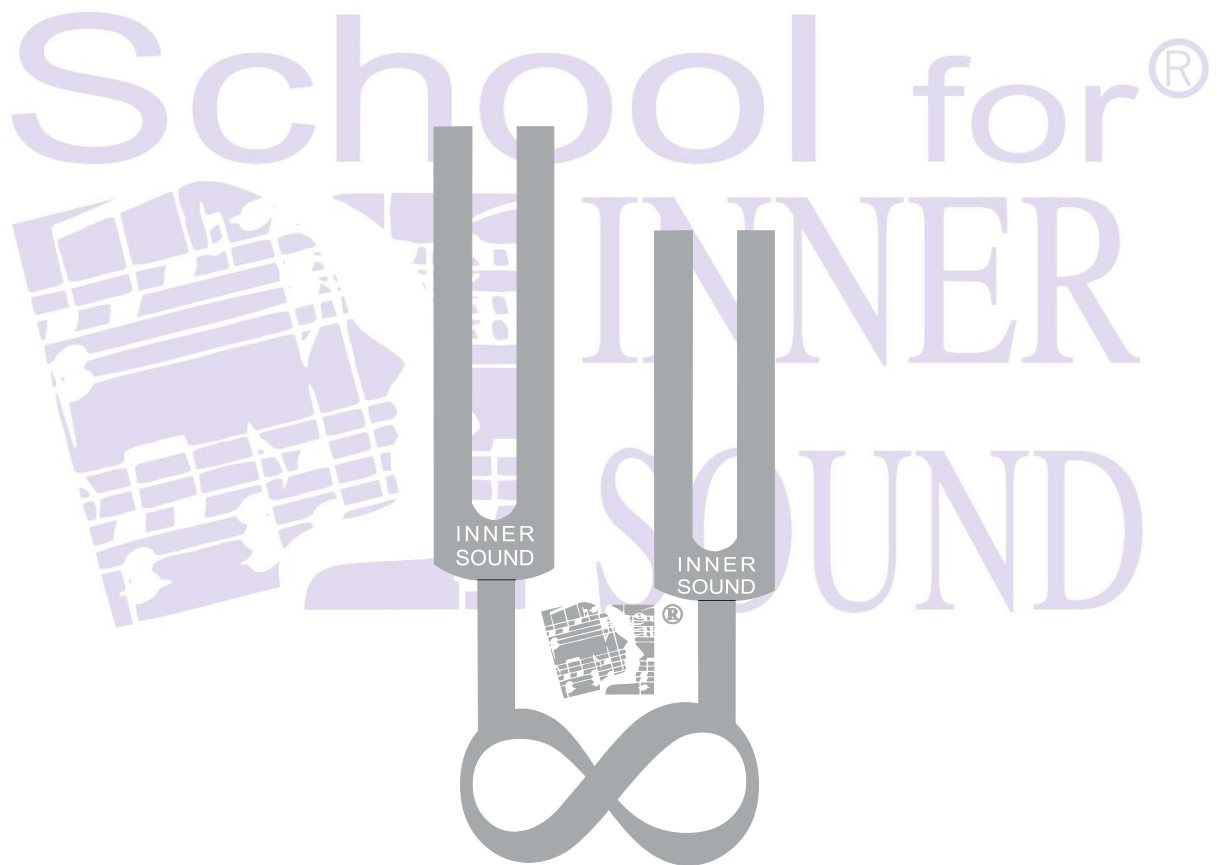


INNER SOUND Tuning Fork Sets

Mini Instructions and Reference Guide

Set of 13 Spiral of Pure 5ths • Pair 5 • Personal Tuners • Fork #5 •

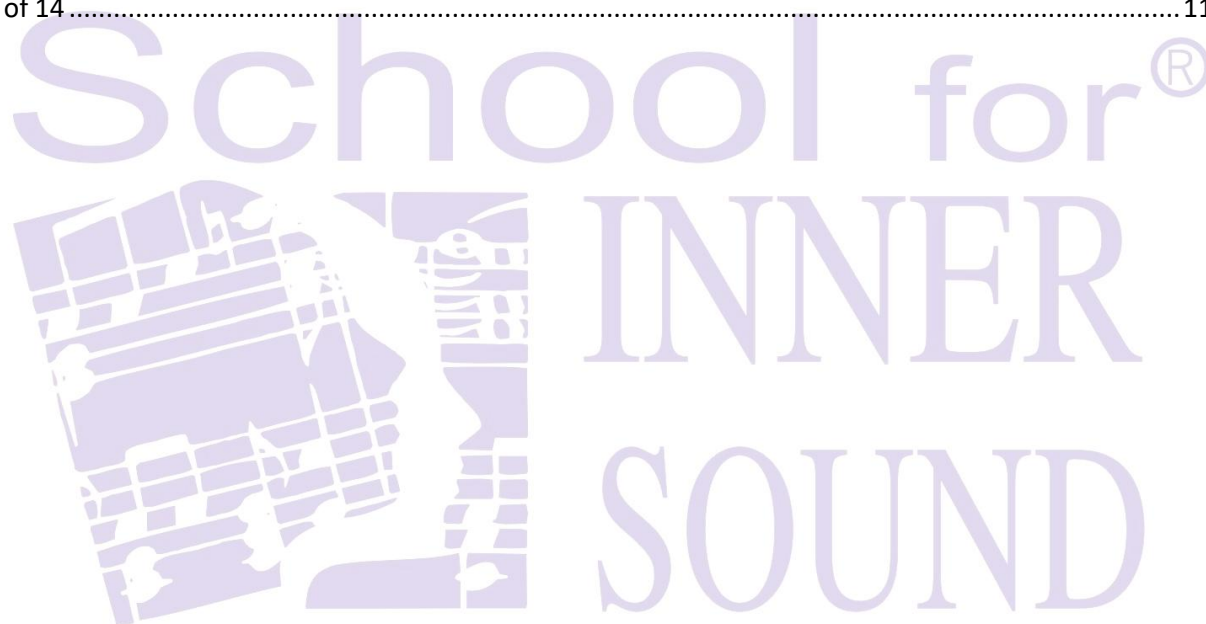
OM Set of 14 Spiral of Pure 5ths • OM Tuners



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How the Tuning Forks Are Tuned

INNER SOUND tuning forks are designed as related sets and pairs. Each fork has its own stamped frequency, but the relationship between the two forks in a pair is central to the INNER SOUND approach.

Every pair is tuned twice: first to the individual frequency of each fork, then again in relation to its partner, so the two tones sound naturally clear and harmonious together. Each pair forms a **pure fifth**: an exact 3:2 relationship in which the higher frequency is 1.5 times the lower frequency.

