

// 20's Female 5bpb, Gong Scale. Principle: Tonify Spleen, Stomach and Kidney, Cool Fire and regulate the Heart.

// Sound objects 'a'- 'b' represent the faint and electric-like vibrations in Lung, Large Intestine, Spleen, Stomach and Gall Bladder pulse waveforms felt initially when pressing down.

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Routine({
  2.wait;
a= {Resonz.ar(Dust2.ar(9), 264, 0.0009, 450) + //Spleen
    Resonz.ar(Dust2.ar(9), 528, 0.0009, 450) + //Stomach
    Resonz.ar(Dust2.ar(9), 296, 0.0009, 400) * 3.reciprocal; //Lung
}.play(fadeTime:6, outbus:1);
b= {Resonz.ar(Dust2.ar(9), 594, 0.0009, 400) + // Large Intestine
    Resonz.ar(Dust2.ar(9), 668, 0.0009, 450) + // Gall Bladder
    Resonz.ar(Dust2.ar(9), 792, 0.0009, 480) * 3.reciprocal; //Bladder
}.play(fadeTime:15, outbus:0);

8.wait;
// Sound objects 'c'- 'k' represent the flow and frequencies of qi along the
channels (luo mai) as felt in the pulse. These sound objects harmonise the
volume, rhythm and shape of the waveform frequencies of each of the organ
(Zang-fu) systems
c= {SinOsc.ar(freq: [263, 264], //Spleen - increased volume to boost qi
    mul: SinOsc.kr([1.9, 0.45], mul: 0.01).abs)}.play(fadeTime:25);
d= {SinOsc.ar(freq: [294, 294], //Lung - increased volume to boost qi
    mul: SinOsc.kr([1.9, 0.45], mul: 0.009).abs)}.play(fadeTime:27);
e= {SinOsc.ar(freq: [330, 330], // Liver - reduced volume to regulate the flow
of Liver blood
    mul: SinOsc.kr([1.9, 0.45], mul: 0.005).abs)}.play(fadeTime:27);
~fe= {SinOsc.ar(freq:[392, 392], // Heart - increased volume and steady rhythm
to regulate Heart qi and blood
    mul: SinOsc.kr([1.9, 0.45], mul: 0.008).abs)}.play(fadeTime:27);
g= {SinOsc.ar(freq: [440, 440], // Kidney Yin - increased volume and reduced
rhythm to regulate original qi (Yuan Qi)/also to use 'Water' to subdue 'Fire'.
    mul: SinOsc.kr([1, 0.2], mul: 0.006).abs)}.play(fadeTime:23);
h= {SinOsc.ar(freq: [528, 528], // Stomach - increased volume to boost Stomach
qi
    mul: SinOsc.kr([1.9, 0.45], mul: 0.01).abs)}.play(fadeTime:25);
i= {SinOsc.ar(freq: [594, 594], // Large Intestine - increased volume to boost
Large Intestine qi
    mul: SinOsc.kr([1.9, 0.45], mul: 0.009).abs)}.play(fadeTime:27);
j= {SinOsc.ar(freq: [668, 668], //Gall Bladder - increased volume and reduced
rhythm to consolidate Gall Bladder qi and regulate the flow of Liver Qi
    mul: SinOsc.kr([1.9, 0.45], mul: 0.008).abs)}.play(fadeTime:27);
k= {SinOsc.ar(freq: [792, 792], // Small Intestine - increased volume and
rhythm to regulate (and tonify) the Small Intestine qi
    mul: SinOsc.kr([1.9, 0.45], mul: 0.007).abs)}.play(fadeTime:27);

