



# HumNyX RESONANCE

VST3 Plugin — Reference Guide & Preset Documentation

Version 1.0

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# The Meaning of HumNyX

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- HUM — from "Hummel" (German for bumblebee). The buzzing, droning vibration of creation. Sub-harmonic resonance, low-frequency weight, overtone richness.
- NYX — the primordial Greek goddess of Night (Nyx). Dark saturation, shadowy atmosphere, depth processing. So powerful even Zeus feared her.
- X — the unknown variable. Experimental modulation, unpredictable character, personal identity.
- Hidden layer: ONYX — the jet-black gemstone. Sonic solidity, grounded low-end, mental strength and resilience.

HumNyX = The dark, resonant hum of creation from the primordial void, shaped by an unknown force into something uniquely powerful.

# Overview

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HumNyX RESONANCE is a sound therapy and frequency healing instrument. Unlike traditional audio effects that process incoming audio, RESONANCE is a standalone tone generator — it creates therapeutic sound from scratch using three independent synthesis engines, 60 factory presets, and a comprehensive frequency database spanning ancient healing traditions and modern research.

*"Tune your body, mind, and spirit to the frequencies of healing."*

Four tabs organize the interface:

- RESONATOR — Acoustic instrument synthesis (Tibetan Bowl, Crystal Bowl, Gong, Temple Bell, Tuning Fork, Drone/Pad, Didgeridoo) with additive harmonics, transients, vibrato, and body resonance
- FREQUENCIES — Pure tone generator with 3 independent oscillators, 11 frequency categories (Solfeggio, Chakra, Planetary, Angel Numbers, Tesla, Schumann, Quantum Field, Rife, Body/Organ, Emotional, DNA/Cellular), sub-harmonics, and overtones
- ENTRAINMENT — Binaural, isochronic, and monaural beat generator with brainwave state presets (Delta, Theta, Alpha, Beta, Gamma) plus 25 procedural electronic nature sounds across 5 categories
- SESSION — 60 factory presets across 8 categories, breath pattern synchronization, session timer with auto-fade, and frequency sweep mode

Global features: Algorithmic reverb with per-engine send controls, master volume, and a real-time visualizer.

# RESONATOR Engine

Engine Color: **Orange (#FF6B35)**

*"Strike ancient instruments tuned to any frequency in the universe."*

7 instruments with additive synthesis modeling. Each generates fundamental + harmonics + transients + vibrato + body resonance.

## Parameters

Parameter	Range / Options	Description
Root Hz	0–12,000 Hz (default 432)	The fundamental frequency of the instrument.
Instrument	Tibetan Bowl / Crystal Bowl / Gong / Temple Bell / Tuning Fork / Drone/Pad / Didgeridoo	Each has unique harmonic profiles and transient characteristics.
Volume	0–1.0 (default 0.8)	Engine output level.
Sustain	Natural to 30:00	How long the tone rings after striking. "Natural" = instrument-appropriate decay.
Infinite	On / Off	When enabled, the tone sustains indefinitely until stopped.
STRIKE button	—	Triggers the instrument with velocity 1.0. Also responds to MIDI note-on.
STOP button	—	Silences all ringing tones immediately.
ON checkbox	On / Off	Enables/disables the Resonator engine.

# FREQUENCIES Engine

Engine Color: **Purple (#8B00FF)**

*"Access the complete library of healing frequencies from ancient traditions to modern research."*

3 independent sine/triangle/soft-square oscillators with a browser for 11 frequency categories containing frequencies from Solfeggio, Chakra, Planetary, Angel Numbers, Tesla, Schumann, Rife healing, and more.

## Parameters

Parameter	Range / Options	Description
Frequency	0–12,000 Hz (default 528)	Primary oscillator frequency. Click to type exact values.
Freq 2	0–12,000 Hz (default 0)	Second oscillator for frequency stacking.
Freq 3	0–12,000 Hz (default 0)	Third oscillator for triads.
Volume	0–1.0 (default 0.6)	Engine output level.
Sub	0–1.0 (default 0)	Sub-harmonic level (one octave below fundamental).
Overtones	0–1.0 (default 0)	Upper harmonic content.
Waveform	Sine / Triangle / Soft Square	Tone shape.
Category Browser	11 categories	Dozens of documented frequencies with descriptions.
ON checkbox	On / Off	Enables/disables the Frequency engine.

