

BIO MUSIC ONE TESTIMONIALS COLLECTION



BIO MUSIC
One

Representative selection from over 10,000 testimonials

Concise public and professional edition

2026 Edition

Introduction

For more than twenty years, Bio Music One has accompanied thousands of individuals in personal and professional contexts.

This document presents a representative selection of testimonials received in France and internationally (Europe, United Kingdom, Canada, United States, Russia...).

These experiences were reported in diverse environments: homes, companies, specialized facilities, schools, therapeutic practices, conferences and workshops.

The effects described are subjective and may vary depending on individuals and contexts of use.

Bio Music One is not a medical device, treatment, or healthcare therapy.



Menu

1. General Well-Being

2. Sleep

3. Work & Studies

4. Therapies & Support Practices

5. General Health

6. Environment & Mobility

7. Animals & Plants

8. Inner Experience & Personal Transformation

1. General Well-Being

“My life changed significantly. I feel active, centred, creative and optimistic.” CB, Spain

“The music helps me relax and quiet my mind. In the morning, I finally feel rested.” HM, Germany

“In 30 seconds, a deep joy returned.” CM, France

“I work long hours on the computer. The unexplained fatigue noticeably decreased.” JR, France

“During stressful professional periods, I remain calm and think clearly.” SV, France

“I feel soothed and regenerated.” CP, France

“I play it while working: more calm, better focus.” XG, USA

“After 21 days of listening, I feel more vitality.” PG, Spain

“I feel more serene. Dark thoughts fade more easily.” PH, France

“From the first notes, I experience a release in my nervous system.” CB, France

“The listening experience brings serenity to the whole family.” MB, France

2. Sleep

Personal experiences. Results may vary.

“From the first night, I fell asleep effortlessly.” C., France

“My sleep is deeper and more restorative.” MCM, Spain

“I no longer wake up systematically at 3–4 a.m.” PH, France

“When I wake up, I fall back asleep easily.” CL, France

“For the first time in my life, I slept from 11 p.m. to 9 a.m.” Health & Nature Fair

“I am finally recovering after years of stress.” CG, Canada

“For my 21-month-old son, the effect was immediate – he started sleeping through the night again.” FD, France

“The first two nights were unchanged... but I felt an immediate mental relaxation. On the third night, I slept two hours longer.” SR, France

Overall observation:

Easier sleep onset.

Often more peaceful nights.

3. Work & Studies

Testimonials from academic and professional settings.

“I play Kinema 1 in class. Calm naturally settles in.” GL, France

“In a difficult class, students were fully focused during the test.” V, France

“During long training days, there is noticeably less fatigue in the afternoon.” M & JM

“After six hours at the computer, I did not feel drained.” MB, France

“In a shared office, the atmosphere became more relaxed.” MJ, Spain

“In a room with thirty computers running, stress levels decreased.” Tele Madrid

“While writing my thesis, I feel more stable and focused.” BLT, France

“During a job interview, I felt fully myself, without stress. I was hired.” IA, France

“As an HR professional, exchanges have become smoother.” E., France

4. Therapies & Support Practices

“Bio Music One harmonizes group energy and restores a calm atmosphere.”
ATT, Romania

“I use it in my practice: less fatigue for both patient and therapist.” KA, France

“In a delicate group setting, everyone was able to speak calmly.” SB, France

“During Reiki sessions, I experienced greater concentration.” MM, France

“In a hospital treatment room, both staff and patients appeared more relaxed.”
CB, Spain

“In a class of autistic children, stress levels noticeably decreased.” RB, France

“People open up and speak about things they usually never mention.” CA,
Canary Islands

In sessions, I more quickly sense where and how to place my hands.” ILR, France

“The music helps me perceive the energy flowing through movement. Better concentration, almost no fatigue, heightened body awareness.” Marie-Christine Fresse, Tai Chi & Qi Gong teacher, France

5. General Health

Observational feedback — not a clinical study.

United Kingdom

“In a centre welcoming autistic individuals, improvements in calmness and sleep were observed among some residents.”

Steven Rudelhoff

“Several parents reported improved communication and more peaceful family interactions.”

Steven Rudelhoff

Alzheimer Facilities (France)

Music diffusion over several months in two residential care facilities.

Teams reported:

- Reduction in behavioural disturbances (61% in one facility according to internal observations)
 - Decrease in aggressive manifestations
 - Fewer episodes of shouting
 - Increased participation in activities
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Individual Feedback

“My headaches disappear when I play Kinema 1.” SM, UK

“My back pain significantly decreased.” JR, France

“Despite chronic fatigue, I regained unexpected vitality.” FG, Switzerland

“During a very difficult period, the music supported me.” AJ, France

6. Environment & Mobility

User feedback in shared environments.

“In the car, I feel relaxed yet fully alert.” Conference participant, Geneva

“On high-speed trains, I arrive without fatigue.” CM, France

“In the car, it provides comfort and a sense of security.” CJ, France

“Customers say they feel good as soon as they enter the shop.” S. Tubau, Switzerland

“In inaudible mode, I sense more peace at home.” MCM, Spain

“The atmosphere becomes noticeably more peaceful.” ST, Spain

“The air feels lighter in the rooms.” CG, France

“Visitors often comment on how pleasant the atmosphere feels.” EK, USA

7. Animals & Plants

Feedback from shared environments.

“In a canine training centre, the dogs settled down very quickly.” C. Hautbois.
Namaste Centre, France

“Our dog is calmer when the music is playing.” PF, France

“Our cats come and sit near the speakers.” MJ, Spain

“A clivia plant that had not flowered for years bloomed again after regular diffusion.” JM, France

“The sense of serenity seems to benefit the whole household – animals included.” MB, France

8. Inner Experience & Personal Transformation

“I feel alive.” BF

“A deep inner emptiness. Total letting go.” VB

“I radiate my true self.” MF

“A genuine rebirth.” IL

“I feel aligned with my path.” PH-B

“Immense inner peace.” NR

“I feel fully present, heart at peace.” AV, France

“I make decisions more easily.” EG, France

“A new perspective, a new direction.” YR

“Allowing myself to love myself. Confidence restored.” FJ

“Within this music, I feel a powerful, living presence.” GN

Disclaimer

Bio Music One is an integrated vibrational component within original musical compositions.

It does not constitute a medical therapy, medical device, or healthcare treatment.

The testimonials in this document illustrate personal and professional experiences.

If you have a health condition, please consult a qualified healthcare professional.