A sequence of pure fifths does not return exactly to its starting point after twelve steps. Instead, it continues as a spiral. This is why the complete sets are called the **Set of 13 Spiral of Pure 5ths** and the **OM Set of 14 Spiral of Pure 5ths**.

INNER SOUND tuning forks are used in pairs at the ears. Begin with shorter applications and allow time to notice how the sound is received. (5- 10 seconds of activation per side to start, moving to longer activation times of up to 20 seconds.) When working with another person, they may be sitting or lying down. For self-use, a mirror can be helpful while learning the positions.

Always activate the lower-frequency fork first.

Activation and Care

Activating the Forks

Hold each tuning fork by its handle, avoiding contact with the base of the U-shaped tines. Stand or sit tall and keep your thumbs, hands, and wrists relaxed.

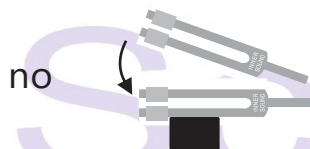
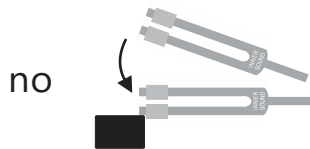
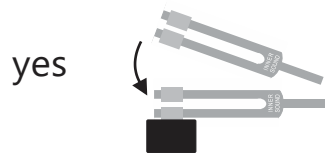
For every pair, activate the lower-frequency fork first.