14.wait;
//Lower Gong: Earth Element - the sound objects 'l' - 'p' represent the
frequency and waveforms of the 5 Zang (Organs)
l= {SinOsc.ar([264.69, 264.69], mul: LFNoise1.kr([2, 2]).max(0) *
0.009)}.play(fadeTime:22); //Earth-Spleen frequency
m= {SinOsc.ar([296.27, 296.27], mul: LFNoise1.kr([2, 2]).max(0) *
0.008)}.play(fadeTime:22); //Metal -Lung frequency
n= {SinOsc.ar([330.95, 330.95], mul: LFNoise1.kr([1, 1]).max(0) *
0.005)}.play(fadeTime:22); //Wood - Liver frequency
o= {SinOsc.ar([395.17, 395.17], mul: LFNoise1.kr([1, 1]).max(0) *
0.008)}.play(fadeTime:22); // Fire - Heart frequency
p= {SinOsc.ar([440.69, 444.69], mul: LFNoise1.kr([1, 1]).max(0) *
0.008)}.play(fadeTime:22); // Water - Kidney Yin frequency
//Moderate Gong pulse - the sound objects 'q' - 'w' represent the overall
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pulse speed is slowed down from 5bpb to a more ideal 4bpb
q= {SinOsc.ar(264.69.dup, mul: SinOsc.kr((0.67).abs, mul: 0.03) *
EnvGen.kr(Env.linen.circle, 1, 1, 0, 0.5))}.play(fadeTime:22);
r= {SinOsc.ar(296.27.dup, mul: SinOsc.kr((0.6).abs, mul: 0.02) *
EnvGen.kr(Env.linen.circle, 1, 1, 0, 0.5))}.play(fadeTime:22);
t= {SinOsc.ar(330.95.dup, mul: SinOsc.kr((0.6).abs, mul: 0.02) *
EnvGen.kr(Env.linen.circle, 1, 1, 0, 0.5))}.play(fadeTime:22);
u= {SinOsc.ar(395.17.dup, mul: SinOsc.kr((0.6).abs, mul: 0.01) *
EnvGen.kr(Env.linen.circle, 1, 1, 0, 0.5))}.play(fadeTime:22);
v= {SinOsc.ar(440.6.dup, mul: SinOsc.kr((0.6).abs, mul: 0.01) *
EnvGen.kr(Env.linen.circle, 1, 1, 0, 0.5))}.play(fadeTime:22);
w= {SinOsc.ar(55.dup, mul: SinOsc.kr((0.6).abs, mul: 0.01) *
EnvGen.kr(Env.linen.circle, 1, 1, 0, 0.5))}.play(fadeTime:22);
//Upper Gong Earth Element – the sound objects 'x' – '~b' represent the
frequency and waveforms of the 5 Fu (Organs)
x= {SinOsc.ar([528, 528], mul: LFNoise1.kr([2, 2]).max(0) *
0.01)}.play(fadeTime:22); //Earth –Stomach frequency
y= {SinOsc.ar([594, 594], mul: LFNoise1.kr([2, 2]).max(0) *
0.01)}.play(fadeTime:22); //Metal – Large Intestine frequency
z= {SinOsc.ar([668, 668], mul: LFNoise1.kr([1, 1]).max(0) *
0.007)}.play(fadeTime:22); //Wood – Gall Bladder frequency
~a= {SinOsc.ar([792, 792], mul: LFNoise1.kr([1, 1]).max(0) *
0.01)}.play(fadeTime:22); //Fire – Small Intestine frequency
~b= {SinOsc.ar([891, 891], mul: LFNoise1.kr([1, 1]).max(0) *
0.004)}.play(fadeTime:22); // Water – Bladder frequency
// Sound objects '~c' – '~e' represent the cadences of the Heart, Bladder,
Kidney Yin and Yang pulse waveforms – to use 'Water' to cool 'Fire'.
~c= {SinOsc.ar(392.68.dup, mul: SinOsc.kr((0.6).abs, mul: 0.02) *
EnvGen.kr(Env.triangle.circle, 1, 1, 0, 0.5))}.play(fadeTime: 15);
~d= {SinOsc.ar(440.00.dup, mul: SinOsc.kr((0.6).abs, mul: 0.02) *
EnvGen.kr(Env.triangle.circle, 1, 1, 0, 0.5))}.play(fadeTime: 15);
~e= {SinOsc.ar(63.dup, mul: SinOsc.kr((0.6).abs, mul: 0.02) *
EnvGen.kr(Env.triangle.circle, 1, 1, 0, 0.5))}.play(fadeTime: 15);
// Sound objects '~f' – '~n' represents the overall cadence of the blood flow
through the organs(Zang-fu), networks (luo) and vessels (mai)
~f= {SinOsc.ar([264, 264], 5, LFPulse.kr(4) * 0.02) // Spleen
* EnvGen.kr(Env.perc.circle, 1, 1, 0, 0.99);}.play(fadeTime:40);
~g= {SinOsc.ar([264, 264], mul: LFNoise0.kr([4, 4]).max(0) *
0.02)}.play(fadeTime:40);
~h= {SinOsc.ar([130, 132], 5, LFPulse.kr(4) * 0.02) //Spleen
* EnvGen.kr(Env.perc.circle, 1, 1, 0, 0.99);}.play(fadeTime:40);
~i= {SinOsc.ar([130, 132], mul: LFNoise0.kr([4, 4]).max(0) *
0.02)}.play(fadeTime:40);
~j= {SinOsc.ar([525, 526], 5, LFPulse.kr(4) * 0.02) //Stomach
* EnvGen.kr(Env.perc.circle, 1, 1, 0, 0.99); }.play(fadeTime:40);
~k= {SinOsc.ar([395, 395], mul: LFNoise0.kr([4, 4]).max(0) *
0.02)}.play(fadeTime:40); //Heart
~l= {SinOsc.ar([65, 65], 5, LFPulse.kr(4) * 0.02)
* EnvGen.kr(Env.perc.circle, 1, 1, 0, 0.99);}.play(fadeTime:40);
~m= {SinOsc.ar([65, 65], mul: LFNoise0.kr([4, 4]).max(0) *
0.06)}.play(fadeTime:22);
~n= {SinOsc.ar([36.7, 37].midicps, mul: 0.06)}.play(fadeTime:22);

