

14 Years After Debut EP, Chords of Truth Transforms Music Philosophy Into Daily Nervous System Calibration App

LUCID TUNER Launches as First Pre-AI Frequency Tuning Protocol — Built on 22 Principles Encoded in Music Between 2011-2017



Sarasota, Florida Jan 3, 2026 ([Issuewire.com](https://www.issuewire.com)) - Exactly 14 years after releasing his debut acoustic EP *Reflections of Reality*, musician and philosopher Jason Garriotte (aka Chords of Truth) is launching **LUCID TUNER**, a groundbreaking web application that transforms his decade of encoded wisdom into precision nervous system calibration protocols.

LUCID TUNER is not a meditation app. It's a frequency tuning tool that uses quantum mechanics, neuroscience, and pre-AI human wisdom to help users recalibrate their internal state in 5 minutes per day—free forever.

"I spent over a decade encoding timeless wisdom into music as Chords of Truth," says Garriotte. "LUCID TUNER is the evolution of that work—taking the 22 Principles and turning them into daily nervous system calibration protocols. This isn't passive listening. It's precision frequency tuning backed by neuroscience and quantum mechanics."

How It Works: Field-Selected vs. Intentional Tuning

LUCID TUNER offers two modes:

Field-Selected Tuning (Free Forever): Users receive one quantum-selected Tuning per day using consciousness-responsive randomness. The system doesn't give users what their ego wants—it delivers what they need. Each Tuning includes an Echo (frequency-specific music from the 22 Principles), a Tuning Key (exact lyric phrase to reprogram the RAS), and a Practice (somatic action matched to context).

Tune My Broadcast (PRO): Unlimited on-demand calibration. Users select their context (Driving, Working, Meditating, Moving) and target frequency (Focus, Peace, Momentum, Flow), allowing intentional co-creation with the Field. Available for \$17/month or \$150/year.

The Science: RAS Reprogramming Meets Quantum Mechanics

At the core of LUCID TUNER is the Reticular Activating System (RAS)—a bundle of neurons at the brainstem that processes 11 million bits of data per second but only allows ~50 bits into conscious awareness. The RAS doesn't just filter reality—it participates in collapsing quantum possibilities into actuality.

LUCID TUNER uses three synchronized elements to retrain the RAS:

- **Echoes:** Frequency-specific music created 2011-2017 under the Chords of Truth project. Not AI-generated tracks—human-transmitted wisdom.
- **Tuning Keys:** Exact lyric phrases from the 22 Principles that act as portable RAS reprogramming code.
- **Practices:** Somatic interventions matched to user context (eyes-open protocols for driving, breathwork for stillness, movement for activation).

The Field Generated Tuning selection uses quantum randomness based on research by consciousness physicist Dean Radin and author Lynne McTaggart, allowing the Field to participate in the selection process.

Pre-AI Wisdom in a Post-AI World

Between 2011 and 2017, Garriotte wrote and recorded the 22 Principles as Chords of Truth—acoustic folk music in the tradition of 1970s singer-songwriters like Cat Stevens and Leonard Cohen. PASTE Magazine wrote of his work: "Garriotte's heavenly voice evokes emotion and a whimsical feel throughout, as he pulls at your very heartstrings."

Now, as AI-generated music floods the market, the 22 Principles stand as uncopyable human wisdom—refined through 25+ years of travel, performance, and philosophical synthesis.

"I traveled the country for years playing music and tennis, staying in Airbnbs, couch-surfing, sleeping in my car—absorbing wisdom from audio lectures, podcasts, conversations, and lived experience," Garriotte explains. "The 22 Principles are a distillation of all of that. And now, anyone can access them as daily nervous system calibration."

Built for Conscious Operators

LUCID TUNER targets what Garriotte calls "Conscious Operators"—biohackers, entrepreneurs, and high-performance creatives who want precision control over their state. The free tier offers generous access (one Field-Selected Tuning daily, forever), while PRO unlocks unlimited intentional calibration, full Broadcast Log history, and the ability to pin favorite Tunings.

The application includes Signal Type filtering (Ground, Clear, Open, Rise, Raw, Bright, Drive), allowing users to exclude frequencies that create resistance in their nervous system—similar to filtering music genres, but based on physiological effect rather than style.

Availability

LUCID TUNER is available now at **lucidtuner.com**. The free tier requires no credit card and provides lifetime access to one Field-Selected Tuning per day. PRO subscriptions unlock unlimited Tune My Broadcast access for \$17/month or \$150/year.

About Chords of Truth / Lucid Principles

Chords of Truth is the musical project of Jason Garriotte, launched in 2011 with the debut EP *Reflections of Reality*. Over the following years, Garriotte released multiple albums and singles exploring themes of consciousness, freedom, and perception through acoustic folk music. In 2021, he released *Shadow Sessions*, an intimate collection described as "existential and reflective" by music press. The 22 Principles encoded in this body of work now form the foundation of LUCID TUNER, created by Lucid Principles, LLC.





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