

TRAINING BENEFITS:

INNER SOUND Tuning Forks are easy to apply, giving rapid, consistent results. They can be used on self, others or a group both independently, as a pre-treatment or enhancement to any therapy. The pure sounds emitted produce deep relaxation for both the giver and receiver.

“INNER SOUND Tuning Forks bring you peace.”

Cost of Set of 13 Spiral of 5th forks (includes cloth pouch, wooden hammer & rubber stopper): \$635 plus shipping.
Pair 5 (2 forks with pouch, stopper & hammer): \$155 plus shipping
OM Tuners and Personal Tuners (3 forks each set with pouch and stopper or hammer): \$192/\$187.50 per set plus shipping.

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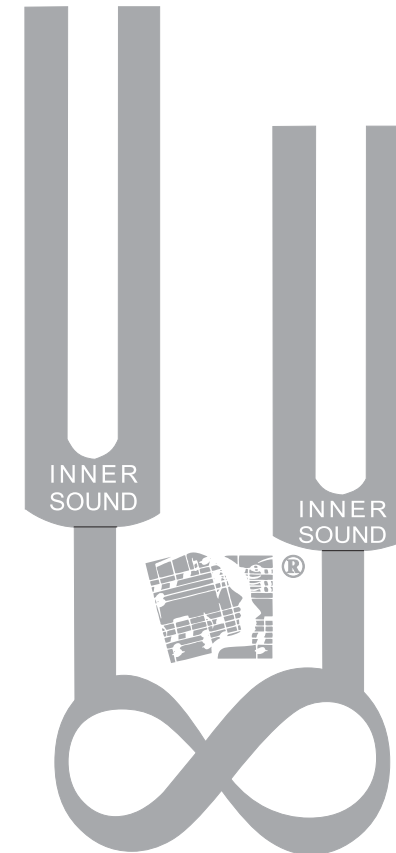
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SET OF 13 Spiral of Pure 5th Tuning Forks Mini-Instruction Booklet

INNER SOUND est. 1978

*Sound Therapy
applied in pairs at the ears*



INNER SOUND Tuning Forks Spiral of Pure 5^{ths}

Tuning forks are designed to emit a pure sound. They can be manufactured to reproduce specific frequencies. They are so precise that their normal use is to give a reference tone. They are used in many areas of medicine as well as in music for this reason. The healing effect of tuning forks comes from the body's ability to respond to their pure sound.

The main INNER SOUND Tuning Forks are a set of 13 aluminum forks tuned in an ascending spiral of pure 5th intervals. (The upper tone of this interval is 1.5 times the frequency of the lower tone.) The perfect 5th interval is the second most important ratio after the octave in the harmonic series. The harmonic series (linear) are overtones that are produced naturally by most musical instruments and the human voice. The starting point of the series was derived from the frequency of the Schumann Earth Cavity, 7.865 hz, which is the resonance of the planet. This is well below the hearing threshold of 20 hz.

Smaller sets of tuning forks are also available based on the pure 5th interval: OM and Personal Tuners (sets of 3) and Pair 5 (set of 2).

VIBRATING THE FORKS (See drawings on pages 4 and 5.)

Pick up each tuning fork of the pair by their handle while not touching the bottom of the fork where it attaches to the handle. With relaxed thumbs, hands and wrists, gently hit the weighted forks with the round weight directly on the center of the supplied rubber pad. (Activating this part of the tuning fork will produce the purest sound.) Always activate the fork with the lowest frequency first. Then, hold them next to each ear for 5 to 15 seconds. Change the forks to opposite hands and repeat.

Strike the non-weighted pairs one after the other on the edge of the rubber pad approximately ¼ inch from the end of either of the 2 tines in the same manner as above. It is possible to give a group session using a wooden hammer to activate the forks, however the lower 4 forks can not be used as they will not produce enough sound. Hold the 2 forks of each non-weighted pair in 1 hand and gently strike each fork with the supplied wooden hammer approximately ¼ inch from the top, lowest frequency first. Hold the tuning forks with the sides of the tines pointed towards you and the group. In a group setting reactivate each pair when the sound dies away. The key to correct activation is relaxing and gently rounding up the thumbs.

Be aware that the forks with a higher frequency produce a more piercing sound. Be careful not to place them too closely to the person's ear.

OVER-ACTIVATION SYMPTOMS AND SOLUTIONS

Anyone can experience over-activation symptoms. It is important to be aware of these symptoms at all times when giving sessions. 'Less is more' is a useful phrase to describe the kind of activation looked for. The organism will be able to assimilate and integrate less activation rather than more.

The following are common over-activation symptoms:

Sound continuing in the head afterwards

Solution: drink water; put hands together for a moment, then separate and bend over and touch the floor; make sound

Headache

Solution: same as above

Faintness, white-faced, nausea, dizziness

Same as above. It may be necessary to stand close to the person to accompany them and give them time to assimilate the movement.

