

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 5th intervals for use at the ears.

They are FDA Registered Medical Devices.

The Pure 5th

A *pure 5th* is the naturally tuned form of the musical interval known as the *perfect 5th* in which the frequency of the higher tone is exactly 1.5 times the frequency of the lower tone. The pure 5th 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 and field. 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*

Basic & Advanced Intensive Tuning Fork Training Sat & Sun Oct 28 & 29

Name _____

Address _____

City/State _____

Zip Code _____ Phone: _____

Email Address: _____

BASIC & ADVANCED COMBINED

TUITION: \$360 (Special Price)

\$325 Earlybird (by Sept 28) / Repeat \$180

\$ _____ Amount Enclosed

Please print your name for the certificate:

There is no obligation to purchase tuning forks to attend the training. They 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.

PLEASE REGISTER

- online at www.innersoundonline.com

(course/concert schedule; USA/Minnesota)

or -send check (made to INNER SOUND) & this form to School for INNER SOUND 2542 Westlake Ave N #9 Seattle, WA 98109 **or**

Contact Organizer:

Cathy Bender

Tel: (612) 812-8953

cathyandjeffbender@earthlink.net

Training Location:

Augustana Care Center

1007 E 14th St

Minneapolis MN 55404

Accommodation: Limited number at Augustana

SOUND THERAPY

Tuning Fork Training

(applied in pairs at the ears)

(INNER SOUND est 1978)

2017

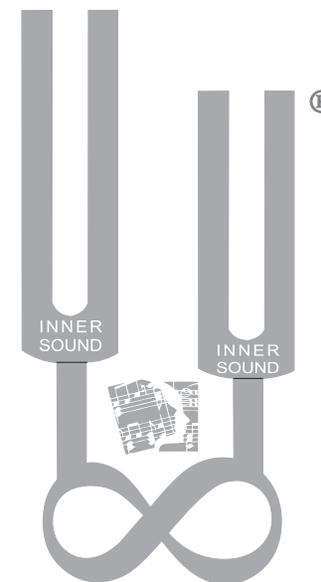
Minneapolis/St Paul, MN

BASIC & ADVANCED INTENSIVE

Oct 28 & 29

(9 am to 7 pm both days)

18 CE hours



**For stress reduction and
relaxation**

Instructor: Arden Wilken

*Co-Founder INNER SOUND
LMP # 60342219 (WA), BCTMB
Certified Postural Integrator*

INNER SOUND

Spiral of 5ths Basic & Advanced Tuning Fork Trainings

Learn to use INNER SOUND tuning forks as sound therapy for stress reduction and relaxation of self or others either alone or to complement any therapy.

BASIC TRAINING: Teaches the use and primary application of these tuning forks applied at the ears, including relaxing specific areas of the body and energy system.

ADVANCED TRAINING: Deepen the use for more specific applications, including focus on distinct symptoms and themes on a physical emotional, mental or energetic level with the INNER SOUND motifs.

In both trainings there is an in course assessment of learning objectives by observation and oral questions. Power point, demonstration/return demonstration & detailed course material supports on-going application. Certification is available for both.

*Since 2002 in an on-going study, INNER SOUND tuning fork use has shown a **significant statistical difference** in client-assessed pain and stress levels before and after a session.*

Successful completion requirements:

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

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 2nd decimal) aluminum tuning forks that provide a stable and exact series of pure 5th 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 5th all the way to the 13th 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 and promoting wellness.

Personal and OM Tuners

The Tuners are two sets of three tuning forks based on the pure 5th interval. The Personal Tuners are forks 6, 7, and 8 from the Spiral of Pure 5th, resonating the mouth, ears and eyes. They support the senses of hearing, touch, vision and smell and can be used as a prelude to group or personal meditation. The Om Tuners are based on the OM frequency (136.1 Hz) and a 5th below and above this frequency, affecting the chest and solar plexus. Because of their lower frequencies they promote support for the digestive organs and grounding. They are manufactured to the same specifications as the Spiral set.

Pair 5

Pair 5 is forks 5 and 6 in the Spiral of Pure 5th series, resonating in the chest area- 4th chakra, supporting the release of physical and emotional discomfort.



Massage Therapists and Body Workers

INNER SOUND International/School for INNER SOUND is approved by the National Certification Board of Therapeutic Massage and Body Work (NCBTMB) as a Board Approved Continuing Education Provider.

INNER SOUND, est. 1978, an original system of sound therapy and therapeutic music, is a marriage of ancient wisdom and modern science.

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

TUNING FORK PRICES

(Tuning Forks can be purchased for delivery at the Training. If purchased during or after the training, shipping may apply.)

Spiral of 5ths (Set of 13) \$583,
including pouch, wooden hammer and rubber activator

OM Tuners (Set of 3) \$176.25,
including pouch and rubber activator

Personal Tuners (Set of 3 from Set of 13) \$176.25,
including pouch, wooden hammer and rubber activator

Pair 5 (Set of 2 from Set of 13) \$130.50,
including pouch, wooden hammer and rubber activator

For online purchasing
http://innersoundonline.com/prices_and_purchasing.htm