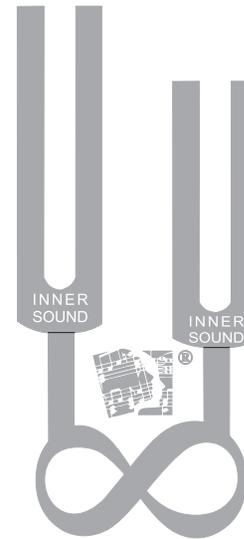


*The INNER SOUND Tuning Forks
create a balanced movement of expansion
and contraction, a standing wave throughout
the body and subtle energy fields.
This movement produces deep relaxation enabling
the body to regenerate and the energy
system to balance and align itself.*



INNER SOUND 'OM' and 'Personal' Tuners Manual

What are the INNER SOUND 'OM' and 'Personal' Tuners?

The 'OM' and 'Personal' tuners are
2 separate sets of 3 tuning forks based on the interval
of the pure fifth used in pairs at the ears as sound therapy.
In the 'OM' Tuners the middle fork is the
OM frequency, 136.1 Herz. This frequency resonates in the
chest and the solar plexus. The Personal Tuners resonate in
the throat and head. They were developed
by Arden and Jack Wilken of INNER SOUND.

Pure fifth interval

The pure 5th interval is probably the most
important interval in sound healing and always occurs in healing
music both ancient and modern. In both sets of tuners the distance
between each tuning fork is the pure 5th interval. On an oscilloscope,
two tones that are separated by a pure fifth display the symbol for
infinity. This could
be seen as limitless movement of expansion and contraction.

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In music an interval is the distance between 2 notes. The pure fifth interval is considered to be the second most important interval, the first being the octave. As far back as Pythagorus it was shown that this interval could be used to describe the notes in the western scale mathematically. This was before the time when frequency could be measured. We now know that the fifth, written in music as the ratio of 3/2, simply means a ratio of 1 ½ to one in frequency. For example, one tone with a frequency of 200 Hz and a second tone with a frequency of 300 Hz is the pure 5th interval. In musical notes, it would be C and G or F sharp and C sharp, for example. Using the singing technique of Do, Re, Mi, Fa, So, La, Ti this interval is Do So or Re La.

Cranial Rhythmic Impulse

The body has several self-healing mechanisms.

One of these is a pulse that emanates from the central nervous system. It is called the cranial rhythmic impulse that is associated with a very slight coiling and uncoiling of the spinal cord and central nervous system. The cerebral spinal fluid, a clear colorless fluid contained in part of the brain and the spinal cord, fluctuates back and forth from the coiling and uncoiling movement and is able to flow through the small channels around the nerves down the spinal cord, exiting the central nervous system into the peripheral nerves. The ordered expansion and contraction of the pure 5th interval coincides with the coiling and uncoiling movement of the central nervous system.

It is speculated that the movement created by the pure 5th interval moves the cerebral spinal fluid enhancing the cranial rhythmic impulse.

EFFECT of the OM and PERSONAL Tuners:

The OM tuners are excellent for regulating the 3rd and 4th chakra and working with activating and balancing all the organs in that area as well as the intestines. They are also good for grounding and creativity. The 'Personal' Tuners resonate the throat and head and are excellent for working with the 5 senses and the upper energy centers. They work well as a prelude to meditation.

●OTHER INNER SOUND TUNING FORKS

Arden and Jack Wilken have created a unique series of tuning forks all based on the interval of the pure 5th: Set of 13 Spiral of Fifth Tuning Forks and Planetary Tuners. (Sets of 3 forks based on the frequency of the movement of the planets. These are available by special order.)

INNER SOUND TUNING FORK TRAININGS

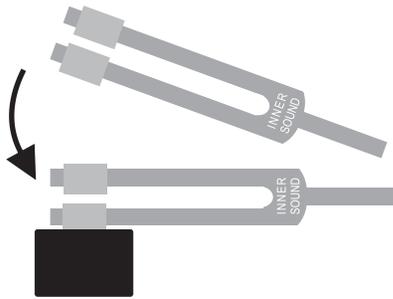
Basic, Advanced and Teacher's Training
of Basic Level.

*These trainings are part of the SCHOOL FOR
INNER SOUND's
International Sound Therapy courses.*

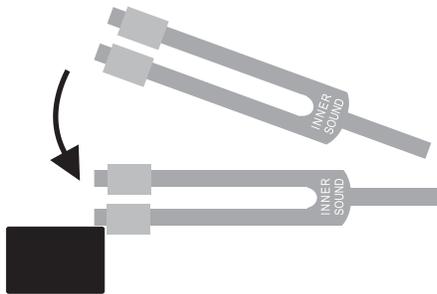
Price: Each set of 3 tuners is \$175.50 including pouch and rubber stopper or wooden hammer plus shipping.

How to activate weighted forks

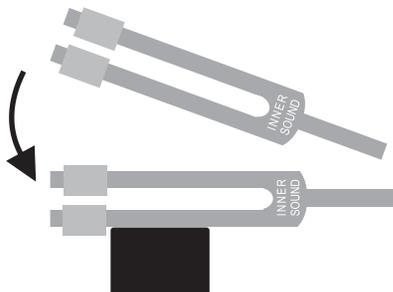
yes



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 dry location and in such a way so they do not touch each other if carried or moved. Dropping them on the floor should be avoided.

All tuning forks are calibrated at a given temperature.

Usually the standard is 20⁰ C/68⁰ F, normal room temperature. 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, hot car in summer or an outside environment in a freezing winter, for example, they can take as long as 1 hour to return to room temperature.

USE for both sets of Tuners: If the 3 tuning forks are numbered as 1, 2 and 3, 1 is the largest or lowest sounding fork. To begin the treatment begin with forks 2 and 3 together 1 at each ear for @ 25-30 seconds. Then, switch sides and apply for the same amount of time to opposite ears. Then, use forks 1 and 2 together the same amount of time each side. To complete the session, return to forks 2 and 3 applying them again for 25-30 seconds on each side. The total session is @ 3 minutes. This session can be repeated as often as 3 times a day.

VIBRATING THE FORKS:

Each pair of forks should be vibrated as follows: hold one fork in each hand and strike them gently on the rubber stopper approximately 1/2 inch from the end of the fork. Next, hold one next to each ear. They should be held horizontally to the floor and as nearly as possible the same distance from each ear (1 to 2 inches). If you do it on yourself, try it in front of a mirror the first few times, so you can see you have them in the correct position. If done on another person, the individual can either be sitting or lying down. The arms can be crossed or the forks switched from one hand to the other to change sides. It is best to stand behind the person even though it is more difficult to see the placement of the forks at the ears.

Tuning Fork Positions

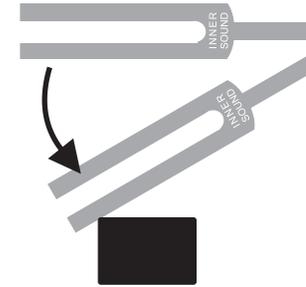


Practitioner Treatment

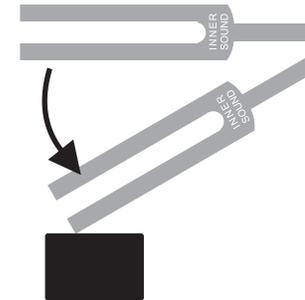
Self Treatment

How to activate unweighted forks

yes



no



no