- **Weighted forks:** Activate gently and squarely on the flat surface of the rubber activator, using the round weight of the fork.

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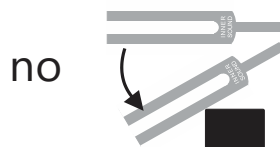
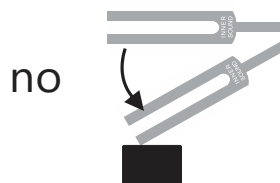
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How to activate weighted forks



- **Non-weighted forks:** Activate gently on the edge of the rubber activator, approximately 1/4 inch from the end of either tine.

How to activate unweighted forks



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- **Wooden or rubber hammer:** Where appropriate, forks may also be activated gently with a wooden or rubber hammer.
- **Heel of a shoe:** A heel of a shoe may be used as an alternative activation surface.

Do not strike forks against one another, or against knees, hands, or other body parts. Do not drop them.

Care and Storage

Store forks so they do not touch one another when carried or moved. Keep them in a dry place. Cosmetic oxidation can occur in damp climates; it does not affect the performance of the forks. It may be removed gently with 600 grit wet/dry sandpaper.

Tuning forks are calibrated at ordinary room temperature, approximately 20°C / 68°F. At this temperature, the aluminum forks will generally feel **slightly cool** to the touch. After exposure to substantial heat or cold, allow aluminum forks to return to room temperature before use. This can take up to one hour after extreme temperature exposure.

Applying a Pair

After activating both forks, hold one fork next to each ear. Keep both forks as nearly as possible the same distance from the ears. After the first side, change the forks to the opposite hands; dampen each fork so that it stops ringing, reactivate them, and repeat for the same amount of time.

Set of 13 Spiral of Pure 5ths



About the Set

The Set of 13 Spiral of Pure 5ths is INNER SOUND's original complete tuning-fork set. It includes thirteen forks arranged as twelve related pairs, progressing upward from the lowest fork at 31.46 Hz. Pair 5 and the Personal Tuners are drawn from this set and are also available separately.

The Set of 13 includes 13 aluminum tuning forks, a cloth pouch, wooden hammer, and rubber activator.

Application

Use the forks as a series of ascending and descending pairs of pure fifths. Hold each pair at the ears for approximately 5 to 15 seconds, then reactivate, switch the forks to the opposite sides, and repeat for the same amount of time.

Begin timing when the first fork is activated, rather than when the forks reach the ears.

The first four forks are more difficult to hear and may be held nearly touching the ears. Hold progressively higher-frequency forks farther from the ears, up to approximately 4 inches. Keep both forks as nearly as possible the same distance from the ears.

Higher-frequency forks can sound more piercing. Do not place them too close to the ears.

Frequency Pairs and Order

Use the pairs in ascending order:

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Pair	Frequencies
1st pair	31.46 Hz and 47.19 Hz
2nd pair	47.19 Hz and 70.79 Hz
3rd pair	70.79 Hz and 106.18 Hz
4th pair	106.18 Hz and 159.26 Hz
5th pair	159.26 Hz and 238.90 Hz
6th pair	238.90 Hz and 358.35 Hz
7th pair	358.35 Hz and 537.52 Hz
8th pair	537.52 Hz and 806.28 Hz
9th pair	806.28 Hz and 1209.42 Hz
10th pair	1209.42 Hz and 1814.14 Hz
11th pair	1814.14 Hz and 2721.21 Hz
12th pair	2721.21 Hz and 4081.81 Hz

After ascending, end with the following descending pairs, continuing to cross each one:

9th, 5th, 3rd, and 1st.

Group Use

For group use, activate the non-weighted forks gently with the supplied wooden hammer. The lower four forks are not used for group application because they do not produce enough sound. Hold the two forks of each non-weighted pair in one hand, with the sides of the tines facing you and the group. Reactivate each pair when the sound dies away. Crossing is not necessary in a group setting. For a small group, walk around the group; otherwise, walk in front at a distance of about 3 feet from each participant.

