

INNER SOUND Tuning Forks are easy to learn and apply, and give consistent results. They can be used independently as a pre-treatment or as an enhancement to any therapy. They are pure sounds that produce deep relaxation enabling the body to regenerate and the energy system to balance and align itself.

*“INNER SOUND Tuning Forks bring you peace.”*

**Option 1:**

If you already have the OM Tuners, you will only need 11 tuning forks including the pouch & wooden hammer to complete the OM Set of 14.  
(Same pouch as used for the Set of 13. There is room in the pouch for the OM Tuners and rubber activator.)

**Option 2:**

OM Set of 14 tuning forks including pouch, wooden hammer and rubber activator.  
(All prices are plus shipping. Allow 4-6 weeks for delivery.)

SEE CURRENT PRICE LIST

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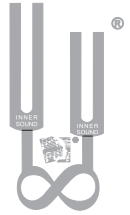
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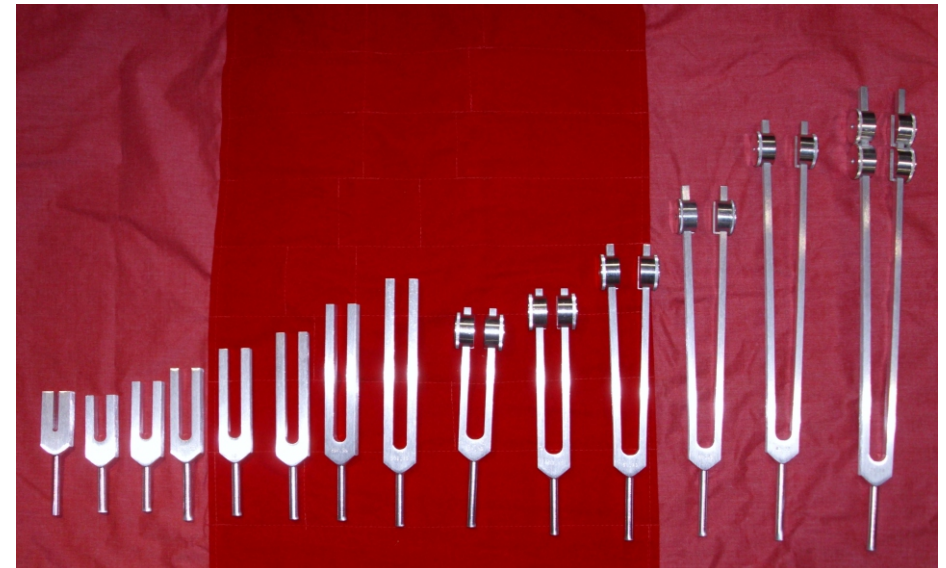
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# INNER SOUND Tuning FORKS



**OM Set of 14, the next step**



## Healing Process

Step 1

*Relaxation* = Spiral of 5ths Set of 13

Step 2

*Centering, Deeper Contact, Clearing & Grounding* = OM Set of 14

## Healing Process

The first step in any process of change or healing is relaxation. If we begin from a point of conflict and tension, it is difficult for deep shifts to occur. Entering into a state of deep relaxation is the first step in any real process of change. The Spiral of 5ths Set of 13 tuning forks we have used at INNER SOUND since 1998 are the mainstay of this first step.

## Spiral of 5ths Set of 13 & the OM Set of 14

The Spiral of 5ths Set of 13 is based on the first audible octave of the Schuman Earth Cavity Resonance, Fork #1 = 31.46 HZ. (See page 8 of the Basic Training Material.) Helping the individual enter into a deep and balanced state of Alpha brain waves, relaxation at all levels is promoted. The OM Set of 14 is the next step in the process and builds on the relaxation, enhancing centering, contact, grounding, and clearing of mental haze.

## What is the OM Set of 14?

Since 2003 we have been using the set of 3 tuning forks, the OM Tuners, with the OM\* frequency as the center fork with each fork on either side of it either a 5th above or below it. The OM Tuners have consistently promoted clearing, deeper contact and grounding, particularly in the 3rd and 4th Matrix. Based on the ongoing request for the effectiveness of the OM frequency we have now produced a set of 14 forks referenced directly to the OM frequency (136.1 HZ) using Pythagorus' approach of a series of 5th intervals, the same as we used in the Spiral of Pure 5ths Set of 13 tuning forks. The OM Set of 14 moves downward in pure fifths from OM until it reaches a frequency just above the limit of our lower audible range (Fork #1 = 26.89 Hz) and upward to give us sufficient range to touch the whole body (Fork #14 = 5232.38 Hz). (The OM Set of 14 includes the OM Tuners which are Forks #4, #5 & #6, the OM frequency being Fork #5.) We had this set made over 5 years ago and we have been investigating with it ever since. Because of that we have had requests to make it available either on a limited or on a general basis. As it provides a positive 2nd step in the healing process, we have now decided to put it into production and make it available to anyone who has taken our Basic & Advanced Spiral of 5ths Tuning Fork Training.

