

Research Project on The Miracle iQube

By: Belinda Salvidge

Overview

This study explored the effects of a short immersive sound lounge session-with and without the addition of the Miracle iCube-on participants' physical, emotional, mental, and spiritual well-being. The goal was to assess whether using the Miracle iCube meaningfully enhanced the therapeutic experience, particularly in areas such as grounding and presence, spiritual openness, inner peace and joy, relaxation response, and creative focus.

Study Design:

Fifteen participants each took part in the study on two separate occasions, conducted in my home, using my personal sound lounge.

Each session consisted of:

- ❖ An 11-minute sound lounge session, either with or without the Miracle iCube, included:
 - Pre-session questionnaires
 - Voice analysis
 - Handwriting sample
- ❖ A post-session repeat of the questionnaire, voice bio, and handwriting sample
- ❖ Overall process took approximately 1 hour

Participants were not told which version they were receiving on each day. Sessions were spaced out to avoid carryover effects. Over the course of the study, each participant experienced both conditions: once with the iCube and once without it.

Measurement Tools

Three types of data collection were used:

1. [Questionnaires](#) (self-report): changes in relaxation, spiritual openness, joy, grounding, creative focus, and presence
2. [Voice Harmony Analysis](#) (Voice Bio): vocal pitch frequency (C-B scale)
3. [Handwriting Analysis](#): visual shifts associated with emotional, physical, and spiritual traits

Each measure was evaluated using a Change Analysis Rubric (-3 to +3).

Important:

All dark blue highlights are links to questionnaires, data (tables and charts), and results.

Study Goals

The research questions were:

- Does the *Miracle iCube* elevate the impact of the sound lounge
- Are there measurable differences across the data methods?
- Can subtle emotional and spiritual changes be effectively captured?

Procedure

1. Arrival and Consent

- a. [Informed Consent](#), explanation of the process, and an overview of tools used.

2. Pre-Session Assessments

- a. Voice bio scan
- b. Handwriting sample
- c. Questionnaire

3. Sound Lounge Experience

- a. 11 minutes

4. Post-Session Assessments

- a. Voice bio scan
- b. Handwriting sample
- c. Questionnaire

5. Repeat whole process after 2 weeks

Findings and Observations

Overall results were mixed and at times contradictory;

- ❖ Some participants showed strong positive changes.
- ❖ Others showed neutral or negative shifts, especially with voice analysis linked to stress.
- ❖ Equipment inconsistencies affected accuracy.
 - The VAH software produced inconsistencies due to software malfunctioning, and hardware issues with the microphone and cable.
- ❖ Handwriting data was hard to interpret due to lack of baseline (Handwriting sample needs to be more comprehensive for a proper analysis).

Despite these challenges, subjective feedback was overwhelmingly positive.

Key Challenges

1. Session Length: 11 minutes was too short.
2. Voice Bio Prompt: Stress test-related voice prompts possibly countered the relaxing experience.
3. Measurement Design: Tools were not tailored for subtle shifts; some tech failed or misread data.
4. Technological Difficulties: Poor technological organization.
5. Participants experience was positive, however not as natural as a normal sound lounge experience, which would be unburdened from questions, and voice and handwriting analysis immediately before and after the experience.

Participant Feedback

Participants commonly reported:

- More relaxed and elevated mood
- Groundedness and peace
- Openness and optimism

Subjectively, the experience was impactful and valued by all participants.

Recommendations

1. Baseline Preparation

- Trial session without iCube, in order to establish original results from the sound lounge by itself, so that changes from the use of the iQube can be seen.
- More extensive baseline voice and handwriting samples in order to gather more data, to get more realistic results.
- Intake questionnaire on well-being done as part of a preparation survey online before session.

2. Session Structure:

- 30-minute sessions with and without iCube.
- Short assessments before and after each 30 minute session.

3. Study Flow:

- Two 30-minute sessions in one visit with randomized iCube use.

4. Goal Setting:

- Participants reflect on desired outcomes and rank benefits from 1-10 as part of the baseline preparation.

