change the method because curiosity is only real when the answer is allowed to be inconvenient.

Less may be the mature direction

The strongest long-term direction may be toward less rather than more: less external intensity as familiarity grows, less practitioner centrality as participant authorship strengthens, less certainty as the research questions become better, and less dependence on equipment as the participant becomes more sensitive to their own experience. That is a peculiar ambition for a technology-enabled studio, but it may be one of the clearest signs that Still Point understands technology as a condition rather than the destination.

“If the hypothesis holds, Still Point’s most sophisticated future may require less technology, not more.”

Still Point does not claim to know the answer for every participant. Its method is to prepare the container, compose the environment, reduce unnecessary demand, preserve meaningful agency, allow the participant's experience to remain their own, and remain curious about what becomes possible from there. The environment is designed. The participant enters. Something happens. The practitioner stays curious. The participant decides what, if anything, it means.

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

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

Appendix A : Evidence Boundaries

The following boundaries summarize what the present evidence does not establish. They apply to this paper and to responsible communication of the Still Point framework.

This paper does not claim

- Still Point treats, cures, diagnoses, or prevents medical or psychological conditions.
- Still Point replaces psychotherapy, medical care, or medication.
- Still Point reliably induces theta or another guaranteed brainwave state.
- Still Point activates the vagus nerve as a demonstrated mechanism.
- Still Point rewires the brain.
- Still Point releases stored trauma.
- Still Point heals everyone.
- Reiki has a proven biomedical energetic mechanism.
- The multimodal stack has proven synergistic or exponential effects.
- A dramatic or intense session is inherently more therapeutic.
- A participant who reports little effect was simply not open enough.

Language for uncertainty and emerging evidence

- may
- associated with
- observed
- participant reported
- promising
- emerging
- research question
- practitioner observation
- working hypothesis

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