

Placebo in case of emergency. [Click here to return to the full-bandwidth placebo experience](#)

In case of emergency
It is essential to remain calm
Follow these instructions carefully
And adapt them to your situation

You will hear an audio cue
This will prompt you to close your eyes

In a moment you will hear or imagine a 4 second tone
Inhale for the duration of the sound

Then you will hear or imagine a 7 second tone
Hold your inhalation for the duration of the sound before exhaling

Then you will hear or imagine an 8 second tone
Control your exhalation so you release the oxygen for the duration of the sound

Excellent. Let's repeat this a few more times (Repeat as necessary)

How much time has passed?
How do you feel in relation to when you started?

Start to notice the natural pattern of your own breath
And notice the rhythm of your heart beating
Without trying to modify or control it

Now listen to the rhythm of your own body
Breath, and heartbeats
In harmony with the sounds you hear

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How much time has passed?
How do you feel in relation to when you started?

Placebo in case of emergency is an online placebo treatment suitable for a wide variety of emergency situations.

This healing placebo is not recommended as replacement for expert or professional care.

However it may prove useful even in absence of such care.

Use liberally with or without included ambient music or sounds of nature. Stay safe.

Audio Placebo Plaza 2023 - Julia E. Dyck, Erin Gee, Vivian Li. Illustrations by Ali Murtaza