Conclusions

Though data was inconclusive, participants experienced positive personal outcomes. Future studies with improved design and session duration may better capture the subtle but profound impact of the Miracle iCube in enhancing well-being.

Personal Reflection Section

It would be very profitable to do a more extensive study based upon the recommendations from my research. This was a very enjoyable project for myself, as I was able to further delve into my interest in the topic, with lots of feedback from the friends and acquaintances who participated and shared their experiences.

Questionnaire #1

Results to #1 ➡ [here](#)

Name: _____
Age: _____
Date of Session: _____

Before the Sound Lounge Session

Please take a moment to reflect on your current state and answer the following questions based on your experience **right now**. Use the scale provided to rate each item.

1. Groundedness in Your Physical Body
How connected do you feel to your body at this moment?
(1 = Not at all grounded, 5 = Moderately grounded, 10 = Fully grounded)
Rating: ____

2. Relaxation and Stress Response
How relaxed do you feel, and how strongly is your stress response activated?
(1 = Very tense, 5 = Neutral, 10 = Very relaxed)
Rating: ____

3. Emptying of the Mind
How cluttered or clear do you feel your mind is right now?
(1 = Very cluttered, 5 = Neutral, 10 = Very clear)
Rating: ____

4. Creative/Intuitive Impulse and Focus
How creative, intuitive, and focused do you feel at this moment?
(1 = Very unfocused, 5 = Neutral, 10 = Highly creative/focused)
Rating: ____

5. Spiritual Awareness and Opening
How spiritually connected or open do you feel at this moment?
(1 = Not at all spiritually aware, 5 = Neutral, 10 = Fully spiritually open)
Rating: ____

6. Connecting with Others (if applicable)
How connected do you feel to others (or the environment) right now?
(1 = Not connected, 5 = Neutral, 10 = Highly connected)
Rating: ____

Questionnaire #2

Results to #2 ➡ [here](#)

General Questionnaire given Before sound lounge

With icube? Yes: _____ No: _____
Date: _____ Time: _____

Name: _____
Age: _____
Gender: _____
Occupation: _____

Prior Experience Vibroacoustic Therapy (Yes/No): _____
If Yes, briefly describe your experience: _____

General Emotional and Physical State:

1. How would you rate your overall mood today? (1 = Very low, 10 = Very high):
2. Do you feel stressed or anxious at the moment? (1 = extremely, 10 = not at all):
3. How connected do you feel to your body right now? (1 = Not connected, 10 = Very connected):

Psychological and Emotional Aspects:

4. On a scale of 1-10, how optimistic are you about your future? (1 = not at all, 10 = very):
5. Do you experience frequent or persistent mind chatter (racing thoughts, worry)? (1 = Constantly, 10 = not at all):
6. Do you feel a sense of joy or happiness in your life on a regular basis? (1 = Never, 10 = Always):
7. How connected do you feel to a spiritual or higher energy force? (1 = Not connected, 10 = Very connected):

Energy System & Groundedness:

8. How balanced do you feel in terms of your energy flow (physical, emotional, mental)? (1 = Completely unbalanced, 10 = Completely balanced):
9. Do you often feel "blocked" in your energy (physically, emotionally, or mentally)? (1 = always, 10 = never):
10. How grounded do you feel in your body and the present moment? (1 = Not grounded at all, 10 = Very grounded):

Handwriting Analysis Prompts (See observation rubric [here](#))

Please copy the following sentences:

The quick witted wiley fox jumped over the lazy brown dog.

Grizzly bears don't fly airplanes.

She sells sea shells on the sea shore.

Beauty is a heart that generates love and a mind that is open.

She quickly and carefully wrote a clear concise note with sharp well-formed letters and even spacing, while demonstrating a natural flow and consistent pressure.

Participant Informed Consent Form

Participant Informed Consent Form

Study Title:

Exploring the Impact of Vibroacoustic Sound Lounge with and without the Miracle iCube on Human Well-Being and Presence

Researcher(s):

Belinda Salvidge

Purpose of the Study

You are being invited to participate in a research study that explores the effects of an 11-minute sound lounge experience, with and without the Miracle iCube device, on aspects of well-being, such as emotional state, relaxation, spiritual openness, and sense of physical grounding.

