



School for INNER SOUND is Board Approved
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INNER SOUND TUNING FORK USE*

(*For privacy, only initials are given.)

Healthcare Practitioners (*Humans*)

KM, Massage Therapist (USA)

'... My brother's heart has been irregular lately... while riding his bike his heart rate skyrocketed to 200 and held there. He was near my house so he stopped on my front porch. I held my hands along on his heart meridian imagining a healing and calming light which lowered his rate to 186. Then I put your tuning forks to the test. He was wearing a rather sophisticated heart monitor so we could watch the affects. I started the application [at the ears] with the 2 lowest forks from the Set of 13. He became restless. I thought it was just his condition at the time, but it was his astonishment as he watched his heart rate just plummet to 150. I continued with the next 3 pairs of forks from the same set. By the time I reached the pair for the chest and heart area he was at 93 and held there!!! I've always been impressed with the ability to know what about 90% of my clients sound like snoring from the forks, but I never had concrete data in front of me like that to substantiate what physiologically happens.'

DB, Registered Nurse, Women's health Nurse Practitioner, Certified Healing Touch Practitioner and Instructor (USA)

'I have a client who has severe fibromyalgia & also bipolar disorder. I have been using the tuning forks on her as well as other modalities. I've been able to help this diagnosis with what I already knew but never had the response & maintenance of the response this quickly [since using the tuning forks]. Of course the story is still unfolding but this young woman is experiencing periods of 0 physical discomfort &, level moods like she can't remember in many years. Her change got her psychiatrist's attention. He called me & is interested in referring other clients to me. Many other interesting things are happening with other clients & I'm enjoying using it on myself also.'

EB, nurse (USA)

'Just wanted to let you know how much I am enjoying the tuning forks. I mainly use them for myself, I really love the motifs [special combo pairs from the Advanced Tuning Fork Training]. It's really uncanny how effective they are!! They are so simple to use and can help anything from a sore toe to a major psychological stumbling block!!'

DG, School Nurse, Certified Healing Touch Practitioner (USA)

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'My husband loves to have a session before he goes to bed. At least 2-4 times a week. He has insomnia, and he finds that he can relax and go right to sleep. I have found through these sessions that a cumulative affect has been that he is much more expressive verbally and physically. It has changed our relationship and improved our marriage.'

MK- RN, Certified Healing Touch Practitioner and Instructor

'In my private practice of Healing Touch, I started using the Tuning Forks on my HT clients. At first I was using them after a HT session and found that to be more stimulation than was needed. So I started using the TF's prior to a HT session and it made all the difference in the world. Patients were relaxed; the energy system opened and flowed very easy. It also put the patient in a more receptive state for verbalizing their releasing once the blockages started opening. It really enhanced a session.'

The majority of the patient's outcomes and mine have been met when using the TF's. I have even had patients that have been dizzy and after using the TF's no longer have that symptom. The majority of them experience a deep relaxation. Some have even experienced the wave movement down their spine, relief of their headaches and improvement in their spiritual well-being.

One man that I had really change his perception on his relationship with his wife and stated that the TF's helped open him to where he could see things differently, which was life altering for him. He actually had a vision during the TF treatment that was "extremely spiritually uplifting" for him. He and his wife got back together and he no longer had sleep pattern disturbances.

I have found the TF's to enhance chemotherapy and help prevent nausea and vomiting. One of my patients barely dropped her H&H.

One of my patients complained of a rash over the face and abdomen. He had not gone to the MD yet; his appointment was made for 2 days later. He had the rash for 1 ½ weeks and after doing the [2 of the pair combos from the Advanced Tuning Fork Training] the rash had disappeared the next day. I believe that the rash was caused by anxiety and that when he relaxed and became more peaceful he was able to release the blockages causing the anxiety.

Healthcare Practitioners (*Animals*)

SW, Healing Touch for Animals Practitioner

'As I thought, a client I met with last night responded great to the forks and it really helped him reach a deeper state of relaxation, to the point he was out like a log for 30 minutes after I finished with HTA and

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TF, I just visited with his wife, feeling he needed the rest. I also had the opportunity to use the non-weighted forks from the Set of 13 for a group of rescue rabbits that have been ill and stressed due to a recent loss of another rabbit. It was amazing, they all came out of their boxes and laid down and stretched out. One I had worked on before the group session (the most ill) was in the middle pen and every time I walked back and forth, he would sit up like a dog begging, to try and get closer to the sound. It was awesome! So I closed with [the pair we use for closing a session] on him next to his ears, and two other rabbits came over to get close to the sound. I'm excited to work on an idea of sound therapy for people and their dogs together - healing with your animal companion.'

KG (Canada)

'I did another treatment [with the Set of 13 at the ears] on the same horse this morning, again with great results. He was loose in the arena standing by the fence and although a little hesitant at first by the time I was up to [the pair for the chest area] he moved closer to me and was facing me directly. He is recovering from an injury he incurred last weekend and we are not able to touch his head or put a bridle on him because he is hurting very badly. By the time I was at [highest pair of forks] he was almost sleeping again and he just stayed very still while I came down with the [last 4 pairs]. I muscle tested then and went on to do [the combo sequences focusing on his legs.] while he kept nodding off. I think the activation was about 15 seconds per pair, and the first day (Monday) he was only letting me do about 5 seconds. Most of the inflammation is gone from his neck now and he is so much more relaxed, eating better, yawning and sighing, licking and chewing (which are signs of relaxation). This horse has had a difficult past and things keep triggering him into very tight and scared behaviour. It is exciting to see him learning how to relax his body and trust this process.'

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