Pair 5



About Pair 5

Pair 5 is the two-fork set derived from the Set of 13 Spiral of Pure 5ths. The two forks sound a pure fifth.

Pair 5 includes two aluminum tuning forks, a pouch, rubber activator, and wooden hammer.

Application

Hold one fork in each hand. Activate the larger, lower-frequency fork first, gently on the rubber activator. Hold one fork next to each ear, approximately 1 to 2 inches from the ears based on personal preference, keeping the pair as nearly as possible the same distance from each ear.

If using Pair 5 on yourself, use a mirror the first few times to help you see and hear the placement. When working with another person, they may sit or lie down. It is generally easiest to stand or sit behind them.

Crossed

Activate both forks, with the larger fork first. Hold one fork at each ear for approximately 15 to 20 seconds. Change the forks to opposite hands, reactivate them, and hold them at the opposite ears for the same amount of time.

Repeat up to three times in one session.

Uncrossed

Activate both forks as above. Apply the lower-frequency fork to the right ear and the higher-frequency fork to the left ear for approximately 15 to 20 seconds. Do not change sides. Repeat twice more.

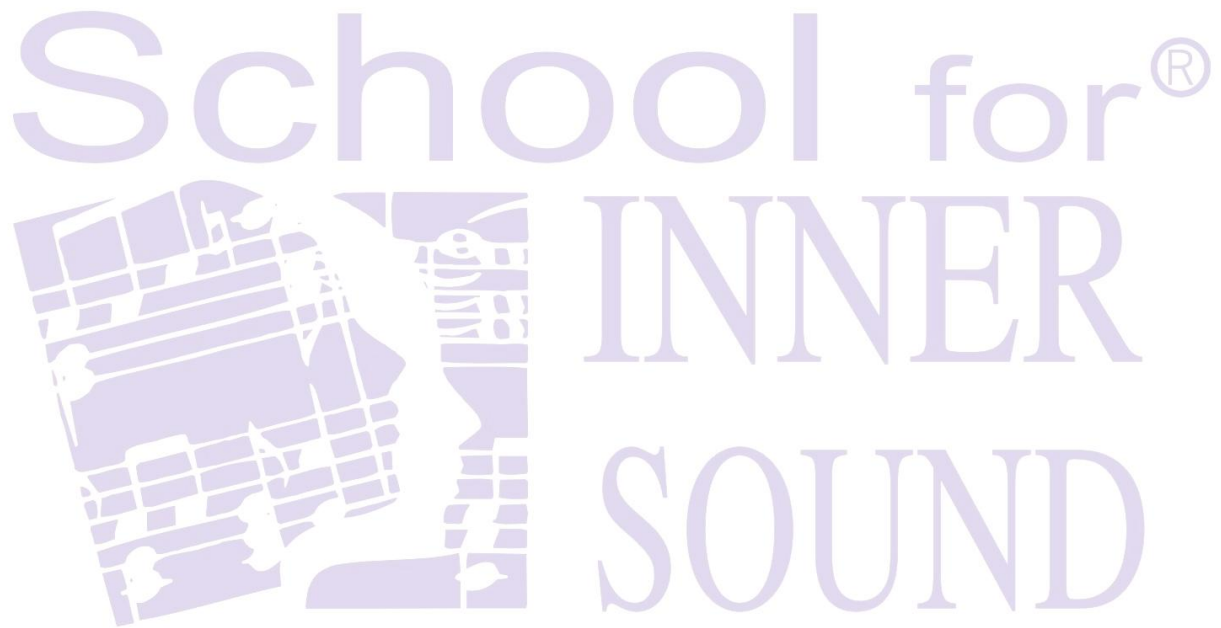
The crossed and uncrossed versions may be used in that order in the same session. The sequence may also be repeated during the day if no signs of over-activation occur.