What You Will Be Asked to Do

If you agree to participate in this study, you will be asked to:

- Attend two separate sessions, each lasting approximately 30 minutes.
- Complete a short pre-session and post-session questionnaire.
- Provide a voice sample before and after each session (using a non-invasive voice bio system).
- Provide a handwriting sample before and after each session.
- Sit or lie on a sound lounge for 11 minutes while audio frequencies are played, once with and once without the Miracle iCube device.

Risks and Discomforts

This study is non-invasive and considered low-risk. However, you may experience:

- Emotional shifts, insights, or mild discomfort related to increased awareness or relaxation.
- Drowsiness or lightheadedness from the relaxation effect.

You may stop at any time if you feel uncomfortable.

Participant Informed Consent Form

Benefits

While there is no guaranteed benefit, you may experience:

- Increased relaxation or reduced stress
- Emotional clarity or release
- Enhanced spiritual or physical awareness

Your participation will also help explore innovative wellness tools and practices.

Confidentiality

All personal data, handwriting, and voice recordings will be kept confidential. Your name will not be associated with your results in any publications or reports. All data will be coded and stored securely.

Voluntary Participation

Participation is completely voluntary. You may withdraw at any time without penalty or loss of benefits. You may also choose not to answer specific questions.

Questions?

If you have any questions, please feel free to contact:

[Your Name]

[Phone] | [Email]

Consent Statement

I have read and understood the information above. I have had the opportunity to ask questions. I voluntarily agree to participate in this research study.

Participant Name (print): _____

Signature: _____ Date: _____

Results to Questionnaire #1, Part 1 (See more data [here](#))

Table 1

Participant	Condition	Significant Positive	Significant Negative
P1	With iCube	4	1
P1	Without iCube	3	0
P2	With iCube	5	1
P2	Without iCube	4	0
P3	With iCube	3	2
P3	Without iCube	1	0
P4	With iCube	5	1
P4	Without iCube	4	0
P5	With iCube	3	0
P5	Without iCube	0	1
P6	With iCube	5	0
P6	Without iCube	0	1
P7	With iCube	6	0
P7	Without iCube	5	0
P8	With iCube	4	0
P8	Without iCube	4	0
P9	With iCube	5	0
P9	Without iCube	2	0
P10	With iCube	3	0
P10	Without iCube	0	0
P11	With iCube	5	0
P11	Without iCube	0	0
P12	With iCube	0	1
P12	Without iCube	0	1
P13	With iCube	5	0
P13	Without iCube	0	0
P14	With iCube	4	0
P14	Without iCube	0	0
P15	With iCube	6	0
P15	Without iCube	0	0

