

## Sound Healing with Tuning Forks.

### **What are tuning forks?**

A tuning fork is a metal U-shaped instrument, designed and calibrated (tested) to produce a pure frequency or tone when activated.

Tuning forks are used in medicine, music and science for a variety of applications where their accuracy and reliability are valued as a reference or measurement.

Their precision makes them ideal for use in sound treatments, harnessing the body's natural capacity to resonate with pure sound.

### **What effect do they have?**

INNER SOUND Tuning Forks produce a deeply relaxing effect in the body

Each pair of tuning forks promotes a balanced movement of expansion and contraction throughout the whole organism that mimics the body's own dynamic movement.

As sound waves pass through the body, their rhythmic vibrations promote a release of tension at all levels of the body – rebalancing and realigning all aspects of the individual – physical, mental, emotional or energetic.

A treatment with INNER SOUND tuning forks helps calm and focus the mind; balance the central nervous system and enhance the body's own self-healing processes.

### **How does sound therapy work?**

Sound helps regulate many biological processes at all levels of the body, stimulating global responses. At a cellular level it can help promote a re-organization or re-patterning of chemical responses. Sound waves pass easily and rapidly through the body's own pathways - the connective tissue and the energy (acupuncture) meridians – accessing all systems in the body simultaneously.

Sound harnesses the body's natural resonant capacity, and is an ideal tool for creating movement, releasing blockages and restoring balance within the system.

As part of an ongoing investigation into the therapeutic benefits of sound and music, Arden and Jack Wilken have developed a special series of tuning forks tuned in pure 5th intervals for use at the ears.

## **What is a pure 5th?**

A pure 5th is an interval of two tones created by a specific frequency ratio, the higher tone being exactly 1.5 times the frequency of the lower tone.

## **Why does it matter?**

The pure 5th occurs frequently within the natural harmonic spectrum of the voice. Our bodies both produce and respond easily to the pure 5<sup>th</sup>.

The use of tuning forks in this interval, one at each ear, produces an organised wave of expansion and contraction throughout the body. This occurs at all levels, helping the body to relax deeply.

## **The Spiral of Pure 5ths and its effect**

The Spiral is a series of 13 precision made forks, providing a stable and exact series of pure 5th intervals.

The wide range of frequencies within this series produces a sympathetic vibratory response at all levels of the organism, ranging from the feet to above the head, and in the entire energy system including chakras, energy meridians and the subtle energy body or aura.

INNER SOUND tuning forks are ideal for both personal and professional use and can be used on their own as a relaxation treatment or combined to enhance any complementary therapy or energy balancing technique, such as massage, reflexology, acupuncture, energy healing or crystal healing.

## **What does a treatment consist of?**

A treatment consists of listening to several or all the pairs of tuning forks in the set, depending on the practitioner's assessment of their client.

Each pair of forks is activated to produce a pure 5<sup>th</sup> interval and then placed either side of the head for a specific activation time period. The audible pure tones enter the body both via the hearing and the cranial bones.

As the sound waves pass through the body, the client may experience a range of reactions – alleviation of physical symptoms, a calming of mental chatter, a heightened sense of imagery and visualisations – during the treatment. The most common response is a shift into a deeply relaxed state often accompanied by short periods of sleep.

Initial treatment sessions usually last between 10-15 minutes. When performed on a regular basis, the body can easily absorb sessions of up to one hour depending upon the symptoms treated

Tuning fork sessions are beneficial in helping alleviate many stress-related symptoms, such as mental fatigue, muscle tension or pain, headaches or insomnia. Benefits are experienced at all levels – physical, mental, emotional and energetic.