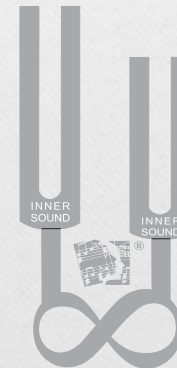


Personal Tuners/OM Tuners / Pair 5

INNER SOUND Tuning Forks



INNER SOUND Tuning Forks

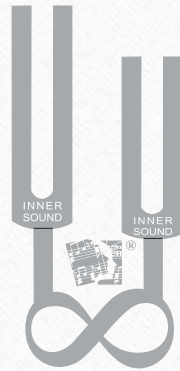
Relax yourself, clients, & family



SOUND THERAPY

- Used in Pairs
- At the Ears
- For relaxation





Medical Disclaimer

The INNER SOUND Tuning Forks are a tool for relaxation. They are not meant to replace any form of licensed medical care. If a condition exists, seek proper medical attention.

INNER SOUND Tuning Fork Practitioners do not diagnose or treat illness.



Contraindications



When in doubt, wait to apply the tuning forks

- **Wait** 3-4 weeks if trauma to the CNS (brain and spine) from an accident or surgery.
- **Wait** 10 days for spinal taps or similar procedures.
- **Wait** for a migraine to subside before applying.
- **Stop** immediately if client has pain with first pair of tuning forks and seek medical attention
- Other kinds of surgery are OK such as knee or hip replacement, heart surgery, cancer, etc.



LESS = MORE

3 OVER-ACTIVATION SYMPTOMS

- Fullness in the ears like when descending in an airplane
- Slight headache
- Sound still heard in head after session



Avoid these by only applying 15 – 25 seconds or less per pair with the OM/Personal Tuners & Pair 5.

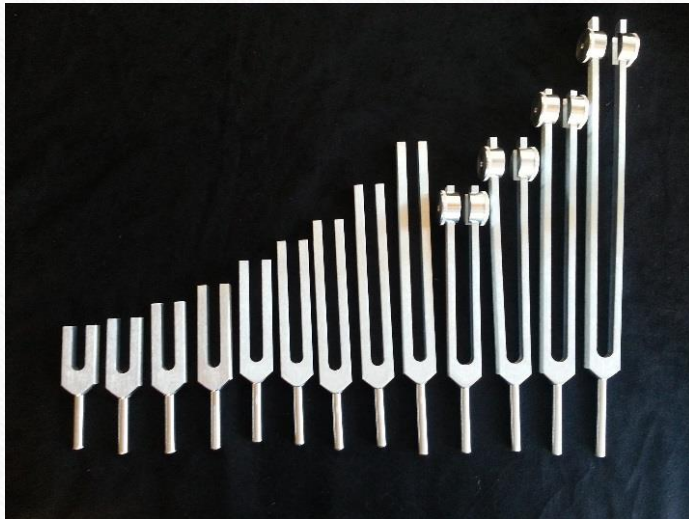
REMEDIES



- **Drink Water-** always after a session
- **Breathe Deeply and Slowly**
- **Bend over for a moment**
- **Make sound**

