opamp A: differential L/R audio to light
opamp C: Sawtooth generator
opamp D: Schmitt trigger

U1
MCP6004

OUTA   OUTD
-INA   -IND
+INA   +IND
V+   V-
+INB   +INC
-INB   -INC
OUTB   OUTC

R5
220Ω
Q3
R10
47kΩ
R6
100kΩ
C3
1nF
R9
47kΩ
R11
100kΩ
R7
47kΩ
R8
47kΩ
R3 (audio level)
1MΩ
R2 (light sensitivity)
1MΩ
Q2
BPW40
R13
1kΩ
LED1
White (4500K)
R14
47kΩ
LED2
Red (633nm)
R1 (gnd)
1MΩ
C1
100 nF
C2
100 nF
R4
2.2kΩ
S1
VCC1

Ring2
Ring1
Tip
Sleeve

TRRS socket (to headphones)

Mic (sleeve)
Left (tip)
Right (ring 1)
Gnd (ring 2)

TRRS Jack plug (to iPhone/computer)

fritzing