

Introducing Lamda® and Bio-Tuning®

Lamda® and Bio-Tuning® work together as a complete wellness experience. Lamda® is the registered system and equipment used to capture an individual's Fundamental Frequency, providing a personalised starting point. Bio-Tuning® is the progressive sound-based listening program that offers guided tracks and experiences tailored to an individual's goals and preferred outcomes.

How I Can Help

I am an independent advocate and facilitator of the Lamda® and Bio-Tuning® systems. My role is to introduce individuals and families to these registered systems, guide them through an initial Fundamental Frequency Capture Session using the Lamda® system, explain how the process works, and help them confidently begin their personal Bio-Tuning® journey. I do not own or represent the organisation; I help people understand, access and use these systems.

How the Journey Works

- Begin with a Fundamental Frequency Capture Session using the Lamda® system.
- The Lamda® assessment identifies your personal Fundamental Frequency to establish an individual starting point.
- Receive access to the Bio-Tuning® online platform through a low-cost subscription with no ongoing contract.
- Explore a gamified environment where you can organise tracks, monitor your progress, collect achievements and stay motivated.
- Book Zoom consultations directly through the platform whenever additional guidance is helpful.
- Order custom Bio-Tuning® tracks built around your personal Fundamental Frequency and the type of experience you wish to explore.

Who May Find It Helpful?

People use Lamda® and Bio-Tuning® for a variety of wellbeing goals. Users include neurodivergent individuals, people seeking support for relaxation, mindfulness, emotional regulation and sensory wellbeing, families exploring complementary wellness approaches, and athletes looking to optimise focus, recovery and mental performance. Experiences differ from person to person, and these systems are intended to complement—not replace—appropriate healthcare and professional support.

Important Information

Lamda® and Bio-Tuning® are wellness and personal development systems. They are not intended to diagnose, treat, cure or prevent disease and are designed to complement, not replace, medical, psychological or allied health care.