\* Om is a frequency that people try to fit into our Western musical scale. Given that our musical scale is something recent that does not conform to the natural harmonics of our body, we make no attempt to follow this train of thought. In the Hindu religion it is said to be the sound from which all things have come. It has also been referred to as the 'Year Tone', the frequency of the Earth's travel around the Sun in one year.

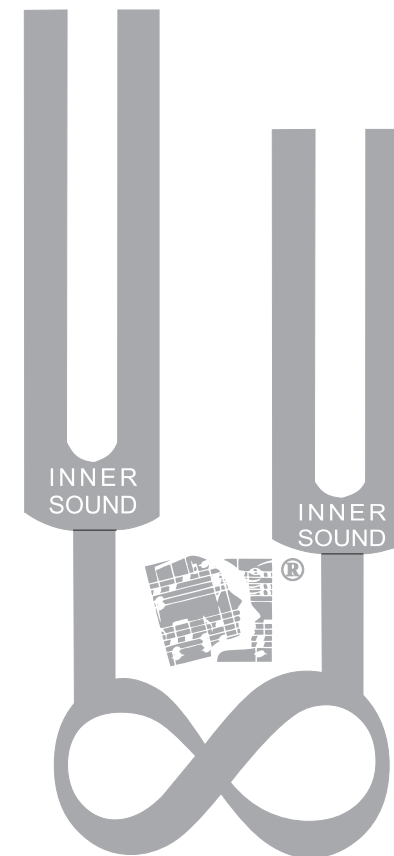
## Recommended Order of Elements

We recommend using Pair 5 or ELAs from the Set of 13 when using the OM Set of 14 or any of its elements by itself. It is also possible to combine the same elements from the Set of 13 and the OM Set of 14; for example, Personal Tuners from the Set of 13 and Pairs 8, 7, 8 from the OM Set of 14, or Matrix 1 and 4 from the Set of 13 and Matrix 1 and 4 from the OM Set of 14. The Set of 13 element(s) should be applied first. We do not recommend mixing different elements from the 2 sets in the same session.

The recommended order for the elements with the OM Set of 14 is as follows:

- Pair 5 (Set of 13)
- Basic Long or Short (OM set of 14)
- Matrices (OM set of 14)
- Motifs (OM set of 14)
- OM Tuners (Pairs 5, 4, 5 of the OM Set of 14)
- ELAs (Set of 13)

*The above shows order only. What is chosen for any given session is based on following the client.*

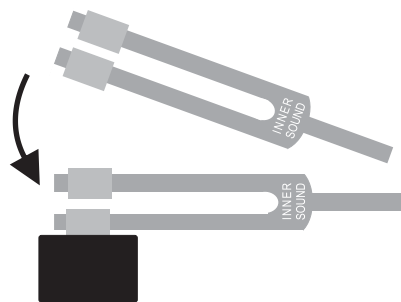


## Training for the OM Set of 14

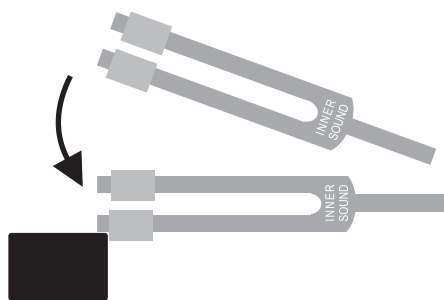
As the activation, application and use of the OM Set of 14 are so similar to the Set of 13, we feel there is no need for additional in class instruction. However, if questions arise, do not hesitate to contact us. If a refresher is desired for all aspects of our tuning forks, come and retake either Day 1 (Basic use- physics of sound, activation, application of Pair 5, Personal & OM Tuners, Matrices, Basic Long or Short sessions) and/or Day 2 (INNER SOUND Motifs applied with tuning forks) of our current Spiral of 5ths Tuning Fork Trainings. Check [www.innersoundonline.com](http://www.innersoundonline.com) Course/Concert Schedule for dates or call us in Seattle, 206 618 3985.

# How to activate weighted forks

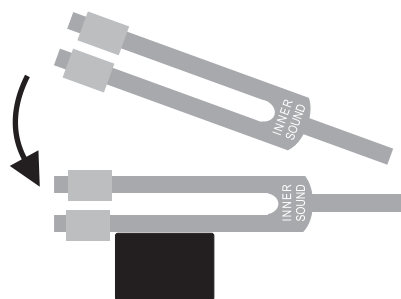
yes



no



no



**Precision Manufactured** The OM Set of 14 is manufactured at the same high quality and precision in the US tuned to the 2nd decimal as all of our tuning forks which have shown consistency and durability in both clinical and non-clinical environments. A reminder: The tuning forks can become discolored if not stored in a dry place. This discoloration in no way affects the performance of the forks. It is an aesthetic consideration. The discoloration is a layer of oxidation which can be removed by 600 grit wet/dry sandpaper. If you have any questions about this, contact us.

