

**Experiences had by Health Care Professionals with
the INNER SOUND Spiral of 5ths Tuning Forks
on Humans and Animals**

PLEASE NOTE: Sound Therapy- INNER SOUND Spiral of 5ths tuning forks are not a substitute for licensed medical care. If a condition or illness exists, seek proper medical care.

A Sound Therapy- INNER SOUND Spiral of 5ths Tuning Fork Practitioner does not diagnose or treat illness.

(Various terms are used below: Motifs, Basic Long, ELA's, Expansion Motif, etc. These are different applications of the Spiral of 5ths Tuning Forks developed by INNER SOUND for use as sound therapy at the ears.)

KM, Massage Therapist (USA)

'My younger brother was diagnosed with gallbladder cancer over 10 years ago and was told he had 6 months to live back then.... He also has an internal J bag. Needless to say, his fluid absorption is compromised. To worsen matters, we have terrible heart genetics. Our mother had open heart surgery with an oblation to stifle her electrical malfunction that sends her heart rate over 200... My brother's heart has been irregular lately. In spite of all this, he rides his bicycle with Lance Armstrong's Livestrong group. When he was casually riding the other day, his heart rate skyrocketed to 200 and held there. He was near my house so he stopped on my front porch. I held my hands along on his heart meridian imagining a healing and calming light which lowered his rate to 186. Then I put your tuning forks to the test. He was wearing a rather sophisticated heart monitor so we could watch the affects. I started with 31.46 and 47.19 (Pair 1 from the set of 13). He became restless. I thought it was just his condition at the time, but it was his astonishment as he watched his heart rate just plummet to 150. I continued with 70.79 and 105.18 (Pair 2 from the set of 13), then pair 5s at which time he was at 93 and held there!!! I've always been impressed with the ability to know what about 90% of my clients sound like snoring from the forks, but I never had concrete data in front of me like that to substantiate what physiologically happens.'

DB, Registered Nurse, Women's health Nurse Practitioner, Certified Healing Touch Practitioner and Instructor (USA)

'I have a client who has severe fibromyalgia & also bipolar disorder. I have been using the tuning forks on her as well as other modalities. I've been able to help this diagnosis with what I already knew but never had the response & maintenance of the response this quickly. Of course, the story is still unfolding but this young woman is experiencing periods of 0 physical discomfort &, level moods like she can't remember in many years. Her change got her psychiatrist's attention. He called me & is interested in referring other clients to me. Many other interesting things are happening with other clients & I'm enjoying using it on myself also.'

EB, nurse

'Just wanted to let you know how much I am enjoying the tuning forks. I mainly use them for myself, I really love the motifs. It's really uncanny how effective they are!! They are so simple to use and can help anything from a sore toe to a major psychological stumbling block!!'

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DG, School Nurse, CHIP (USA)

'I have been using the Tuning Forks for approximately three years. I have probably treated at least 30-35 clients- some of them more than once.

I have found that they are wonderful as a stand-alone treatment or as a compliment to doing Healing Touch or working with Essential Oils as aromatherapy or direct application to the body. The Tuning Forks from Inner Sound actually speed up the process of balancing the energy field or releasing physical discomfort or trauma.

As a school nurse, I have opportunities for just quick interventions with staff.

One staff member had pretty severe knee discomfort after his knee collapsed while out hunting. I did a 10 second activation with the Basic Long and Pair 5 for Pain and Release and ELA's. The discomfort was 95% relieved. Then I did quick Healing Touch technique and he was discomfort free. He was still discomfort free after two weeks.

One secretary has Carpal Tunnel and a stiff neck quite often. Some days we just have time for the Personal Tuners and Pair 5 with ELA's. She says it takes about 1/2 hour and then she suddenly feels her shoulders relax and she is able to rest and sleep much better. I try to give her a Basic Long or short at least once a week. These are usually 10 to 15 second activations.

My husband loves to have a session before he goes to bed at least 2-4 times a week. He has insomnia, and he finds that he can relax and go right to sleep. I have found through these sessions that a cumulative affect has been that he is much more expressive verbally and physically. It has changed our relationship and improved our marriage.

For myself, I can use the Tuning Forks to treat a headache or tension in my back and neck. I use them at least 3 or 4 times a week. I have changed both emotionally and physically. Recently I have sensed that they are working at such a deep level that I use them more than the other healing modalities I was using before. I can use a Basic Short or Long and Pair 5 with ELA's and virtually give a full body treatment. And it works.

I am so grateful to you for your research and knowledge. I can accomplish more with the individual in a matter of minutes, without expending my own energy and in a lot less time. No one complains about the aroma and they do not have to disrobe or climb on a table. The tuning forks are portable and I only need a chair. My goal is to introduce them into our school setting for the students.'

MK- RN, Certified Healing Touch Practitioner and Instructor

'In my private practice of Healing Touch, I started using the Tuning Forks on my HT clients. At first I was using them after a HT session and found that to be more stimulation than was needed. So I started using the TF's prior to a HT session and it made all the difference in the world. Patients were relaxed; the energy system opened and flowed very easy. It also put the patient in a more receptive state for verbalizing their releasing once the blockages started opening. It really enhanced a session.

