

Chanting, praying, centering

# How to build Echo Chamber

The Eye of Coherence

“The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light.” – Matthew 6:22 (KJV)



The Healing Garden  
Dr. William A. King, Jr.

Let's turn your Mac into a chanting temple.

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## Resonance - Creating a portable Echo chamber - turn your Mac into a chanting temple

### Connect and select your headphones Q20i noise canceling headphones

1. **Turn on**  
your Q20i and connect via Bluetooth.
2. On your Mac:
  - **Apple menu** → **System Settings** → **Sound**
  - Under **Output**, select **Soundcore Q20i**.
  - Under **Input**, for now select **MacBook Microphone** (we'll keep it simple first).

Later, if you get a USB mic, we'll switch the input to that.

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### Create a new GarageBand project

1. Install GarageBand (Free)
2. Open **GarageBand**.
3. On the startup window, choose **Empty Project**.
4. When it asks what to track:
  - Select **Microphone**.
  - Input: **MacBook Microphone**.
  - Click **Create**.

You should now see a single audio track.

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## Turn on live monitoring (so you hear yourself)

On the left track panel:

1. Find the little **“I” button** (Input Monitoring).
  - It looks like an ear icon.
  - Click it so it turns **yellow**.

Now, when you speak, you *should* hear your voice in the Q20i (even before effects).

If you don't hear anything:

- Make sure the **track is selected**.
  - Make sure the **mute button** (speaker icon) is not enabled.
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## Add reverb and echo (your echo chamber)

On the same track, at the bottom:

1. Click the **“Smart Controls”** button (knob icon) at the top left, or press **B**.
2. At the bottom, you'll see controls like **EQ, Compressor, Reverb, Echo**.

Start simple:

- **Reverb**: set around 30–40%.
- **Echo**: set around 10–20%.

Now chant a bit and feel how the room changes.

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## 5. Use a built-in “temple-like” preset

1. With the track selected, look at the **left side** where it says something like “Audio 1”.
2. Above that, there's a **Library** button (books icon) or press **Y**.
3. In the Library, choose: **Voice** → **Vocal Hall** or Voice → Cathedral.

These instantly give you a big, resonant space.

You can still tweak **Reverb** and **Echo** at the bottom to taste.

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## 6. Reduce delay/latency (so it feels natural)

If your voice feels slightly “late” in your ears:

1. Go to **GarageBand** → **Settings** → **Audio/MIDI**.
2. Enable **Low Latency Mode**.
3. Make sure **Input Device** is **MacBook Microphone** and **Output Device** is **Soundcore Q20i**.

This tightens the response so chanting feels immediate.

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## 7. Save your “chamber” as a preset

Once you like the sound:

1. With the track selected, go to the **Library** (Y).
2. At the bottom of the Library, click the **Save** button.
3. Name it something like:
  - 
  -

Now you can recall that exact acoustic space anytime.

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## 8. A starting “Womb Chamber” setting

Try this as a first inner chamber:

- **Preset:** Start from Voice → Studio or Vocal Hall.
- Then tweak:
  - **Reverb:** ~35%
  - **Echo:** ~12%
  - **Q20i ANC:** ON
  - **Volume:** Comfortable, not loud—this is about immersion, not intensity.

Put on your **eye mask**, sit still, and chant on a single tone. Let the room “wrap” around your voice.

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