INNER SOUND Tuning Forks

Step 1 = Set of 13 Spiral of 5ths
Relaxation



Step 2 = OM Set of 14
Deeper Contact / Grounding



INNER SOUND Tuning Forks

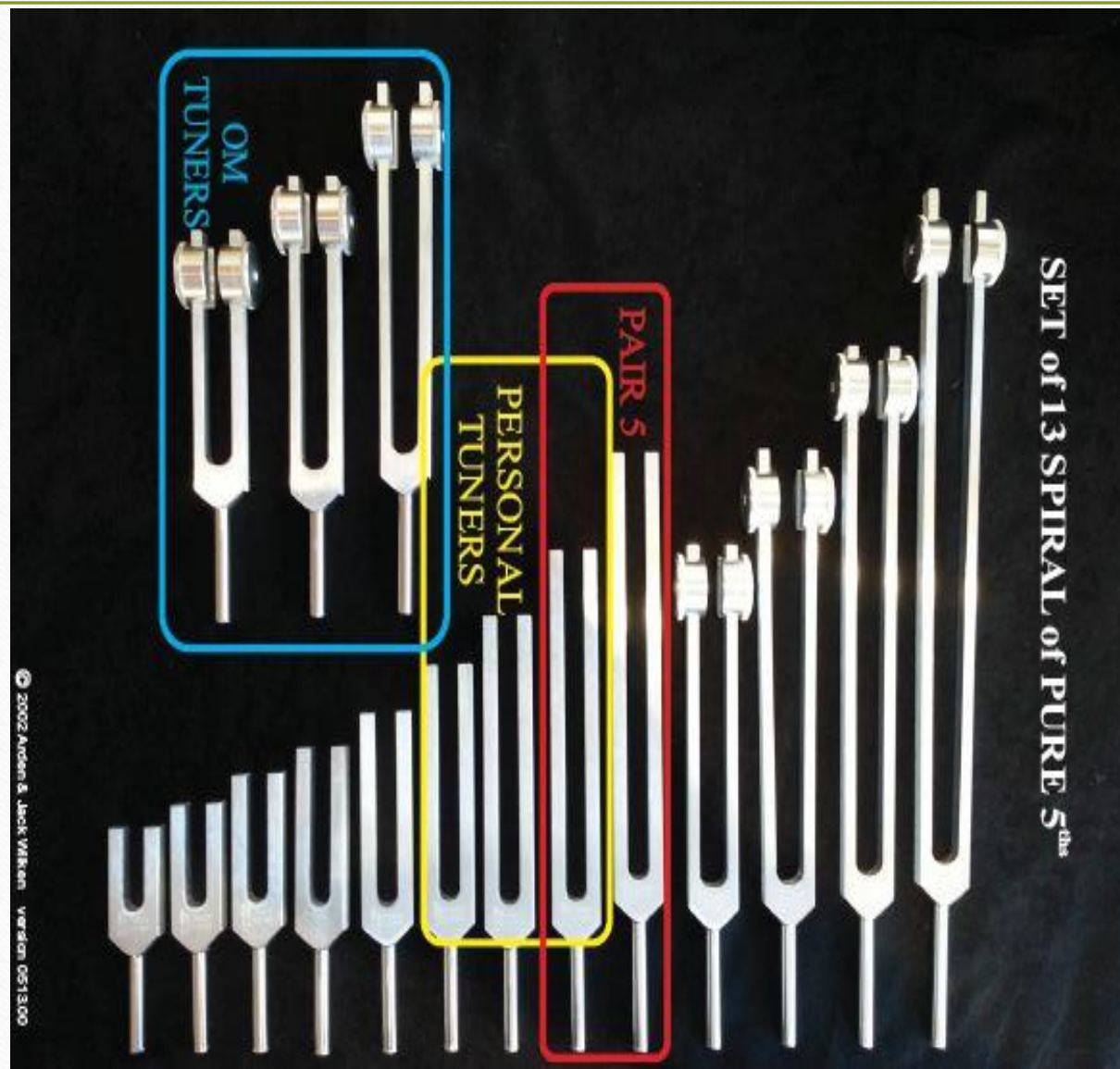


On-going study since 2002:

- “Significant statistical difference”
- Client-assessed pain/stress levels
 - Before & After a session

OM/Personal Tuners & Pair 5

Om Tuners come
from OM Set of 14.
Personal Tuners
and Pair 5 come
from Set of 13.



