

FAQs by Clients

Tuning Fork Sessions (INNER SOUND) RELAXATION & WELL-BEING

What is an INNER SOUND Tuning Fork Session? This session is all about relaxation from different pairs of tuning forks applied at the head. You will be surprised at how quickly you will relax and how sweet is the sound of the forks. If you haven't already, try this unique way to let your body relax and re-balance itself: sound therapy at its best.

Do I need to do anything to prepare for an INNER SOUND Tuning Fork Session? No, just be sure to tell the practitioner if you have any body areas where you would like extra relaxation such as old/new injuries, surgical sites, chronic areas of tension, etc. so he/she/they can put special attention on those during the session. As the tuning forks are only applied at the head, even tender areas or wounds can be focused on by using certain pairs of tuning forks.

Do I need to wear special clothes or disrobe? No. As the INNER SOUND tuning forks are only applied at the head, street attire is actually fine, however, if you have disrobed to receive a different kind of treatment, you certainly won't have to put your clothes back to receive a tuning fork session! In any case, you will be asked to take off shoes and glasses during the session for greater comfort. Any jewelry or watches may be kept on. Contact lenses and hearing aids can stay in.

What will I feel during an INNER SOUND Tuning Fork Session? Some people fall asleep, others experience physical sensations, memories or thoughts, while others feel like they have 'gone somewhere'. These are all normal and are unique for each individual.

What will I feel after the session? Most often people report a sense of calm, clear-headedness and/or well-being lasting for a day or 2, even longer. A better night's sleep is often reported, along with a clearer vision, a reduction in uncomfortable sensations, and higher energy levels.

What actually happens during an INNER SOUND Tuning Fork Session? For the tuning fork session itself you will lie down face up with eyes closed while the practitioner sits or stands behind you applying the different pairs of forks at each ear. First, he/she/they will do a test of several pairs asking you to say when you start to hear the sounds at your ears. This helps you become familiar with the sound of the tuning forks- some pairs are unexpectedly low in frequency- and helps the practitioner to know how close to your ears to come for the most effective session. Then, the actual application of the tuning forks begins, anywhere from just a few pairs up to 60 pair applications. After the sequence of pairs is completed, the practitioner will give you time to come back to the outside world on your own. If you are asleep or in a very deep state of relaxation, after a few minutes the therapist may touch you on the shoulder to bring you back.

How long does the relaxation from a Tuning Fork Session last? This is unique for you. Some people continue to feel the relaxation for days, for others a few hours. With consistent use over time, old tension and stress stored in the body can be released so that the relaxation experience continues for longer periods.

Can anyone receive an INNER SOUND Tuning Fork Session? Just about anyone can receive a tuning fork session. The exceptions are as follows: Recent trauma within the past month to the central nervous system such as stroke, brain surgery or meningitis; spinal tap or similar procedure within the last 10 days; or during a migraine headache.

What about children? We have special protocols for babies and young children. These may include gently activating the tuning forks with a wooden hammer and standing at different distances away from the child who is sitting on

you prefer, you can decide this at the beginning of the session during the Test Pair Phase.

Why are tuning fork sessions so short? The 2 frequencies of each pair of tuning forks send a precise, clear message to the body to remember its basic movement of expansion and contraction (See below in 'Tell me more about the tuning forks used in the session'.) With years of experience **INNER SOUND** has found that only 7 to 12 seconds of activation per pair gives the best results, rather than a longer activation per pair. This means that you can receive a series of pairs to help your whole body relax, as well as specific sequences to target body areas (feet, knees, hips, neck, shoulder, jaw, for example) in a short time- a full body tune-up with sound, that can complement any other kind of treatment.

What do people say after a session? Clients have reported a 'significant statistical difference' in lower pain and stress levels after a session.

Tell me more about the tuning forks used in the session. The tuning forks come from **INNER SOUND** (1978), an original system of sound therapy and therapeutic music created by Arden and Jack Wilken. They have been in use worldwide since 2000 in a wide variety of healthcare fields and for home use. The main set of tuning forks used, called the 'Spiral of 5ths Set of 13' (Set of 13), consists of 13 tuning forks, or 12 pairs, ranging in frequency from about 32 to 5000 hertz, roughly spanning the range of a full piano keyboard. All 12 pairs from low to high are used in the session and help the whole body relax. Another set of 3 tuning forks called the 'OM Tuners', lower pitched than the Set of 13, are often added to the session to deepen the relaxation in the solar plexus (spleen, pancreas, stomach, liver, kidney) area of the body and to promote grounding and centering. Both the Set of 13 and the OM Tuners are always applied in pairs, one fork of the pair at each ear. The difference in frequency between the 2 forks of any pair is the proportion of 1 ½ to 1. (For example, the lower fork would be 100 Hz and the upper fork would be 150 Hz.) This ratio represents the interval of 2 musical notes known as the 5th. (Think of the opening of 'Twinkle, Twinkle, Little Star'. The notes of Twinkle, Twinkle are the sound of a 5th.) The wave form of the 2 frequencies of the 5th, when seen on an oscilloscope, produces a movement of expansion and contraction, one of the basic movements in the body, that begins with the first breath at birth. (This movement is known in cranial-sacral therapy as the 'cranial rhythmic impulse'.) Where there is tension in the body from stress or other causes, the body has forgotten or can no longer move in this undulating wave. The **INNER SOUND** tuning forks help the body remember the basic oscillating movement of expansion and contraction, which produces a state of deep relaxation (dominance of alpha brain waves). This state is also called a 'meditative', 'self-regulating' or 'self-healing state'.

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