A feeling of fullness in the ears similar to what is experienced in an airplane with changes of altitude is an indication that the individual is very close to being over-activated. In the next sessions slightly lower the activation time until the feeling is not present after a session.

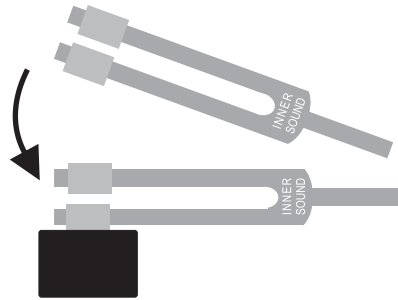
Little time is needed to experience benefit from these tuning forks. Experiment with a 5 second application per side up to approximately 15 to 20 to experience which is preferred. Normal activation times range between 12 to 15 seconds.

**INNER SOUND TUNING FORK TRAININGS available:
Basic, Advanced and Teacher's Training of Basic Level
(Certification available for all trainings.)**

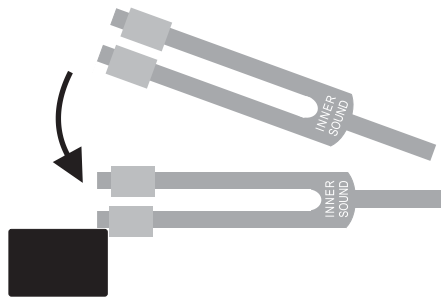
Training objectives: To learn how to use the INNER SOUND Tuning Forks personally and with others as a general balancing tool and to relax specific symptoms on a physical, mental, emotional and energetic level.

How to activate weighted forks

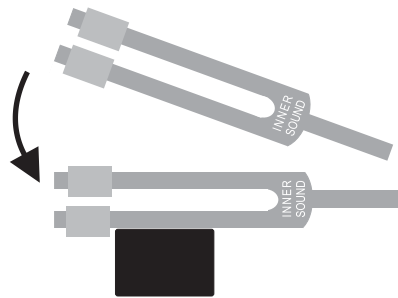
yes



no



no



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 be struck on the knees, hands or any other body part. (This is for the care and maintenance of the body!) They should be stored in such a way so they do not touch each other if carried or moved. Avoid dropping them. Cosmetic discoloration from oxidation may occur in damp climates. Simply sand gently with 200 grit sandpaper to remove if desired.

All tuning forks are usually calibrated at the standard room temperature of 20⁰ C / 68⁰ 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.

EFFECT: Using the Set of 13 Tuning Forks as described below produces an organized movement of expansion and contraction - a wave - throughout the body. This happens at many levels helping to balance and tune the body at a gross and subtle level.

USE: It is recommended that the forks be used as a series of ascending and descending pairs of pure 5ths. They should be gently vibrated on the rubber pad and held one at each ear for approximately 5 to 15 seconds, then vibrated again and switched to the opposite sides, again for the same amount of time as the first side. Start counting when the first fork is vibrated, not when the forks arrive at the ears. As the first 4 forks are more difficult to hear, they should be held nearly touching the ear. The other forks should be held further and further away from the ear the higher the frequency to a maximum distance of approximately 4 inches (30 cm). They should be held as nearly as possible the same distance from each ear. The individual can either be sitting or lying down. Switch the forks from one hand to the other to change sides, dampening each fork between activations. The following is the ascending order and combination the forks should be used in*:



1st pair 31,46 Hz & 47,19 Hz

2nd pair 47,19 Hz & 70,79 Hz

3rd pair 70,79 Hz & 106,18 Hz

4th pair 106,18 Hz & 159,26 Hz

5th pair 159,26 Hz & 238,90 Hz

6th pair 238,90 Hz & 358,35 Hz

7th pair 358,35 Hz & 537,52 Hz

8th pair 537,52 Hz & 806,28 Hz

9th pair 806,28 Hz & 1209,42 Hz

10th pair 1209,42 Hz & 1814,14 Hz

11th pair 1814,14 Hz & 2721,21 Hz

12th pair 2721,21 Hz & 4081,81 Hz

*After ascending use the following pairs to end the session:
9th, 5th, 3rd and 1st.

Tuning Fork Application Positions

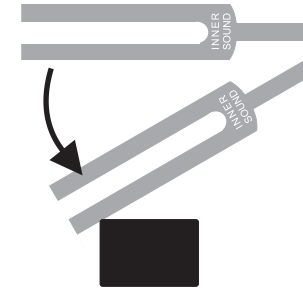


Practitioner

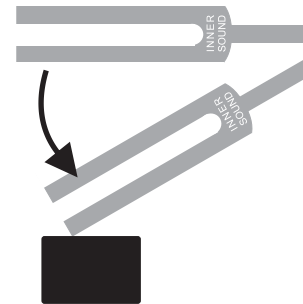
Self

How to activate non-weighted forks

yes



no



no