Benefits of OM/Personal Tuners/Pair 5 Session

Receiver

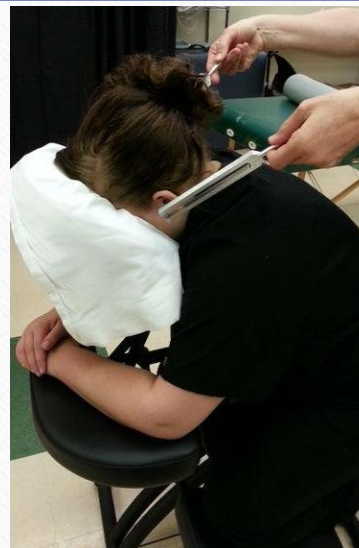


- Repeatable, deep relaxation
- In minutes

Giver



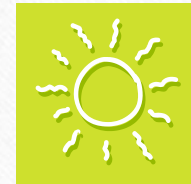
- Receives relaxation benefit as well
- Can bring pairs up to own ears for deeper relaxation



GENERAL TUNING FORK INFORMATION

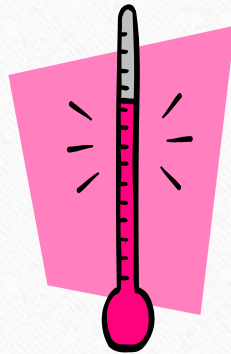
MAINTENANCE

- Store in dry location without touching / avoid dropping
- Activate on rubber or with wooden hammer, not on body
- Will last a lifetime



GENERAL TUNING FORK INFORMATION

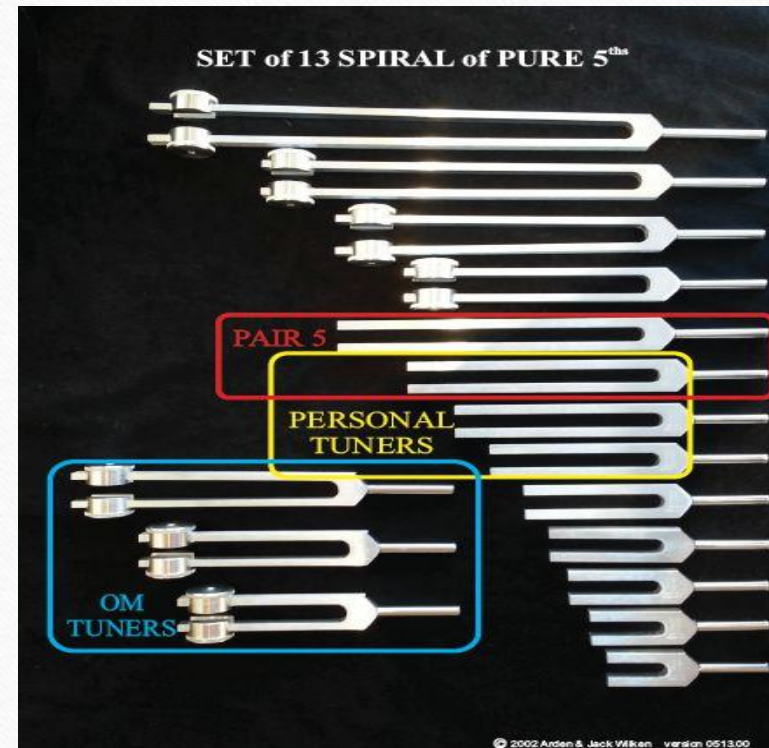
IMPORTANT!



- Use at room temperature. Tuning forks should feel slightly cool to the touch
- Use 200 grit sand paper for any discoloration (oxidation) spots