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Group Use

Pair 5 may be used for a group session. Activate the forks softly with the wooden hammer and hold the forks with the thin sides of the tines facing the group. Reactivate when the sound dies away. Crossing is not necessary in a group setting. For a small group, walk around the group; otherwise, walk in front at a distance of about 3 feet from each participant.



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Personal Tuners and Fork #5

Personal Tuners



Personal Tuners are three forks from the Set of 13: Forks #6, #7, and #8. They are used in pairs at the ears. Personal Tuners include three aluminum tuning forks, a pouch, rubber activator, and wooden hammer.

Application Sequence

Number the forks #1, #2, and #3, beginning with the largest and lowest-sounding fork.

1. Begin with Forks #2 and #3, one at each ear, for 10 to 15 seconds.
2. Switch sides and apply for the same amount of time.
3. Use Forks #1 and #2 together in the same way, on both sides.
4. Complete the sequence by returning to Forks #2 and #3 for 10 to 15 seconds on each side.

The complete sequence takes approximately two minutes.

Hold each fork approximately 1 to 2 inches from the ears based on personal preference. Switch forks from one hand to the other to change sides.

Fork #5

Fork #5 is from the Set of 13 and is the first unweighted fork from the bottom of that set. With Fork #1 of the Personal Tuners it forms Pair 5. This means that two sets are created from four tuning forks, Personal Tuners

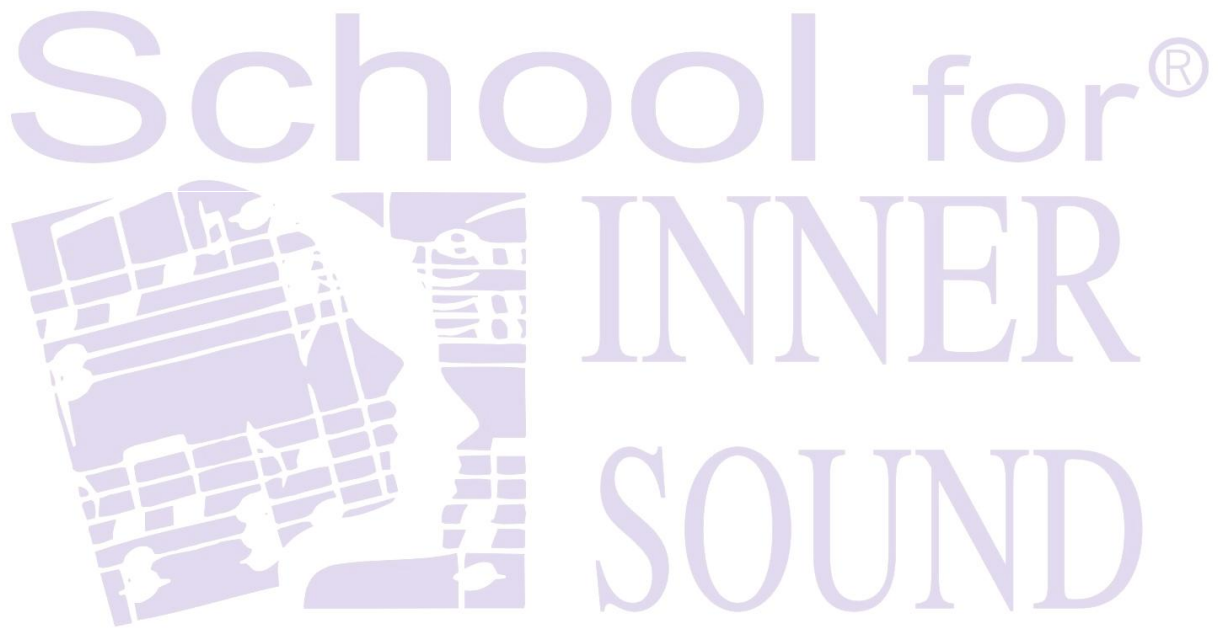
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and Pair 5. Use Pair 5 crossed first as described above, then the Personal Tuners, ending with Pair 5 uncrossed.

