



# **A BEGINNER'S GUIDE TO SOUND HEALING WITH TUNING FORKS**

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The purpose of this introductory guide is to familiarize you with different concepts and terminology related to sound healing with tuning forks. You do not have to be a trained musician to understand and use BioSonic's tuning forks with yourself, a friend, or a patient.

Tuning forks are precise instruments that have the ability to change our inner tuning by creating a resonance throughout our mind, emotions, and body. They can do this by creating a vortex of sound that leads us into still point, which is a moment where everything seems to stop and we can retune ourselves. Our nervous system, like the string of a musical instrument, vibrates to the sound of the tuning forks.

The following exercise is a direct method of becoming aware of your present tuning in order to directly hear your nervous system change tuning when you use BioSonic tuning forks.

## **Beginner's Exercise: Identifying & Aligning Your Inner Rhythms**

Changing your inner tuning begins with becoming aware of your present tuning. There are many words and concepts that describe your ability to be aware of your present tuning. These include acceptance, presence, "the now," and surrendering to what is, rather than resisting what is not.

The BioSonic method of getting in touch with your present inner tuning starts with listening to the sound of your own nervous system. To listen to the sound of your nervous system first find a quiet place where you will not be disturbed, sit comfortably, and close your eyes. Notice your breathing rising and falling and if you become aware of your thoughts just let them effortlessly come and go. When you are very calm inside listen for a high-pitched sound, something like the background sound made by a television.

The sound of your nervous system is your body's resonance with your deep inner tuning. Listen to the sound as you would the sound of a tuning fork or a musical composition. Discover where the sound is taking you and be aware of any images, thoughts, or colors you are experiencing. As you are listening, notice if the sound



changes. Sometimes you may spontaneously enter a still point (a sacred space) and return to discover that the sound of your nervous system has changed.

When we are under a lot of stress we sometimes hear the sound of our nervous system as a ringing in our ear. When we are calm it is a comfortable high-pitched sound. One way of working with ringing in the ears is to "get into" the ringing sound rather than resist it. By actively listening to the ringing sound with the right intention, we often can spontaneously move through the discomfort of the ringing sound and enter still point.

Once you have discovered the sound of your nervous system then listen and tune yourself with BioSonic tuning forks and you will hear the difference. Next notice how your thoughts, emotions, and body have changed within the new tuning of your nervous system.

The following are basic tunings using our Body Tuners<sup>a</sup> and Otto128 Tuner<sup>a</sup>. Enjoy and remember!

## **Beginner Level I: Instrument, Technique, and Practice**

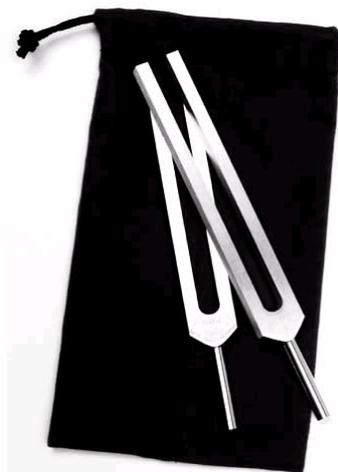
The best tuning forks for beginners are the Body Tuners™ (set) and the Otto 128™. These tuning forks can be used for most healing applications and learning to use them will make advanced applications of tuning forks easier to master.

### **Body Tuner**

The Body Tuner set consists of two tuning forks, a C 256 cps (cycles per second) and a G 384 cps, which make the interval of a fifth. The interval is called a fifth because in our Western musical scale C and G are exactly five notes apart (i.e., C - D - E - F - G) where C is the first note and G is the fifth note.

The fifth note has played an important role in many ancient teachings:

- Chinese philosopher Lao Tzu referred to the fifth as the sound of universal harmony between the forces of Yin and Yang.
- In India, the fifth is believed to create a sound through which Shiva calls Shakti to the dance of life.
- Apollo, the Greek God of Music and Healing, plucked the fifth on his Sacred lyre to call dolphin messengers to Delphi where they channeled messages to the oracles.





- The Alchemists called the interval of a fifth *crux ansata* and considered it to be a transition point where matter crossed over into spirit.
- The *crux ansata*, also called the *anak* by the Egyptians, is a still point where the earth ends and our ascension into spirit begins. For them the number five was numerologically the perfect combination of even (two) and odd (three) representing the unity of heaven and earth.

Sounding the fifth is a general sound tonic. Some of the benefits of the fifth are:

- Alleviates depression
- Enhances joint mobility
- Balances Earth with spirit,
- Directly stimulates Nitric Oxide release—
  - Anti bacterial
  - Anti viral and immune enhancement
  - Balances the heart, pituitary gland, sphenoid bone
  - Balances sympathetic and parasympathetic nervous system
  - Releases opiate and cannoboid receptor sites in third brain ventricle.

### **Technique: The Knee Tap**

There are two methods to sound your C and G Body Tuners called the *knee tap* and the *together tap*. In both methods, hold your tuning forks by the stems with moderate pressure—not too tight and not too loose. Do not hold your tuning forks by the prongs because the prongs need to vibrate in order to create the sound.

1. For the *knee tap* gently tap the flat side of the tuning fork on your kneecap. Do not hit your kneecap. All it takes is a gentle firm tap and your tuning fork will sound. It is best to tap your C 256 first on one knee and then your G 384 fork on your other knee.
2. Bring the forks slowly to your ears, about three to six inches from your ear canal, and listen to the sounds. Note: If you do not want to tap the forks on your knees then you can tap them on a hockey puck or on a carpet.

