

# Corollary Discharge

By Tony Guembes

The Inner Voice vs. Outer Voice. Corollary Discharge.

The study of sound healing using your inner and outer voice.

The idea of the Corollary Discharge is the function from thought to auditory vibration. When spirit and science collide you have a Corollary Discharge. The bridge when your mind agrees with your voice and it comes into coherence where it knows itself. When your mind learns what makes it feel safe it creates a peace in your heart and mind, where you now begin to sync up.

When that electrical charge emits from your body in science terms it's called your "resonance frequency". With this electrical signature, you are now able to scientifically see your 'bio feedback'. This is your starting point for sound healing using tools like binaural beats, sound baths, or vibro-acoustic tables to help modify your electrical field.

What the brain says...

When you are at peace and in coherence with yourself your mind does something fascinating. It puts you in a "resonance zone" where you can begin to program your field with your voice, an instrument, binaural beats or sounds that can entrain your mind to be in complete coherence.

What does that mean?

It means you can control the harmony of your bio-field. You're aligning your electromagnetic body and mind, targeting your brain and heart waves. Using your own brain wave states, such as your delta, theta, alpha, beta and gamma waves (DTABG). This can help you gain more control of your state of mind. This can reduce many ailments including inflammation, immune function, and mood.

Another way to think about it is:

1. When you consciously set an intention ("I'm going to use this 5 Hz tone to calm my mind") you're recruiting the same predictive machinery.
2. The clearer your model of how your brain expects certain vibrations to feel, the stronger your mental "signal" will be, and as Psychoneuroimmunology\* shows, stronger intentional signals translate into measurable changes in inflammation, immune function, and mood.

So when your brain plans to speak, it not only sends a signal to your mouth and vocal chords but also sends a "copy" of that signal, called a corollary discharge, to your auditory system, the voice that you hear as your own.

This copy lets your brain predict what you're about to hear from yourself. It's called the Corollary-Discharge Bridge.

The bridge between self and other, when working properly your brain tags your voice as your own. If the bridge fails, like in schizophrenia, the voice can seem like it's coming from someone else, even though it's self-generated.

Why it's important to understand: by grasping how the brain generates and monitors its own "inner voice" signals via the corollary-discharge mechanism, you gain a powerful framework for designing and self-administering vibratory healing techniques.

Aligning prediction and perception is your brain's preview of sound or movement you're about to make. When you introduce an external vibration, whether through a singing bowl, vibro-acoustic table or binaural beat track, the Brain compares that incoming signal to its own expectation.

If you understand this loop, you can choose frequencies and rhythmic patterns that match your brain's predicted signal closely enough to feel integrated, or intentionally create a small "prediction error" that jump-starts neural plasticity and resets maladaptive patterns.

Vagal and autonomic tones are vibrations in the 30-120hz range (vibro-acoustic therapy) that directly engages your body's mechanoreceptors and can entrain diaphragmatic motion and heart-rate variability. By "Tagging" your parasympathetic activity in response to certain tones, you can utilize these generated signals(tags) to restore your HRV to normal levels.

When your intention signals are strong it translates into measurable changes in inflammation, immune function, and mood.

In extreme cases, like auditory hallucinations, the comparator flags in the brain hears inner sounds and can mismatch and mark them as "other" self-generated sounds. By practicing with controlled vibratory feedback, you reinforce the brain's ability to tag its own internal states correctly, reducing anxiety, derealization and the sense of voices or inner chaos.

Every corollary-discharge timing and gain control are slightly different. Understanding this encourages you to experiment (or measure via HRV\*/EEG\*) to find your own "fundamental frequency" or "resonance zone" then use that as your starting point for sound healing.

In short the corollary-discharge is your intention to speak. The comparator is the system that checks if you expect to hear matches to what you actually hear. "My Voice". If the match is weak or missing "That might not be me" could trigger hallucinations or depersonalization.

Putting it together.

Real-time Heart-Rate Variability (HRV) and Electroencephalography (EEG) feedback let you see exactly when an external vibration aligns (or misaligns) with your internal state.

Learning your electronic bio-field enables you to discover signals that can affect your mood. Instead of relying solely on subjective feelings, you gather hard data to optimize frequency, amplitude and session length, making your self-healing practice both art and science.

The bottom line states that mastering your corollary-discharge bridge gives you a scientific compass for self-healing. It shows you how to choose, see and integrate external frequencies so that your brain doesn't just hear or feel them, but truly incorporates them into its ongoing self-model. That's how you shift from passive reception of sound to active, resonance based healing at the deepest neurophysiology level.

Putting it into practice. When you set your intention, your vibrations are expressed inwards and you are able to use your voice or an instrument to echo that quality. Perhaps a hum or chant at the pitch you sensed while your hands on a vibro-acoustic table tuned to that frequency.

The final thought to consider is when spirit corresponds to the inner voice, the source of intuition and higher knowing. The body corresponds to the external voice, the instrument through which that knowing becomes tangible. By mastering the tuning process in your mind, you allow the inner voice 'spirit' to flow effortlessly through the body creating a unified, healing vibration in every cell.

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## **Appendix**

\*HRV (Heart-Rate Variability): The millisecond-by-millisecond variation in the time interval between consecutive heartbeats.

\*EEG (Electroencephalography): A non-invasive recording of the brain's electrical activity via electrodes placed on the scalp. It captures oscillatory rhythms (delta, theta, alpha, beta, gamma) that correspond to different states of arousal, attention, and cognition.

\*Psychoneuroimmunology (PNI) is the study of the intricate interactions between psychological processes, the nervous system, and the immune system, and how these interactions affect health and disease.

## **Resources**

Heart Rate Variability: A New Way to Track Well-Being (Harvard Health Blog, Harvard University)  
<https://www.health.harvard.edu/blog/heart-rate-variability-new-way-track-well-2017112212789>

What Is Heart Rate Variability? (Harvard Health, Harvard University)  
<https://www.health.harvard.edu/heart-health/what-is-heart-rate-variability>

How Brain-Wave Data Can Refine Psychiatric Treatment Choices (Stanford Medicine)  
<https://med.stanford.edu/news/insights/2020/10/how-brain-wave-data-can-refine-psychiatric-treatment-choices.html>

The Effect of Low Frequency Sound on Heart Rate Variability and Subjective Perception during Vibroacoustic Therapy (Int. J. Environ. Res. Public Health, NIH/PMC)  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9223227/>

Electrophysiological Evidence of Corollary Discharge Dysfunction in Schizophrenia (PubMed)  
<https://pubmed.ncbi.nlm.nih.gov/14690769/>

Human Cortical Responses to Slow and Fast Binaural Beats (PubMed)  
<https://pubmed.ncbi.nlm.nih.gov/25008412/>

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