# Frequency Categories

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The Frequency engine includes 11 curated categories spanning thousands of years of healing traditions and modern frequency research:

- 1. Solfeggio Frequencies — Ancient 6-tone scale (174, 285, 396, 417, 528, 639, 741, 852, 963 Hz)
- 2. Chakra Frequencies — 7 energy centers aligned to Solfeggio tones
- 3. Planetary Frequencies — Orbital resonances calculated by Hans Cousto (Earth 136.1 Hz, Sun 126.22 Hz, Moon 210.42 Hz, etc.)
- 4. Angel Number Frequencies — Numerological resonance points (111, 222, 333, 444, 555, 777, 888 Hz)
- 5. Tesla Frequencies — 3-6-9 pattern (369, 396, 639, 963 Hz) plus Tesla coil resonance
- 6. Schumann Resonances — Earth's electromagnetic cavity resonances (7.83, 14.3, 20.8, 27.3, 33.8 Hz)
- 7. Quantum Field Frequencies — Theoretical consciousness-field frequencies
- 8. Rife Frequencies — Dr. Royal Rife's therapeutic frequencies for various conditions
- 9. Body/Organ Frequencies — Resonant frequencies associated with organs and body systems
- 10. Emotional Frequencies — Frequencies mapped to emotional states and transformations
- 11. DNA/Cellular Frequencies — Frequencies targeting cellular and genetic processes

# ENTRAINMENT Engine

Engine Color: [Cyan \(#00D4FF\)](#)

*"Synchronize your brainwaves to any state — from deep sleep to peak performance."*

Generates binaural, isochronic, or monaural beats to entrain brainwave activity, plus 25 procedural electronic nature sounds for ambient layering.

## Parameters

Parameter	Range / Options	Description
Mode	Binaural / Isochronic / Monaural	Beat generation method. Binaural requires headphones (different frequency in each ear). Isochronic uses amplitude pulsing (works on speakers). Monaural sums two tones for acoustic beating.
Brainwave	Delta / Theta / Alpha / Beta / Gamma / Custom	Preset beat frequency ranges targeting specific brain states.
Carrier Hz	0–12,000 Hz (default 200)	The base carrier tone frequency.
Beat Hz	0–100 Hz (default 10)	The beat frequency (difference between L/R in binaural mode). Only adjustable in Custom brainwave mode.
Beat Vol	0–1.0 (default 0.5)	Beat tone volume.
Nature Vol	0–1.0 (default 0.4)	Nature sound volume (independent from beat volume).
Nature Sounds	None + 25 sounds in 5 categories	Rain (5), Ocean (5), Fire (5), Forest (5), Wind (5). Procedurally generated.
Swap L/R	On / Off	Swaps which ear receives the higher frequency in binaural mode.
ON checkbox	On / Off	Enables/disables the Entrainment engine.

## Brainwave States

Brainwave State	Associated States
Delta (1–4 Hz)	Deep dreamless sleep, healing, regeneration
Theta (4–8 Hz)	Meditation, creativity, REM sleep, deep relaxation
Alpha (8–12 Hz)	Calm focus, relaxation, mindfulness, stress relief
Beta (12–30 Hz)	Active thinking, concentration, problem-solving
Gamma (30–100 Hz)	Peak awareness, memory consolidation, cognitive enhancement

# Electronic Nature Sounds

25 procedurally generated sounds — no samples. Synthesized in real-time from filtered noise, LFOs, and FM synthesis:

Category	Sounds
Rain	Light Rain, Heavy Rain, Thunderstorm, Rain on Roof, Rain in Forest
Ocean	Calm Waves, Rough Surf, Underwater, Seaside, Tropical Shore
Fire	Campfire, Fireplace, Bonfire, Ember Glow, Torch
Forest	Forest Day - Birds, Forest Day - Stream, Forest Night - Crickets, Forest Night - Owls, Forest - Wind Rustle
Wind	Gentle Breeze, Strong Wind, Mountain Wind, Desert Wind, Cave Wind

# SESSION Tab

Engine Color: **Gold (#FFAA00)**

## Presets

60 factory presets across 8 categories: Meditation (8), Sleep (8), Healing (8), Focus (8), Chakra (8), Relaxation (8), Spiritual (6), Therapeutic (6). Each preset configures all three engines, reverb, and nature sounds for a complete therapeutic experience.

## Breath Pattern

Parameter	Range / Options	Description
Pattern	Off / Relaxed (4-4) / Deep (4-7-8) / Energizing (2-2) / Box (4-4-4-4) / Custom	Breath synchronization pattern.
Depth	0–1.0 (default 0.7)	How much the breath pattern modulates volume.