Once you have mastered the *knee tap* then you can do the following ear training exercises with your Body Tuners:

### **Exercise #1**

The best way to understand the fifth is to go into the sound and experience its qualities. Find a safe, quiet place, knee tap your tuning forks, and just be with the sound. When the sound stops lower your tuning forks and wait at least fifteen seconds before sounding them again.

## Exercise #2

Another method of using your tuning forks is to learn to hum their sound. Find a safe, quiet place and knee tap your tuning forks. Bring them to your ears as above and then make a humming sound that resonates with your tuning forks. If you find yourself focusing on one fork or the other, relax and let your ears find a sound that resonates inside the interval.

Next put down your tuning forks, imagine being in the sound of the interval space and hum the resonant sound without the forks. Your goal is to create a humming anchor sound that will take you into the sound of the tuning forks without having to use your tuning forks. When you hum the sound of C and G without having to sound the tuning forks it is called *toning*.

If you are working with a friend or patient then you can use both methods with them. They can be sitting up or lying on a table. It is important that the tuning forks be sounded in a safe healing space and that the person with whom you are working understands that they will be hearing a sound.

## Technique: The Together Tap

The second way to sound Body Tuners is to tap them together. Hold them by the stems and tap them together on their edges, not the flat side of the prongs. You do not have to use a lot of force to get the result and play with creating an easy sounding tap vs. a banging tap when too much force is used.

When you tap them together the tuning forks will sound *overtones*. Move the tuning forks around slow and fast in the air and listen to different tones as they get louder and softer.

## Otto 128

The Otto 128 is a tuning fork with weights on the prongs. The purpose of the weights is to transmit a strong vibration from the prongs through the stem. To sound your Otto 128, hold it by the stem and tap the flat side of the weights on your knees or the palm of your hand. Next press the tuning fork onto one of your knuckles. Make contact with the base of the stem and gently press until you feel the vibration being transferred to your body. Experiment with different pressures—start light and then gradually increase until you feel the maximum vibration.

**Note:** If you have a history of osteoporosis or have a fracture do not press the Otto128 to your bones. If you





feel any pain when pressing the tuning fork to a bone then do not continue to press. Many EMT's carry an Otto128 tuning fork to test for bone fractures. The vibration of the fork causes the bone to vibrate and if there is a fracture present, the person will experience pain. It is not as good as an X-ray, however in the field it gives a very strong indication.

The Otto 128 is great for working with joint mobility and stiffness in joints. In general, it can be pressed to any joint. The Otto 128 can also be placed on acupuncture, trigger points, or any soft tissue area that is safe to receive pressure.

Here are some very good areas to vibrate that will balance your autonomic nervous system. When vibrating any area never do more than three taps and placements of the Otto128 in an area because more tapping will just exhaust your tissues and you will not get additional benefit.

**Point 1:** Place the Otto 128 on your sternum, your chest bone. Feel the vibration and imagine your heart softening.

**Point 2:** Place the Otto 128 on your third eye—the space between and just above your eyes. Close your eyes and feel the vibration move through your cranium.

**Point 3:** Place the Otto 128 on your sacrum, the bone at the base of your spine. Close your eyes and feel the vibration move through your lower pelvis. (Note: Do not use this area if you have a pace maker.)

If you want to use your Otto128 on a very specific point then:

1. Find the exact point using whatever method is appropriate.
2. Place your index finger on the point.
3. Tap the Otto128 on your knee.
4. Bring the Otto128 to your index finger and simultaneously slide your index finger away while bringing the base of the tuning fork stem onto the point.
5. In general, it is always good to place your free hand somewhere else on the body.

## **Beginner Level II: Visualization**

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Once you have mastered the basics, which means that you are confident holding your tuning forks and sounding them in all three ways mentioned above, you could add visualization. Working with visualization based on your needs and the needs of someone else you are working with will add a different dimension to your use of tuning forks.



1. Before you tap your tuning forks, visualize what you want to accomplish. For example, visualize a positive image and feel the image in your body.
2. Tap your tuning forks and allow the felt feeling of the image to guide your tap and resonate with the sound.
3. Next bring the tuning forks to the ears, ring them over the body, or place them on the body with the image as your guide.

### **Exercise #1: Body Tuner™ Toning**

Inhale and as you exhale hum the sound of the Body Tuners. Inhale again and as you exhale hum the sound of the Body Tuners and mentally direct or visualize the sound in a specific area of your body, emotion, or thought. For example, you can visualize your heart and allow the humming sound to resonate with your heart. Try putting your hand over the body area you want to resonate with and feel the sound of your humming coming into that area.

### **Exercise #2: Directed Body Tuner™ Color Toning**

Find a safe place and close your eyes. Relax and take a deep breath and then exhale. Next visualize a color and inhale the color. As you exhale hum the sound of the Body Tuners. Next inhale a color and mentally direct it to a specific area of your body, emotion, or thought. Exhale and hum the sound of the Body Tuners.

## **Conclusion**

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Practice makes perfect. Enjoy playing your tuning forks and work with the exercises. You will get immediate results. And as you build your confidence, both in intellectual understanding and sonic experience, you will be prepared to understand more advanced concepts and uses of tuning fork healing.

For more information, more sure you are signed up for BioSonics.com's emailing list and stay tuned for more advanced techniques, research and training on how you can use tuning forks and sound healing on yourself and others.

**For more information about Sound Healing tuning forks, informational videos, books, CDs, tapes and home study courses, go to:**

**<http://www.BioSonics.com>**