R.I.T.M.O.
Rhythmic Immersion Training for Multidimensional Openness

432Hz. Audio Frequency Album

Album General Information and Application Guide

432Hz. stands nowadays among the most in-demand and discussed frequencies of our era, due to its association with well-being and self-improvement matters, its application for meditation and relaxation purposes and also the common controversy about the historical facts and research made around it over the past century.

Far from today's 432Hz. trending discussions and general 'public hype', we are proud to introduce a one-of-a-kind groundbreaking tool: the **432Hz. Audio Frequency Album**, which has been not only meticulously created, but also tested in several contexts and scenarios over the past 5 years, prior to a world-wide public release on September 2025.

THE ALBUM

The **432Hz. Frequency Album** consists of a total of **9 Audio Tracks.** Each one of the audios has a distinct algorithm, which varies based on diverse purposes such as: **Relaxation, flow, balance, release, focus, grounding, centering**, among others.

The use and application of the tracks will vary from person to person as, although a main purpose is given to each audio, the way the system and the body process the frequency will depend on specific factors for each individual, for which it is advised that people use the audio tool at their own discretion, finding the most comfortable listening experience possible.

TRACK LIST:

1. **432Hz. Healing Frequency Drone** - Track length: **15:21**
2. **432Hz. Yin-Yang Vortex** - Track length: **8:10**
3. **432Hz. Release 9** - Track length: **5:40**
4. **432Hz. Center Portal Activation** - Track length: **7:20**
5. **432Hz. Pure Power Singing Bowl** - Track length: **9:00**
6. **432Hz. Centering 9** - Track length: **3:33**
7. **432Hz. Earthy Grounding** - Track length: **18:00**
8. **432Hz. Expansive 9 Vortex** - Track length: **4:50**
9. **432Hz. Afterglow 9** - Track length: **6:39**

* All the tracks were conceived and created by Túpac Mantilla Gómez. © All rights are reserved and the full length of the intellectual property of this audio material belongs to Túpac Mantilla and PERCUATION Global Percussion Network. ®

The Benefits & Application

For over a period of 5 years, these specific 432Hz. Audio Frequencies have been tested and used as part of the trainings of the **R.I.T.M.O. process** in several countries including: Germany, Switzerland, Austria, the United States of America, Australia, Colombia, Singapore, among others, with very positive results and feedback from the participants. The intended use of the 432Hz. frequency tool for these trainings aims towards:

- **Relaxation and stress release**
- **Brain wave activity integration for long term memory learning processes**
- **Enhancement of mental clarity and concentration focus**
- **Gaining thought process coherence**

Parallel to the training and learning process application, people have started to use it as well for personal purposes and among their close circles, also with extraordinary results, for the following contexts:

- **Supporting meditation and mindfulness practices**
- **Improving sleeping quality**
- **Enhancing physical and mental energy levels**
- **Deepening emotional connection**
- **Supporting music lessons and artistic practices**

Furthermore, and perhaps one the most groundbreaking uses of the **432Hz. R.I.T.M.O. Frequency Tool**, as taken place at the health and therapy / physiotherapy areas, where it has been used, by both health-professionals and patients, as an additional well-being complement to medical procedures related to:

- **Cancer support treatment**
- **Bone structure regeneration**
- **Migraine and headache reduction**
- **Healing and pain relief purposes**
- **Psychologic / Psychiatric therapy treatments**

The overall benefit of this specific frequency tool is just starting to be discovered. Its capacity to harmonize, sooth, cure and connect, continues to expand and reach further fields of application every day. The potential that lies in it will continue to unfold for decades to come, and those who tune into this frequency wave, will certainly advocate for its use, as they experience the direct and deep transformation in their own lives.

Our team is very proud to contribute with this audio tool to the collective consciousness of mankind, with the intention that it continues to benefit the lives of people in many ways, just as it has been doing over the past years, to those that have been attending the **R.I.T.M.O.** process around the world, as well as individuals that have used it for health reasons.

*"**If you want to find the secrets of the universe, think in terms of energy, frequency and vibration**".* - Nikola Tesla.