## Session Timer

Parameter	Range / Options	Description
Duration	Off to 60 minutes (30-sec increments)	Session length.
START / STOP	Buttons	Control session playback.
Auto-fade	30-second fade-out	Gentle fade at end of session.
Display	—	Shows remaining time while running.

## Frequency Sweep

Parameter	Range / Options	Description
From Hz / To Hz	0–12,000 Hz	Start and end frequencies for the sweep.
Time	Duration	Sweep duration.
SWEEP / STOP	Buttons	Control sweep playback.
Loop	On / Off	Repeat the sweep continuously.

STOP ALL button: Immediately silences all engines, stops timer, stops sweep.

# Reverb & Master

Always visible at the bottom of every tab.

## Reverb (Per-Engine Send Architecture)

Parameter	Range / Options	Description
Send	0–1.0	How much of the current tab's engine goes to reverb. Changes per tab.
Decay	0–1.0 (default 0.6)	Reverb tail length.
Amount	0–1.0 (default 0.25)	Global reverb level added on top of dry signal.

## Master

Parameter	Range / Options	Description
Master	0–1.0 (default 0.7)	Final output volume.

# Factory Presets

## Meditation (8 presets)

Name	Description	Best For
<b>Om Meditation</b>	432 Hz Om with Tibetan Bowl and Theta binaural	Traditional meditation
<b>Crystal Clarity</b>	Crystal Bowl at 963 Hz with Alpha entrainment	Heightened awareness
<b>Zen Garden</b>	Temple Bell with forest ambience and Theta	Mindful presence
<b>Deep Meditation</b>	Low Theta with 432 Hz tuning and gong resonance	Profound stillness
<b>Transcendental</b>	Deep Theta at 4 Hz with 528 Hz Solfeggio	Transcendental meditation
<b>Mantra</b>	Sacred 396 Hz liberation tone with warm drone	Mantra-based practice
<b>Mindfulness</b>	Alpha binaural with 417 Hz clarity	Present-moment awareness
<b>Body Scan</b>	Low Alpha isochronic with 285 Hz tissue frequency	Body awareness meditation

## Sleep (8 presets)

Name	Description	Best For
<b>Deep Sleep</b>	Delta binaural with ocean and 174 Hz safety tone	Restorative sleep
<b>Dreamscape</b>	Drone pad with rain and Delta binaural	Peaceful dreaming
<b>Night Forest</b>	Gentle forest night with 396 Hz and Delta	Falling asleep in nature
<b>Sleep Induction</b>	Alpha to Delta descent with 285 Hz and rain	Transitioning to sleep
<b>Lucid Dreams</b>	Theta binaural at sleep boundary	Dream awareness
<b>Power Nap</b>	Short-cycle Delta with gentle rain	Quick refreshing naps
<b>Insomnia Relief</b>	174 Hz + 528 Hz with slow Delta monaural	Quieting a racing mind
<b>Restful Night</b>	Ocean waves with 285 Hz tissue repair	Whole-night sleep

## Healing (8 presets)

Name	Description	Best For
<b>DNA Repair</b>	528 Hz Love frequency + 432 Hz with Alpha	Cellular healing
<b>Pain Relief</b>	174 Hz + Rife 120 Hz with fire and Theta	Pain management
<b>Full Body Healing</b>	Gong + 285 Hz tissue regeneration	General healing
<b>Immune Boost</b>	528 Hz + 741 Hz immune-stimulating pair	Immune support
<b>Inflammation</b>	40 Hz Gamma + 174 Hz Solfeggio	Inflammation reduction

Name	Description	Best For
<b>Emotional Healing</b>	639 Hz with Crystal Bowl and rain	Heart restoration
<b>Cellular Repair</b>	285 Hz + 528 Hz with Theta binaural	Tissue regeneration
<b>Wound Recovery</b>	Rife 20 Hz + 174 Hz wound-healing stack	Post-injury recovery

# Factory Presets (continued)

## Focus (8 presets)

Name	Description	Best For
<b>Deep Focus</b>	Alpha with 741 Hz clarity frequency	Sustained concentration
<b>Study Mode</b>	Beta isochronic with rain and 852 Hz	Information retention
<b>Creative Flow</b>	Theta-Alpha crossover with 639 Hz and forest	Creative insight
<b>Concentration</b>	Beta binaural 18 Hz with 741 Hz triangle	Sharp focus
<b>Memory Boost</b>	40 Hz Gamma isochronic	Memory consolidation
<b>Problem Solving</b>	Gamma + Beta at 963 Hz	Analytical thinking
<b>Flow State</b>	Theta-Alpha bridge at 417 Hz	Effortless flow
<b>ADHD Support</b>	SMR 12-15 Hz isochronic over 741 Hz	Attention improvement

