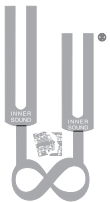


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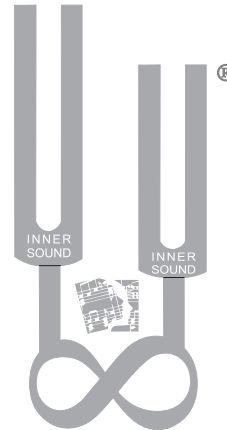
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Trademark owned by Arden and Jack Wilken



# Pair 5

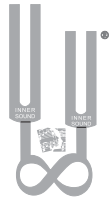
## Instruction Manual

INNER SOUND est 1978



**The INNER SOUND Tuning Forks  
create a balanced movement of expansion  
and contraction throughout  
the nervous system and field.**

**This movement produces deep relaxation enabling  
the body to regenerate and the energy  
system to balance and align itself.**



### **PURE FIFTH INTERVAL**

The pure 5<sup>th</sup> interval is probably the most important interval in sound therapy and occurs in healing music both ancient and modern. The distance between each tuning fork in the Pair 5 is the pure 5<sup>th</sup> interval. On an oscilloscope, two tones that are separated by a pure 5<sup>th</sup> display the symbol for infinity. This can be seen as limitless movement.

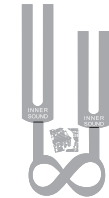
In music an interval is the distance between 2 notes. The pure fifth interval is considered to be the second most important interval, the first being the octave. As far back as Pythagorus it was shown that this interval could be used to describe the notes in the western scale. This was before frequency could be measured. The fifth, also written as the ratio of 3/2, means a ratio of 1 1/2 to one in frequency. For example, one tone with a frequency of 200 Hz and a second tone with a frequency of 300 Hz is the pure 5<sup>th</sup> interval. In musical notes, it would be C and G or F sharp and C sharp, for example.

Using the singing technique of Do, Re, Mi, Fa, Sol, La, Ti, DO, this interval is Do Sol, Re La, Mi Si, Fa Do (upper). The following are all the fifths possible using the 12 note, diatonic western scale: C-G, G-D, D-A, A-E, E-B, B-F#, F#-C#, C#-G#, G#-D#, D#-A#(Bb), Bb-F, F-C.

### **CRANIAL RHYTHMIC IMPULSE**

The body has several self-healing mechanisms, one being a pulse that emanates from the central nervous system (CNS) called the 'cranial rhythmic impulse'. It is associated with a very slight coiling and uncoiling of the spinal cord and CNS. The cerebral spinal fluid, a clear colorless fluid contained in part of the brain and the spinal cord, fluctuates back and forth from the coiling and uncoiling movement and is able to flow through the small channels around the nerves down the spinal cord, exiting the CNS into the peripheral nerves. The ordered expansion and contraction of the pure 5<sup>th</sup> interval coincides with the coiling and uncoiling movement of the CNS.

It is speculated that the movement created by the pure 5<sup>th</sup> interval moves the cerebral spinal fluid enhancing the cranial rhythmic impulse.



### **MAINTENANCE**

Tuning forks will last a lifetime if cared for and used correctly. They should be activated either with a rubber or wooden hammer, on a rubber block, or on the heel of a shoe. They should never be struck against each other nor on the knees, hands or any other body part. (This is for the care and maintenance of the body!) They should be stored in a dry atmosphere, not touching each other if carried or moved. Avoid dropping them. Cosmetic discoloration from oxidation, normally happening in damp or humid climates, can be removed easily with 220 grit sandpaper.

Tuning forks are calibrated at room temperature, 20<sup>o</sup>C/68<sup>o</sup>F. If the forks are placed in an environment much hotter or colder than this long enough for them to change temperature, they will emit frequencies different from those indicated on them. If aluminum forks have been subjected to extreme temperature, a closed car in summer or winter, for example, they can take as long as 1 hour to return to room temperature. Gentle heat from a hair dryer or placement on an open oven door at the lowest setting can speed the process.

## EFFECT OF PAIR 5

Pair 5 is used for balancing the chest area, 4th chakra and, generally, the entire electromagnetic field as the heart produces most, if not all of it.