Use and Application Guide

1. 432Hz. Healing Frequency Drone - Track length: **15:21**

This audio track is for general purposes including, relaxation, stress release, overall well-being balance, pain relief, focus and deep learning. It was the original and first 432Hz. track created, and the one used the most by people so far, including in cancer treatments.

2. 432Hz. Yin-Yang Vortex - Track length: **8:10**

The *Yin-Yang Vortex* welcomes deeper consciousness towards the reality of being, creation itself and the cosmos. It is a frequency portal from polarity and the 3rd dimension towards higher conscious realms. A sound tool to re-inforce the 'I AM' and the collective oneness.

3. 432Hz. Release 9 - Track length: **5:40**

The *Release 9* track is an invitation to let go. To cleanse from within and get rid of things that don't serve us anymore. To allow emotional and physical baggage to leave our system and to consciously exhale blockages of energy, which could later manifest as diseases.

4. 432Hz. Center Portal Activation - Track length: **7:20**

The *Center Portal Activation* track offers a gate into resetting the full physical and energetic system. It taps into the re-activation of the original genetic pattern of creation through 9 activation anchor points and into DNA regeneration and strand activation.

5. 432Hz. Pure Power Singing Bowl - Track length: **9:00**

The *432Hz. Pure Singing Bowl* track invites for lightness in the body, self-awareness, life-flow, activation of higher vibration and photonic light-energy. It is mainly dealing with the upper part of the body's energy centers, the awakening of one's own voice and the head.

6. 432Hz. Centering 9 - Track length: **3:33**

The *Centering 9* track aims to fine tune the body and the system and to bring things back to their original state of potentiality and well-being. It deals mainly with the mid-part of the body, the solar plexus and the heart, confronting repressed emotions and blockages.

7. 432Hz. Earthy Grounding - Track length: **18:00**

The *Earthy Grounding* track serves for overall regeneration of the system. It is intended to work at the cellular level and to benefit the bone structure, the joints and the lower part of the body. It allows general grounding and anchoring and facilitates lower belly breaths.

8. 432Hz. Expansive 9 Vortex - Track length: **4:50**

The *Expansive 9 Vortex* track works towards fine-tuning the overall system by inviting space within while activating energy in the full body. The 9 singing bowl sounds aim to create anchor points of awareness around the physical self.

9. 432Hz. Afterglow 9 - Track length: **6:39**

The closing track of the album invites to enjoy the present moment. The afterglow effect is the result of positive experiences and the sensation of oneness, protection and well-being. It is intended for relaxation, happiness and gratitude for the possibility to be alive now.

General Recommendations for your listening sessions

- Devote the right amount of time and calm space to work with these audio tracks.
- Guarantee great hydration by drinking abundant water prior and after the listening sessions. Due to the natural electrical field of the brain, frequencies can be better processed through the conductivity that water offers.
- Make sure that you take some time to do a few minutes of conscious and slow breathing exercises, prior, during and after the listening sessions. A slow and focused short breathing session will activate the parasympathetic nervous system which will greatly enhance the frequency work experience.
- Find the most comfortable place you can have around to listen to the tracks. Make sure you have a welcoming and appropriate environment for your listening sessions. Lying down or sitting comfortably are both highly recommended.
- Avoid at all costs tension around the body while listening. Monitor yourself prior, during and after the session, and focus constantly in releasing physical points where tension generally accumulates.
- Do your best clearing out your mind from thoughts and too much cognitive activity. Focus on the breath, and welcome and let go with ease new incoming thoughts with no judgement.
- Work with the power of intention. Create a clear purpose for the benefits and goals you want to obtain by listening to the frequency.
- Find the Audio Tracks that suit you best and work with them. The experience from person to person and audio track to audio track will be different, and some audios will not necessarily match your needs or feel comfortable. Therefor explore the Album with time and see what resonates closer to you and your needs.
- Listen to the tracks at a comfortable volume level. It is highly recommended to play it at a softer volume range and eventually sometimes almost in the background. The frequency will continue to create its effects even at a very soft volume level.
- Listen to the tracks for as long as you want and feel. There's no risk whatsoever in listening continuously and repeating the audios over and over again. In fact, being exposed for longer times to the sounds, will increase the resonance level of the system around the 432Hz. frequency.
- Try to use high quality sound and amplification devices, with no interference of external noise, white noise or signs of technical malfunctioning.
- And most importantly: Enjoy the experience every time! Don't take it for granted! ☺

