

## *The Tuning Fork*

A tuning fork is designed to precisely emit one single frequency (a pure sound). Tuning forks are used in the realms of medicine, music, and science for a variety of applications. Their precision makes them ideal for use in sound therapy, using the capacity of the human body to resonate with pure sound.

The creators of INNER SOUND, Arden and Jack Wilken, have developed a special series of tuning forks spaced in pure 5<sup>th</sup> intervals for use at the ears.

## *The Pure 5th*

A **pure 5<sup>th</sup>** is the naturally tuned form of the musical interval known as the *perfect 5<sup>th</sup>* in which the frequency of the higher tone is exactly 1.5 times the frequency of the lower tone. The pure 5<sup>th</sup> is an important element in our environment appearing frequently in the natural harmonic spectrum of the voice. It is also the most important interval in sound healing and appears almost always in healing music compositions, ancient as well as modern.

The use of tuning forks in this interval, one at each ear, produces an organized wave of expansion and contraction throughout the body. This occurs at all levels helping the body to relax deeply. This relaxed state helps the body to regenerate and the energy system to balance and align.

*Read our peer reviewed article, "Our Sonic Pathways" at*  
[www.innersoundonline.com](http://www.innersoundonline.com)

## **Basic & Advanced Tuning Fork Training** **April 30 & May 1 2011**

Name: \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_

Zip Code \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Tuition – \$325  
Early bird discount - \$295 by March 30 2011

\$ \_\_\_\_\_ Amount Enclosed

Please print your name as you would like it to appear on the completion certificate:

\_\_\_\_\_

Purchase of Tuning Forks is optional; Tuning Forks will be available for your use at the course.

**Refund policy:** Tuition less \$50 admin fee or apply to another course

**Privacy policy:** Information is kept confidential & is never shared or sold to third parties

Can you bring a massage table? Yes No

**Please register:**

- online at [www.innersoundonline.com](http://www.innersoundonline.com)  
(course/concert schedule; USA/Minnesota)- via Paypal  
**or** -send check (made to INNER SOUND) & this form to Amy DeLong

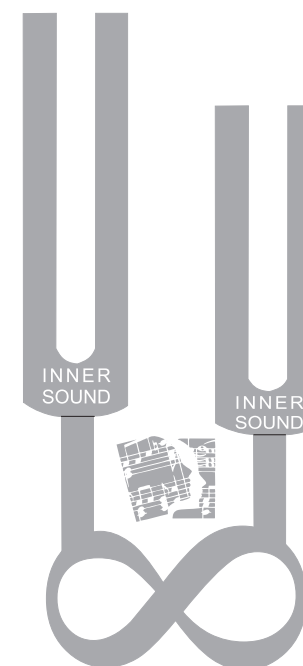
**Course Coordinator:**

Amy DeLong  
240 Cottonwood Dr  
Vadnais Heights, MN 55127  
651-485-2770/ Amy@HealingPetsMN.com

**Course location:** Minneapolis/St Paul area

# Minneapolis/St Paul Sound Therapy

## **Spiral of 5ths** **Basic & Advanced** **Tuning Fork Training**



For stress reduction and  
relaxation

**April 30 & May 1 2011**

Sat & Sun 9 am - 6 pm  
Minneapolis/St Paul area

*Instructor: Arden Wilken*

INNER SOUND  
*Spiral of 5ths Basic and Advanced  
Tuning Fork Training*

**Course Objectives**

This interactive 16 hour training covers information about **stress reduction and relaxation** through the application of pairs of **tuning forks as sound therapy at the ears**.

After **lecture, discussion, demonstration** and **practice** participants will be able to **describe** effects of sound in the body, **assess** patient/client sensitivity to tuning forks used as sound therapy, **list** over-activation symptoms and counter-indications, **define** beginning session protocols and **apply** pairs of Spiral of 5ths Tuning forks on themselves, patients/clients and their families with a range of **physical, emotional** and **mental complaints, symptoms** or **themes** in a variety of settings including long-term and end-of-life care.

**Teaching strategies:** Lecture, handout, power point, demonstration, return demonstration and critique of return demonstration.

**Successful completion requirements:**

- ❖ Entire course attended
- ❖ 90 % of the exercises performed
- ❖ Comments and feedback given

**Certificate awarded:** Completion

*Bring pen and paper and wear comfortable clothes.*

**Benefits:**

- ❖ Easy to learn and use
- ❖ Complementary to all therapies
- ❖ For both professional and personal use
- ❖ Rapid and repeatable effect

*The Spiral of Pure 5ths*

The Spiral is a series of 13 precision made (tuned to the 2<sup>nd</sup> decimal) aluminum tuning forks that provide a stable and exact series of pure 5<sup>th</sup> intervals.

The base tone of the Spiral is taken from the Schumann Earth Cavity Frequency. The dominant frequency is approximately 7.865 Hz, well below the limit of human hearing, which begins at 20 Hz. The first tuning fork, at 31.46 Hz, is 2 octaves above the Schumann frequency.

The tuning forks go up by pure 5<sup>ths</sup> all the way to the 13<sup>th</sup> fork, at 4081.81 Hz.

*The Effect of the  
Spiral of Pure 5ths*

The wide range of frequencies within this set permits working at all levels of the organism, in the body from the feet to the head and in the entire energy system to include the Chakras, energy channels, and electromagnetic field (also known as the aura). In the professional setting they are ideal to support any therapy or techniques such as massage, body work or energy healing. At a personal level they are excellent for managing stress.

*Personal and OM Tuners*

The Tuners are two sets of three tuning forks based on the pure 5<sup>th</sup> interval. The Personal Tuners are the 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> tuning forks in the Spiral of Pure 5<sup>ths</sup>. The Om Tuners are based on the OM frequency (136.1 Hz) and a 5<sup>th</sup> below and above this frequency. They are manufactured to the same specifications as the Spiral set.

*Pair 5*

**Pair 5 is the 5<sup>th</sup> and 6<sup>th</sup> tuning forks in the Spiral of Pure 5<sup>ths</sup>.**

*The Effect of Pair 5*

**Pair 5 resonates in the chest area- 4th chakra.  
It helps release physical and emotional discomfort.**

INNER SOUND, an original system of sound therapy and therapeutic music, is a marriage of ancient wisdom and modern science.

School for INNER SOUND is a dba of  
INNER SOUND International.

School for INNER SOUND does not discriminate on the basis of race, color, religion, sex or national origin and complies with the American Disabilities Act (ADA) wherever possible without undue burden to the School or its instructors.

School for INNER SOUND is a member of the  
**British Complementary Medicine Association, Complementary Medical Association** and  
**IAST (International Association of Sound Therapy)**

**TUNING FORK PRICES**

(Tuning Forks can be ordered before the Training. If purchased during or after the training, shipping may apply.)

Spiral of 5ths (Set of 13) \$544, including pouch, wooden hammer and rubber activator

OM Tuners (Set of 3) \$164, including pouch and rubber activator

Personal Tuners (Set of 3 from Set of 13) \$164, including pouch, wooden hammer and rubber activator

Pair 5 (Set of 2 from Set of 13) \$120, including pouch, wooden hammer and rubber activator

(Financial disclosure: Arden and Jack Wilken are the creators of these courses and tuning forks and receive a commission or royalty on sales and courses taught.  
The instructors receive a commission on product sold.)