### Pair 5 'Crossed'

Pair 5 'Crossed' helps with both physical discomfort or trauma located in any area of the body.

### Pair 5 'Uncrossed'

Applying Pair 5 with the largest fork at the right ear creates a deeper, focused form of release of tension at all levels - mental, emotional, physical & energetic.

When activated gently with the wooden hammer, Pair 5 'Crossed' or 'Uncrossed' can be used on a group basis as well.

## Application of Pair 5

**Crossed:** Activate both forks, the largest one first, on the activator and hold one fork at each ear for about 15-20 seconds.

(See pages 3 & 4.) Switch forks to opposite hands and re-activate. Hold forks to opposite ears for the same activation time. Repeat up to 3 times in one session. This sequence can be repeated 2 or even 3 times in the same day as long as no fullness in the ears, headache or tone continuing in the head are experienced.

**Uncrossed:** Activate both forks as above, applying the lower frequency fork to the right ear and the higher frequency fork to the left ear for 15-20 seconds. Do not cross. Repeat twice more.

Both the crossed and uncrossed versions of pair 5, in that order, can be used in the same session or repeated several times during the day as long as the above over-activation symptoms are not experienced.

## GROUP WORK

You can use Pair 5 for a group session, activating them softly with the wooden hammer supplied, holding the tuning forks so that you present the thin side of the tines to the group. Reactivate when you hear the sound die. It is not necessary to cross Pair 5 in a group setting. If the group is small, walk around the group, otherwise walk in front, at a distance of about 3 feet.

## INNER SOUND TUNING FORK TRAININGS

Basic, Advanced and Teacher's Training

*These trainings are part of the SCHOOL FOR INNER SOUND's International Sound Therapy courses.*

**Content Basic and Advanced Training (Combined):** This interactive 186hour 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** 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, clients and families with a range of **physical, emotional and mental complaints, symptoms or themes** in a variety of settings including long-term and hospice care.

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

**Certificate awarded:** Completion 16 contact hours.

## Price:

See current price:<https://innersoundonline.com/#purchase-tuning-forks>

Set includes 2 aluminum tuning forks, pouch, rubber activator & wooden hammer (plus shipping).

## OTHER INNER SOUND TUNING FORKS

Arden and Jack Wilken have created a unique series of tuning forks all based on the interval of the pure 5<sup>th</sup> applied at the ears: Set of 13 Spiral of 5<sup>th</sup> & OM Set of 14 Spiral of 5<sup>th</sup>. Smaller sets of 3 from those sets are the OM & Personal Tuners and Pair 5, set of 2 tuning forks. Personal Tuners and Pair 5 are from the Set of 13, while the OM Tuners is from the OM Set of 14. Each pair frequency is a ratio of 1.5/1.

## VIBRATING Pair 5:

Hold one fork in each hand and gently strike them, the largest fork first, on the rubber stopper approximately  $\frac{1}{2}$  inch from the end of the fork as shown on page 4. Next, hold one fork next to each ear. They should be held as nearly as possible the same distance from each ear, approximately 1 to 2 inches. If you do it on yourself, try it in front of a mirror the first few times, so you can see and hear that you have them in the correct position.

If done on another person, the individual can either be sitting or lying down.

It is best to stand behind the person, if they are sitting, even though it is more difficult to see the placement of the forks at the ears. Use a mirror, if necessary, to facilitate correct placement.

## Tuning Fork Application Positions



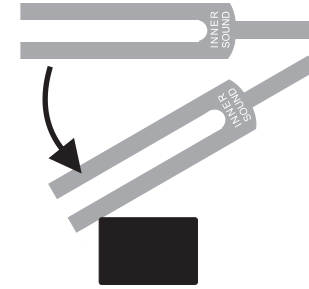
Practitioner

Self

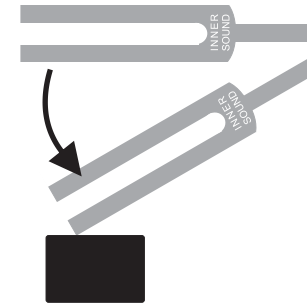
## How to activate non-weighted forks

Hold forks avoiding contact with base of U shape

yes



no



no