Group Use

Pair 5 and the Personal Tuners may be used for a group session. Activate the forks softly with the wooden hammer and hold the forks with the thin sides of the tines facing the group. Reactivate when the sound dies away. Crossing is not necessary in a group setting. For a small group, walk around the group; otherwise, walk in front at a distance of about 3 feet from each participant.



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OM Set of 14



About the Set

The OM Set of 14 Spiral of Pure 5ths is the second complete INNER SOUND tuning-fork set. It is built around the OM frequency of 136.1 Hz and extends downward and upward in related pure-fifth pairs. The OM Tuners are Forks #4, #5, and #6 of this set, with Fork #5 at 136.1 Hz.

The OM Set of 14 includes the OM Tuners, pouch, wooden hammer, and rubber activator.

Activation

Apply the OM Set of 14 in pairs at the ears, using the same basic method as the Set of 13. Activate the lower-frequency fork of each pair first.

- Pairs 1 through 5 are weighted: activate squarely on the surface of the rubber activator.
- Pair 6 has one weighted and one non-weighted fork: activate Fork #6 squarely on the rubber activator and Fork #7 on the edge.
- Pairs 7 through 13 are non-weighted: activate on the edge of the rubber activator.

Application

Use the pairs in the indicated ascending and descending order. Apply each pair at the ears, change sides, reactivate, and apply for the same amount of time on the opposite side.

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Frequency Pairs

Pair	Frequencies
1st pair	26.89 Hz and 40.33 Hz
2nd pair	40.33 Hz and 60.49 Hz
3rd pair	60.49 Hz and 90.73 Hz
4th pair	90.73 Hz and 136.10 Hz
5th pair	136.10 Hz and 204.15 Hz
6th pair	204.15 Hz and 306.23 Hz
7th pair	306.23 Hz and 459.35 Hz
8th pair	459.35 Hz and 689.03 Hz
9th pair	689.03 Hz and 1033.55 Hz
10th pair	1033.55 Hz and 1550.33 Hz
11th pair	1550.33 Hz and 2325.50 Hz
12th pair	2325.50 Hz and 3488.25 Hz
13th pair	3488.25 Hz and 5232.38 Hz

After ascending, end with:

10th, 5th, 3rd, and 1st pairs crossing each one.

Group Use

Use Pairs 7 through 13 for a group session as they are non-weighted. Activate the forks softly with the wooden hammer and hold the forks with the thin sides of the tines facing the group. Reactivate when the sound dies away as you walk the room. Crossing is not necessary in a group setting. For a small group, walk around the group; otherwise, walk in front at a distance of about 3 feet from each participant.

OM Tuners



About the OM Tuners

The OM Tuners are three forks from the OM Set of 14: Forks #4, #5, and #6. Fork #5 is the OM frequency, 136.1 Hz.

Activation

Activate the OM Tuners gently on the rubber activator supplied. The OM Tuners are weighted forks.

Application Sequence

Number the forks #1, #2, and #3, beginning with the largest and lowest-sounding fork.

1. Begin with Forks #2 and #3, one at each ear, for 10 to 15 seconds.
2. Switch sides and apply for the same amount of time. Make sure to dampen the tuning forks before each new activation.
3. Use Forks #1 and #2 together in the same way, on both sides.
4. Complete the sequence by returning to Forks #2 and #3 for 10 to 15 seconds on each side.

The complete sequence takes approximately two minutes.

Hold each fork approximately 1 to 2 inches from the ears based on personal preference. Switch forks from one hand to the other to change sides.

Over-Activation: Signs and Response

Use a gentle activation. Less is more. If a person has a strong response, reduce the activation time in future sessions.

Possible signs of over-activation can include:

- Fullness in the ears, similar to a change in air pressure.
- Headache.
- Sound continuing in the head afterward.
- Faintness, pallor, nausea, or dizziness.

If these occur, stop the session. Drink water. Put the hands together briefly, then separate them; bend over and touch the floor; and make sound. Allow time to settle and assimilate before continuing ordinary activities.

If fullness in the ears occurs, lower the activation time in the next session until the feeling is no longer present afterward.

Contact and Current Information

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