45.wait;
//Sound objects '~o'– '~q' represent the vibrations/pulse waveforms along the
Triple Burner and Kidney Yang Zang-Fu pair – supports Kidney network.
~o= {SinOsc.ar(55.dup, mul: SinOsc.kr((0.5).abs, mul: 0.03) *
EnvGen.kr(Env.triangle.circle, 1, 1, 0, 1))}.play(fadeTime: 16);
~p= { var vibrato; vibrato = SinOsc.ar(freq: 0.5, mul: 2, add: 55);
SinOsc.ar(vibrato, mul: 0.06) }.play(outbus: 0, fadeTime: 15);
~q= {var vibrato; vibrato = SinOsc.ar(freq: 0.5, mul: 2, add: 55);
SinOsc.ar(vibrato, mul: 0.06) }.play(outbus: 1, fadeTime: 14);

1.wait;
a.release(26);
b.release(26);

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l.release(26);
m.release(26);
n.release(26);
o.release(26);
p.release(26);
q.release(26);
r.release(26);
t.release(26);
u.release(26);
v.release(26);
w.release(26);
x.release(26);
y.release(26);
z.release(26);
~a.release(26);
~b.release(26);
~c.release(26);
~d.release(26);
~e.release(26);
~f.release(26);
~g.release(26);
~h.release(26);
~i.release(26);
~j.release(26);
~k.release(26);
~l.release(26);
~m.release(26);
~n.release(26);

2.wait;
//Sound object '~r' represents the presence of an irregular pulse waveform in
Heart/Small Intestine Zang-fu pair - this is moderated by water
~r= {var x; x = Klank.ar(`[[220, 392, 440, 792], nil, [1, 1, 1, 1]], Dust.ar(2,
0.015));
  GVerb.ar(x, 55, 55, 0.5, 0.5, 55, 0.5, 0.5, 0.04) + x; }.play(fadeTime:
5);

4.wait;
// Sound object '~t' represents the harmonising of all the Organ-network (Zang-
fu) pitches
~t= {f = 130; [SinOsc.ar(f*1, mul: 0.05), SinOsc.ar(f*2, mul: 0.06),
  SinOsc.ar(f*3, mul: 0.04), SinOsc.ar(f*4, mul: 0.05),
  SinOsc.ar(f*5, mul: 0.03), SinOsc.ar(f*6, mul: 0.04),
  SinOsc.ar(f*7, mul: 0.03), SinOsc.ar(f*8, mul: 0.04),
  SinOsc.ar(f*9, mul: 0.02), SinOsc.ar(f*10, mul: 0.04),
  SinOsc.ar(f*11, mul: 0.02), SinOsc.ar(f*12, mul:
0.04)]}.play(fadeTime:5);
10.wait;
c.release(4);
d.release(4);
e.release(4);
~fe.release(4);
g.release(4);
h.release(4);
i.release(4);
j.release(4);
k.release(4);
~o.release(4);
~p.release(4);
~q.release(4);
~r.release(6);
~t.release(6);
}).play;

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