## Chakra (8 presets)

Name	Description	Best For
<b>Root Chakra</b>	396 Hz Muladhara with didgeridoo	Grounding and security
<b>Sacral Chakra</b>	417 Hz Svadhithana with warm drone	Creativity and emotion
<b>Solar Plexus Chakra</b>	528 Hz Manipura with Tibetan Bowl	Personal power
<b>Heart Chakra</b>	639 Hz Anahata with Crystal Bowl	Love and compassion
<b>Throat Chakra</b>	741 Hz Vishuddha with tuning fork	Authentic expression
<b>Third Eye Chakra</b>	852 Hz Ajna with Theta and wind	Intuition and inner vision
<b>Crown Chakra</b>	963 Hz Sahasrara with overtones	Divine connection
<b>Full Chakra Alignment</b>	Gong sweep through all 7 Solfeggio tones	Complete chakra balancing

## Relaxation (8 presets)

Name	Description	Best For
<b>Ocean Calm</b>	Calm waves with 432 Hz and Alpha	Effortless unwinding
<b>Fireside Peace</b>	Campfire with drone pad and 528 Hz	Cosy, safe calm
<b>Mountain Sanctuary</b>	Mountain wind with Tibetan Bowl at 136.1 Hz	Vast open stillness
<b>Stress Relief</b>	396 Hz liberation + Alpha over rain	Dissolving tension
<b>Anxiety Calm</b>	528 Hz + 174 Hz grounding with ocean	Anxiety management

Name	Description	Best For
<b>Spa Experience</b>	Crystal Bowl at 432 Hz with forest	Luxury relaxation
<b>After Work Wind Down</b>	Beta to Alpha with 417 Hz and rain	Decompressing the day
<b>Sunday Morning</b>	Soft 528 Hz with birdsong and Alpha	Unhurried brightness

# Factory Presets (continued)

## Spiritual (6 presets)

Name	Description	Best For
<b>Astral Projection</b>	Deep Theta + 432 Hz with expansive reverb	Out-of-body exploration
<b>Shamanic Journey</b>	4 Hz Theta drum pulse with forest	Shamanic practice
<b>Spirit Guide Connection</b>	963 Hz crown + high Theta binaural	Spiritual communication
<b>Past Life Regression</b>	Slow Theta with 528 Hz and rain	Deep inner journey
<b>Higher Self</b>	852 Hz + 963 Hz with Alpha-Theta crossover	Self-discovery
<b>Angelic Communication</b>	963 Hz with Crystal Bowl overtones	Angelic connection

## Therapeutic (6 presets)

Name	Description	Best For
<b>Tinnitus Relief</b>	741 Hz + 528 Hz masking with soft rain	Reducing phantom ringing
<b>Blood Pressure</b>	Alpha 8 Hz with 432 Hz and ocean	Parasympathetic regulation
<b>Migraine Relief</b>	174 Hz + 40 Hz Gamma flicker	Headache relief
<b>Joint Pain</b>	Rife 20 Hz + 174 Hz + 285 Hz triad with fire	Joint pain management
<b>Nerve Healing</b>	528 Hz + 285 Hz neural repair with forest	Nerve recovery
<b>Digestive Support</b>	Rife 10 Hz + 528 Hz gut-reset with ocean	Digestive wellness

# Installation

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## macOS

1. Download HumNyX-RESONANCE-Installer.pkg
2. Double-click to run the installer
3. The VST3 is installed to /Library/Audio/Plug-Ins/VST3/
4. Restart your DAW — RESONANCE appears in your instrument list

## Windows

1. Download the HumNyX RESONANCE package and extract
2. Copy HumNyX RESONANCE.vst3 to C:\Program Files\Common Files\VST3\
3. Rescan plugins in your DAW

**RESONANCE is an instrument plugin (not an effect). Load it on an instrument track or MIDI track.**

## Tips

- Use headphones for binaural beats — the effect requires different frequencies in each ear
- Start with a preset from the Session tab to explore, then customize
- Layer the Resonator with Frequencies for richer therapeutic textures
- Use the session timer for timed meditation sessions with gentle auto-fade
- The frequency sweep is ideal for gradual transitions between healing frequencies