To make the most out of this audio tool and go deeper into its benefits and further applications and combinations, **you can also book a private online session with Túpac, for personal consultation, listening tips, overall algorithm explanation and customized health and well-being plans.** If you are interested in this option, please email us at:

contact@percuaction.com

TO BUY AND ACCESS THE 432HZ. AUDIO FREQUENCY ALBUM, AS WELL AS THE 9 INDIVIDUAL TRACKS VISIT:

www.tupacmantilla.com/432

The 432Hz. Frequency Album was created between 2019 and 2025 in Hamburg, Germany, with the support of the Ondoreto Network, Kai Schulz, Volker Harms, Hendrik Ostrau and the team from the PERCUACTION network.

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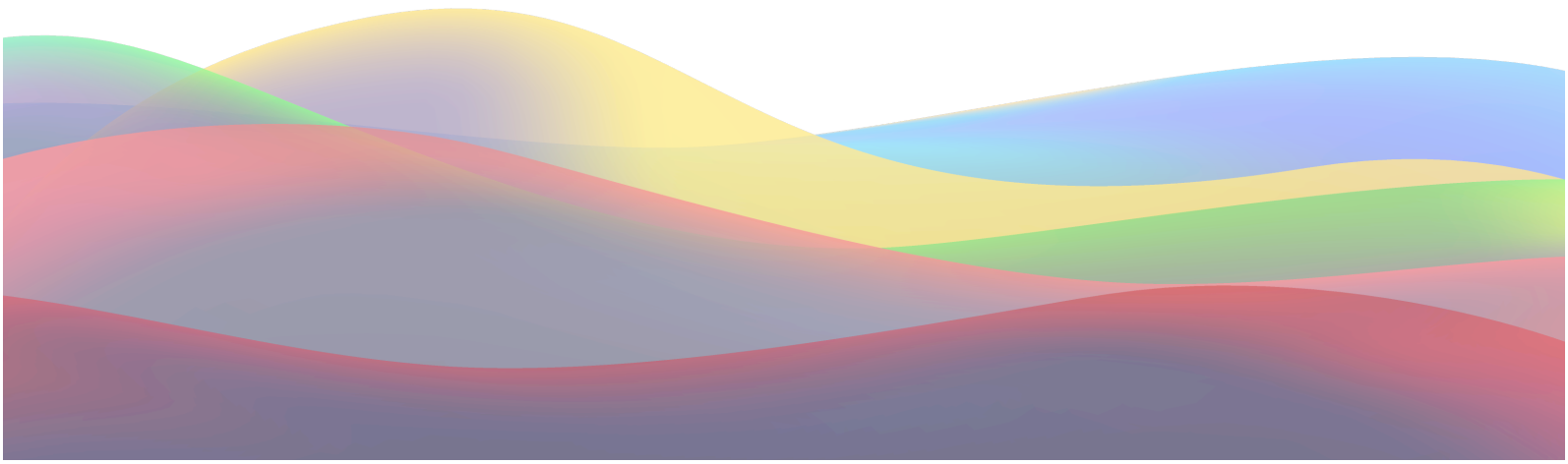
DISCLAIMER STATEMENT:

The 432Hz. Frequency Audio Tool is not intended to replace any type of medical treatment, medication or physical / mental health procedure or praxis. It is an audio tool to be used at the users' discretion, and by no means has been created as a substitute to allopathic medicine, biomedicine, mainstream medicine or orthodox medicine. Therefor PERCUACTION and Túpac Mantilla cannot be responsible for adverse results from the use and application of the audio. The claims of the benefits from this audio tool are the result from everyday users who have been given constant positive feedback and have noted positive results in their lives.

Further research and application of this tool will continue to be made by Túpac Mantilla and PERCUACTION, with the intention to publish results that can work as proof of the benefits of using the 432Hz. frequency in various contexts. For more information, you can reach to us via email at: **contact@percuaction.com**.