Number of Significant
Changes

Table 1

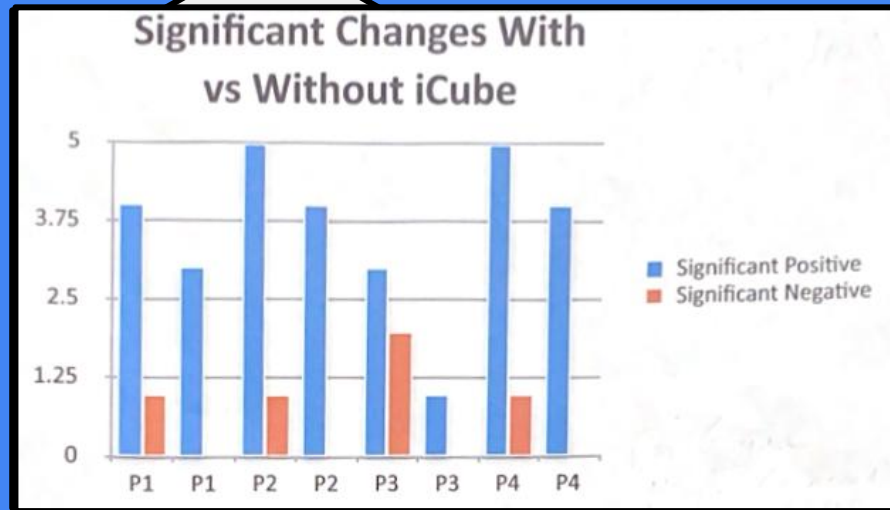
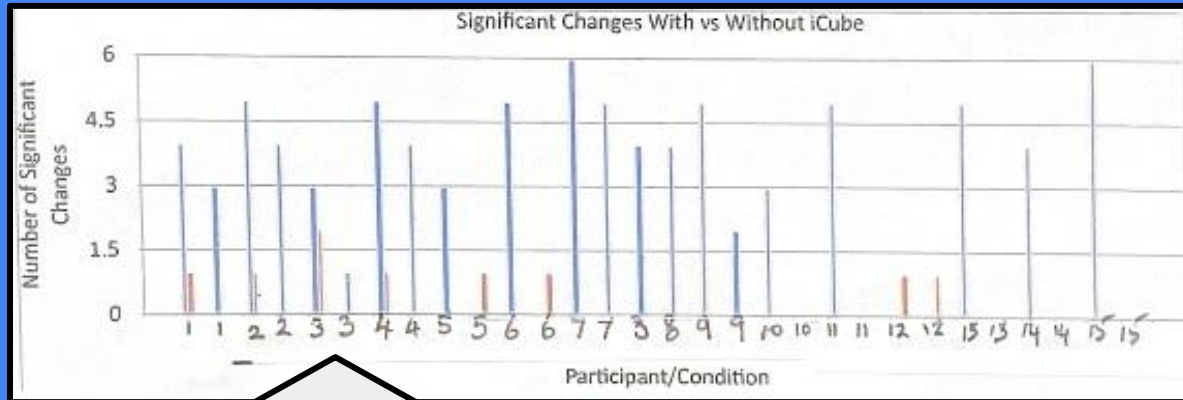
Participant	Condition	Significant Positive	Significant Negative	Average Sig Pos w/I	Average Sig Pos wo/I	Average Sig Neg w/I	Average Sig Neg wo/I
P1	With iCube	4	1		4.2	1.53333333333333	0.4
P1	Without iCube	3	0	1.52127765851133			0.2
P2	With iCube	5	1				
P2	Without iCube	4	0				
P3	With iCube	3	2				
P3	Without iCube	1	0				
P4	With iCube	5	1				
P4	Without iCube	4	0				
P5	With iCube	3	0				
P5	Without iCube	0	1				
P6	With iCube	5	0				
P6	Without iCube	0	1				
P7	With iCube	6	0				
P7	Without iCube	5	0				
P8	With iCube	4	0				
P8	Without iCube	4	0				
P9	With iCube	5	0				
P9	Without iCube	2	0				
P10	With iCube	3	0				
P10	Without iCube	0	0				
P11	With iCube	5	0				
P11	Without iCube	0	0				
P12	With iCube	0	1				
P12	Without iCube	0	1				
P13	With iCube	5	0				
P13	Without iCube	0	0				
P14	With iCube	4	0				
P14	Without iCube	0	0				
P15	With iCube	6	0				
P15	Without iCube	0	0				

Significant

6

4.5

Results to Questionnaire #1, Part 2



[Back to questionnaire questions](#)

Results to Questionnaire #2

[Back to questionnaire questions](#)

Table 1

	Average Significant positive change without icube	Average Significant negative change without icube	Average Significant positive change with icube	Average Significant negative change with icube
Qu 1	2	-1	2	0
Qu 2	2	0	3	-3
Qu 3	2	-1	2	-2
Qu 4	1	-1	1	-2
Qu 5	2	-2	3	-3
Qu6	1	-2	2	-5
Qu7	1	-2	2	-1
Qu8	2	-1	1	-2
Qu9	2	-1	1	-2
Qu10	1	-2	2	0