The majority of the patient's outcomes and mine have been met when using the TF's. I have even had patients that have been dizzy and after using the TF's no longer have that symptom. The majority of them experience a deep relaxation. Some have even experienced the wave movement down their spine, relief of their headaches and improvement in their spiritual well being.

I have also had better results when I do the Basic long before doing the Motifs.

One man that I had really change his perception on his relationship with his wife and stated that the TF's helped open him to where he could see things differently, which was life altering for him. He actually had a vision during the TF treatment that was "extremely spiritually uplifting" for him. He and his wife got back together and he no longer had sleep pattern disturbances.

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I have found the TF's to enhance chemotherapy and help prevent nausea and vomiting. One of my patients barely dropped her H&H.

One of my patients complained of a rash over the face and abdomen. He had not gone to the MD yet; his appointment was made for 2 days later. He had had the rash for 1 ½ weeks and after doing the Expansion and Integration motifs the rash had disappeared the next day. I believe that the rash was caused by anxiety and that when he relaxed and became more peaceful he was able to release the blockages causing the anxiety.

Below are some case studies that were I wrote up, that you could review. I think that the most dramatic results rendered themselves with the patient that had severe depression.

Case 1 –KC is a 42 year old, white female. She is a mother of 2 daughters (11 and 15 yo). She lives with her husband in x. She was diagnosed with breast and spinal cancer in 2003. When talking with her, it was discovered that she was a victim of sexual abuse from her father. I felt that her cancer stemmed from her anger from abuse that was deeply seeded. She underwent a partial breast removal and lymph node removal of the right breast in January 2004. In February 2004 she underwent a hysterectomy. Her MRI showed T4-5, and T 12, and L 1 to have lesions approximately 2 cms. Over the course of her tuning fork treatments, the mutual desired goals were to keep her CA 125 levels decreased by a balance and align her energy system, to decrease her anxiety, decrease the size of her spinal lesions, prevent right arm swelling, clear emotional blockages, relief of physical discomfort and relief of symptoms caused by radiation and chemotherapy treatments.

She had stress rings- an indicator of a sensitive nervous system in the iris. The activation of 30 seconds each pair was started and she was worked up to an activation of 60 seconds each pair per treatment.

The following motifs were used during her 15 sessions and the reason for their use:

Child Motif – For her feelings of anger; childhood sexual abuse, release childhood wounds, clear emotional blockages.

ELA Motif – Deep release of anxiety.

Integration Motif – For facing realities and being in the emotional presence. Focus on balancing Electromagnetic field and standing up for her own rights.

Birth Motif – For Breast cancer and to clear blocked emotions, open her heart center. For chest and upper torso in the physical.

Centering Motif – Assist with coming in contact with herself.

Conception Motif – For lymph nodes and Breast Ca, 4th energy matrix in the energetic level at the sternum area and at the thoracic spine area. For relief of physical discomfort in the back.

Contraction Motif – For relief of physical discomfort in the back, also for the 4th energy matrix. For the back area, lower back and emotional contact.

Hemispheric Balance motif – For the back area in the physical.

Grounding Motif – Help realign field, so she can be in the present, and to calm her.

Pair 5 for relief of physical discomfort in the back.

For some of the session, the Sound Touch CD was played to enhance the effect of the tuning forks.

After each treatment her energy system was balanced and aligned. She was relaxed. She had no swelling in her right arm or hand, known as lymphedema. Mammogram showed no further Ca and the CA 125 level had decreased. Her hemoglobin had dropped due to the Chemotherapy, but once we started with treatment, her levels improved. She had no nausea and vomiting during chemo or radiation. She had no burns from the radiation. On 6/30/04 she announced that her tumor markers had decreased from 181 before surgery to 45. Her iron saturation was low, however her H/H was 12/38. Her bone scan and CT were normal. Her BP was normal, indicating her anxiety had decreased. She had no back discomfort, but she still had her lesions in the spine that had not gotten larger. Toward the end of her sessions, the above had not changed, however she started to have vision of children playing and appeared to open and talk about her childhood, releasing old wounds.

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Case 2 – PK

PK is a 27 year old, white female. She is single and lives with her two cats. She was complaining of feeling anxious, lonely and depressed. Depression was rated 8/10, 10 being the most severe depressed state. Her boyfriend was not providing her with the attention that she needed. She lacked the happiness and interest in her previous desires and had a low self-esteem. She was treated with the motifs of the tuning fork to balance and align her energy system, to decrease her anxiety, clear emotional blockages, assist her in moving from a depressed state to one of happiness and for inner pain relief. She had rings of sensitivity (Specific structures seen in the iris). The activation of 40 seconds each pair was started and she was worked up to an activation of 60 seconds each pair per treatment.

The following motifs were used during her 15 sessions and the reason for their use:

ELA Motif – For release of anxiety.