**Activation** The OM Set of 14 is activated exactly the same way as all the other sets of tuning forks with thumbs relaxed and a gentle activation, the lowest fork in each pair activated first. Pair 1 and Pair 14 ring less time than Pairs 1 & 13 of the Set of 13 so be prepared to activate these pairs a bit more strongly. Pairs 1 – 5 are weighted, so they are activated squarely on the surface of the rubber activator. Pair 6 has one weighted and one non-weighted fork so Fork #6 is activated squarely on the surface of the activator and Fork #7 is activated on the edge. Pairs 7-14 are non-weighted, being activated on the edge.

**Matrices** As there is one more pair in the OM Set of 14 and all the other pairs are slightly lower in frequency than the Set of 13 pairs, see the following page for the pairs to be used to create movement in the 7 Matrices (See page 16 & 16a in the Basic Training material for a review of the matrices.)

## Motifs

There are minor additions to many of the motifs when using the OM Set of 14 for the same reasons under ‘Matrices’ above. Upon purchase we will supply new pages for each motif showing the pairs and order to be used. For example, the Foot Stimulation Motif is pairs 1, 3, 5, 2, 4, 6, 3\*, 5\*, 7\*, 1, 1 and the Cleaning Motif contains a 3rd row in the General Sequence- 10, 11, 12, 13, 12.

*\*New for the OM Set of 14*

*As with the Set of 13, all pairs in the Motifs are not crossed, and only 1 or 2 motifs can be used in any session.*

## Over-Activation and Counter-indications

These are exactly the same for the OM Set of 14 as for the Set of 13. (See pages 15 & 18 of the Basic Training manual.)

**Group Sessions** Pair 7 and above are non-weighted forks so use Pair 7 to 13 for a Basic Short or Long Session. Follow the sequence of pairs on Page 3. Part of Matrix 5 and Matrices 6 & 7 in their entirety can be applied in a Group Session.

**USE** Apply the OM Set of 14 in the same way as the original Spiral of 5ths Set of 13- in pairs at the ears. The sequence of pairs used are slightly different, however, due to the lower frequencies of the forks and the 13th pair. Page 3 shows the ascending and descending pairs used for a Basic Long and Short Session.



1st pair 26.89 Hz & 40.33 Hz (Matrix 1)

2nd pair 40.33 Hz & 60.49 Hz (Matrix 1)

3rd pair 60.49 Hz & 90.73 Hz (Matrix 2)

4th pair 90.73 Hz & 136.1 Hz (Matrix 3)

5th pair 136.1 Hz & 204.15 Hz (Matrix 4)

6th pair 204.15 Hz & 306.23 Hz (Matrix 5)

7th pair 306.23 Hz & 459.35 Hz (Matrix 5)

8th pair 459.35 Hz & 689.03 Hz (Matrix 5)

9th pair 689.03 Hz & 1033.55 Hz (Matrix 6)

10th pair 1033.55 Hz & 1550.33 Hz (Matrix 6)

11th pair 1550.33 Hz & 2325.5 Hz (Matrix 6)

12th pair 2325.5 Hz & 3488.25 Hz (Matrix 7)

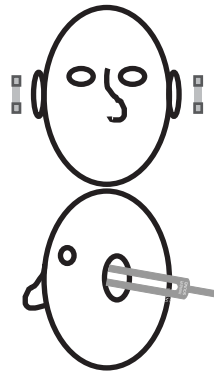
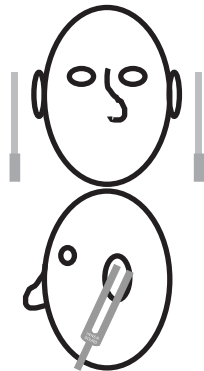
13th pair 3488.25 Hz & 5232.38 Hz (Matrix 7)

\*After ascending use the following pairs to end the session:  
 10<sup>th</sup>, 5<sup>th</sup>, 3<sup>rd</sup> and 1<sup>st</sup>. Basic Short Pairs: 1, 3, 5, 7, 9, 11, 13, 10, 5, 3, 1  
 (Crossing is optional with the descending pairs.)

### Tuning Fork Positions

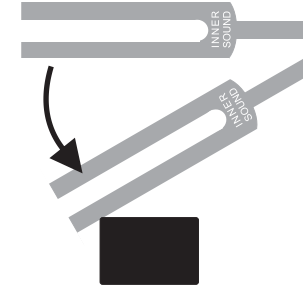
Self Treatment

Practitioner Treatment

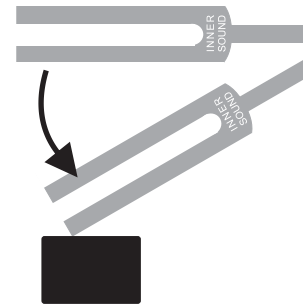


### How to activate unweighted forks

yes



no



no