Handwriting Observation Rubric & Guide

Handwriting Observation Rubric

Participant ID: _____ Date: _____

Session Condition: ☐ Without Miracle Cube ☐ With Miracle Cube

Section 1: Baseline Handwriting Characteristics

Feature	Pre-Session	Post-Session	Noted Shift / Comments
Size of Writing (small, large, variable)			
Pressure (light, moderate, heavy)			
Slant (left, right, vertical)			
Baseline Alignment (straight, wavy, up/down trend)			
Spacing (between letters/words/lines)			
Letter Formation (consistent, larger, smaller, rushed)			
Margins (balanced, expanding, restricted)			
Speed/Flow (fluid, tense, irregular)			

Section 2: Emotional & Psychological Insights

Indicator	Pre-Session	Post-Session	Shift
Emotional openness / expressiveness			
Internal tension / anxiety			
Groundedness / sense of presence			
Cognitive focus / clarity			
Creative flow / intuition			

Section 3: Analyst Summary

Overall Shift in Expression or Style: _____

Any Symbolic or Notable Features: _____

Correlations with Voice Bio or Questionnaire Data: _____

1. Pressure of Writing (Strong vs. Light Stroke):

- Emotional Well-being:** Heavy, forceful writing may indicate stress or a tense emotional state, while light writing may suggest a more relaxed, passive state. After the sound lounge experience, a shift from heavy to lighter writing could suggest reduced stress and greater emotional relaxation.
- Physical Health:** Excessive pressure in writing could indicate physical tension or discomfort, while lighter, more fluid writing could be a sign of improved physical relaxation and health.

2. Letter Size (Large vs. Small):

- Spiritual Openness:** Larger writing can sometimes reflect a more expansive, open personality, while smaller writing might suggest introversion or restriction. After using the sound lounge, an increase in letter size could suggest greater openness, including spiritual openness.
- Creative Focus:** Smaller, more controlled writing may indicate precision and focus, while larger writing may reflect expansiveness and creative flow. A shift to a more balanced or expansive style of writing could signal improvements in creativity.
- Relaxation:** A noticeable change from very large to more balanced writing could indicate a shift toward relaxation.

3. Slant (Forward vs. Backward):

- Emotional Well-being:** A forward slant in writing generally indicates a person who is open and engaged, while a backward slant might suggest a person who is reserved or defensive. If the handwriting becomes more forward-leaning after using the sound lounge, this could indicate an increase in emotional openness and receptivity.
- Creative Focus:** A slight forward slant can suggest a person is actively moving toward engagement or goal-oriented behavior, which could reflect better focus or creativity.
- Spiritual Openness:** A pronounced forward slant can also indicate increased spiritual or emotional openness.

4. Line Spacing (Wide vs. Narrow):

- Relaxation and Emotional Well-being:** Narrow line spacing can indicate stress, anxiety, or feeling "pressed," while wide spacing may suggest a more relaxed or detached state. After the sound lounge experience, a shift to wider spacing could indicate improved relaxation or emotional balance.
- Creative Focus:** More evenly spaced writing can reflect clear, organized thought processes, indicating that creativity or focus has improved.

5. Legibility and Consistency:

- Creative Focus and Emotional Well-being:** More legible and consistent handwriting is often associated with a well-balanced mental state. If the handwriting becomes more legible, fluid, and consistent after using the sound lounge, it might indicate improved mental clarity, emotional regulation, and focus.
- Physical Health:** Inconsistent or jagged handwriting could signal physical stress or fatigue, while smoother, more even handwriting could indicate physical well-being or relaxation.

6. Letter Shape (Rounded vs. Angular):

- Spiritual Openness:** Rounded letters can suggest openness, warmth, and creativity, while sharp, angular letters may suggest a more guarded or defensive personality. A shift from angular to rounded letters after exposure to the sound lounge could indicate increased openness and receptivity.
- Emotional and Creative Well-being:** Rounded letters can be associated with a more emotional and creative disposition. After a session in the sound lounge, you might observe more rounded letters, indicating a shift towards better emotional and creative expression.

Overall Summary:

Handwriting Analysis: Focus on changes in pressure, letter size, slant, spacing, and consistency: More open, balanced, and fluid handwriting may indicate better emotional regulation, relaxation, creative focus, and spiritual openness.