Hope Motif – For depression and to decrease anxiety

Contact Motif – For self-esteem issues

Child Motif – Assist with release of blocked childhood memories, anger and mistrust. Release of emotional experiences that are blocking her energy system.

Conception Motif – Help with her lack of personal identity and heart matrix

Theta Motif – To improve the deepest form of self-esteem and build her self-confidence

One session toward the end of the 15, I did a Basic short to strengthen and balance the energy system before the Hope motif for depression.

After each treatment her energy system was balanced and aligned. She was relaxed. She stated, “I don’t have that pain in my body, like I did before. It’s gone.” I did notice her process that she went though from feeling depressed with inner pain and unworthy to feeling like she could do nothing right and realizing that her boyfriend always put her down to feeling more relaxed and happier. She stated one time, “I feel good today, and I don’t have that hopeless pain I was feeling. It’s gone.” I feel that her energy system is much stronger and balanced and that she is not in the deep depression that she was when we started. Depression was rated 2/10, 10 being the most severe depressed state. She is more self-assured.

Case 3 – JF

JF is a 67 year old, white female. She is a mother of adult 2 children and 3 grandchildren. She lives with her husband in x. January 2004 she was diagnosed with a heart murmur and mitral prolapse. She was told that she might need a valve replacement. When talking she expressed her anxiety and fear about her husband. He was diagnosed with an aortic aneurysm and has had multiple cardiac problems, which he underwent cardiac surgery in December 2002. Since that time he has not followed his medical regimen, and she fears that he will die this year. This fear has affected her heart, her heart chakra which was blocked. Tuning fork motifs were used to balance and align her energy system, to decrease her anxiety and fears, and clear emotional blockages especially at the heart center. She has rings of sensitivity, indicators of a sensitive nervous system in the iris. The activation of 40 seconds each pair was started and she was worked up to an activation of 60 seconds each pair per treatment.

The following motifs were used during her 15 sessions and the reason for their use:

Conception Motif – To work on the 4th energy matrix. To help refocus her consciousness to one of balance.

Clearing Motif – To clear blockages throughout the organism.

Hope Motif – To assist her with the change in her state of consciousness from pessimistic to optimistic, and work on the upper chest at the 4th and 5th matrices area. Help release any fears or feeling of entrapment. Open blockages.

Expansion Motif – Help separate and lift areas that have been blocked for so long, remove any fear. To work on the entire electromagnetic field.

Grounding Motif – For calming and relaxing her to assist with releasing and being in the present.

Contraction Motif – to work on connecting with her emotions.

ELF Motif – To assist with releasing and facilitate a more complete release.

Opening Motif – To work on her fear of expression of her emotions.

Integration Motif – To integrate feelings throughout the organism

Centering Motif – To help her come in contact with herself and emotions.

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After each treatment her energy system was balanced and aligned. She was relaxed. She started opening up and talking about her true feelings about her husband and her granddaughter. Her granddaughter is getting married and is with child. She expressed a lot of negative feelings and realized that she could not control what her husband did or did not do and that she needed to control how she felt and how she could cope with his loss if he were to die. She takes everyday now as it is the last and enjoys herself. Her cardiac status has improved, she no longer needs mitral valve replacement, in fact she has decreased some of the medications that the doctor has ordered for her.'

Animal Stories

SW, HTA Practitioner

'As I thought, a client I met with last night responded great to the forks and it really helped him reach a deeper state of relaxation, to the point he was out like a log for 30 minutes after I finished with HTA and TF, I just visited with his wife, feeling he needed the rest. I also had the opportunity to use the basic short (without weighted) for a group of rescue rabbits that have been ill and stressed due to a recent loss of another rabbit. It was amazing, they all came out of their boxes and laid down and stretched out. One I had worked on before the group session (the most ill) was in the middle pen and every time I walked back and forth, he would sit up like a dog begging, to try and get closer to the sound. It was awesome! So I closed with ELA's on him next to his ears, and two other rabbits came over to get close to the sound. I'm excited to work on an idea of sound therapy for people and their dogs together - healing with your animal companion.'

KG

'I did another treatment on the same horse this morning, again with great results. He was loose in the arena standing by the fence and although a little hesitant at first by the time I was up to pair 5 (I did start with a basic long) he moved closer to me and was facing me directly. He is recovering from an injury he incurred last weekend and we are not able to touch his head or put a bridle on him because he is hurting very badly. By the time I was at pair 12 he was almost sleeping again and he just stayed very still while I came down with 9,5,3, and 1. I muscle tested then and went on to do Foot Stimulation and Grounding while he kept nodding off. I think the activation was about 15 seconds and the first day (Monday) he was only letting me do about 5 seconds. Most of the inflammation is gone from his neck now and he is so much more relaxed, eating better, yawning and sighing, licking and chewing (which are signs of relaxation). This horse has had a difficult past and things keep triggering him into very tight and scared behaviour. It is exciting to see him learning how to relax his body and trust this process.'