Overall Observation: In order to have a more accurate analysis, a larger handwriting sample needed to be tested. However, a cursory visual assessment of the handwriting with and without the iQube, showed that when the iQube was being used; generally what was noticed is that generally baselines were straighter, margins were more aligned, there was more inclination towards a cursive and more connected writing style. All spacing between letters, words and lines were more even. Letters were smaller and more focused, and the pressure was often lighter, showing an increased relaxation and grounding response.

[Back to measurement tools](#)

Voice Harmony Analysis

Note	Sig positive change w/I	Sig positive change wo/I	Sig negative change w/I	Sig negative change wo/I
C	5	2	2	3
C#	5	2	2	4
D	4	4	3	3
D#	5	9	6	3
E	6	3	4	4
F	4	6	4	3
F#	2	4	9	5
G	1	7	5	5
G#	1	2	3	7
A	0	4	6	5
A#	4	1	3	2
B	3	0	1	1

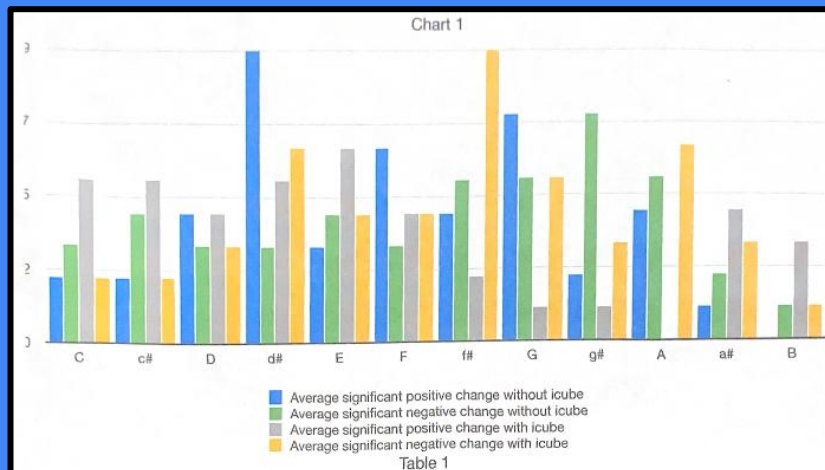
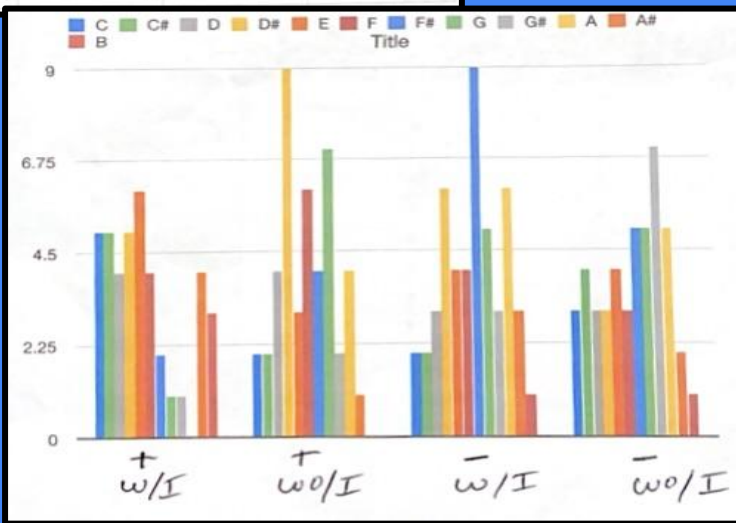


Table 1

	Average significant positive change without icube	Average significant negative change without icube	Average significant positive change with icube	Average significant negative change with icube
C	2	3	5	2
c#	2	4	5	2
D	4	3	4	3
d#	9	3	5	6
E	3	4	6	4
F	6	3	4	4
f#	4	5	2	9
G	7	5	1	5
g#	2	7	1	3
A	4	5	0	6
a#	1	2	4	3
B	0	1	3	1