SOUND THERAPY TUNING FORKS

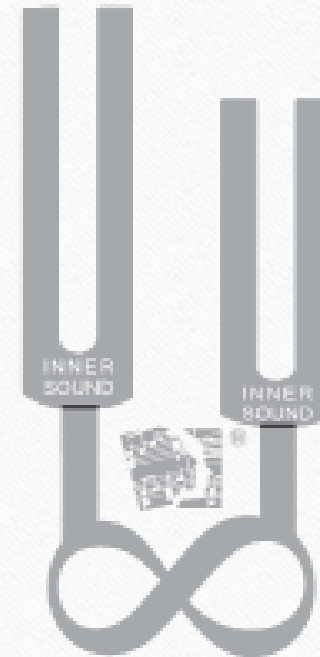
- INNER SOUND Tuning forks
 - Precise, practical way to relax specific areas
 - Micro-tuned
 - Difference in frequency between fork = 1.5 : 1
 - In music called the '5th'
 - Applied in Pairs at the ears



© 2002 Arden & Jack Wilken version 0513.00

INNER SOUND Tuning Forks

- Precision made, 'pure' sound
- Few harmonics or overtones
- Aluminum for longer ring
- Normal tuning forks tuned to $\pm 0.5\%$
- **INNER SOUND** tuning forks tuned twice to 2nd decimal (.25%) because used in pairs



INNER SOUND Tuning Forks



Pouch

Rubber activator

COME WITH

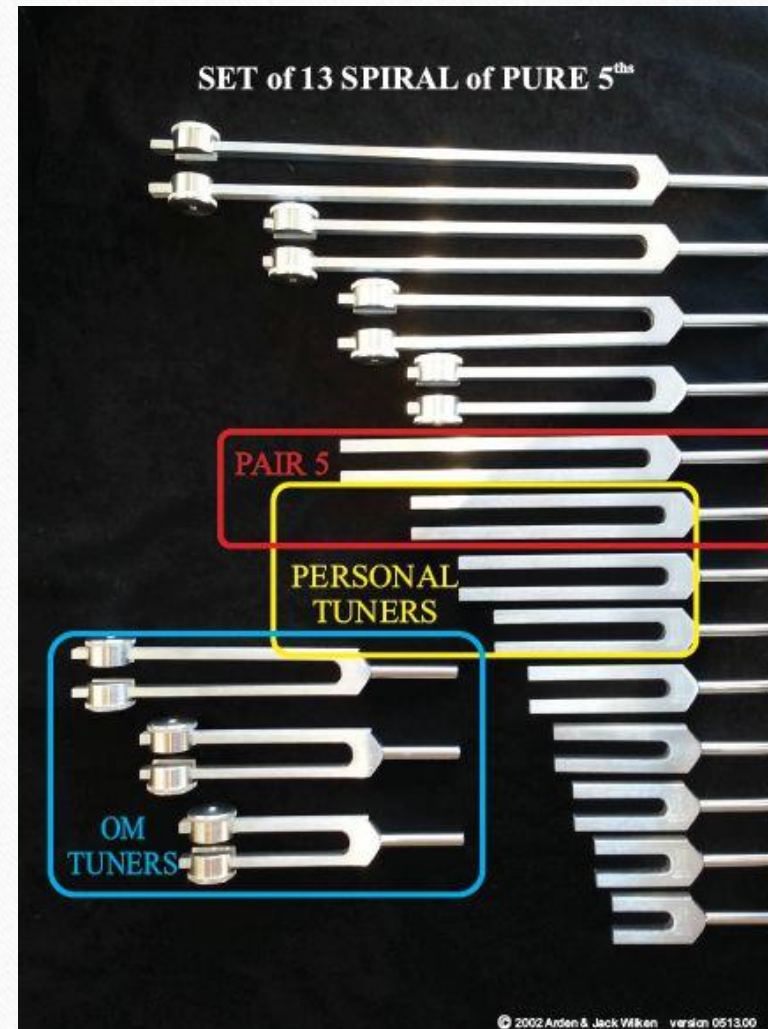
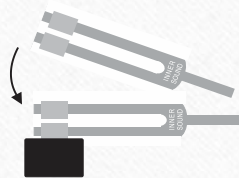


Hammer

(for group sessions with non-weighted forks)

Tuning Fork Activation

and Application



KEY TO CORRECT ACTIVATION

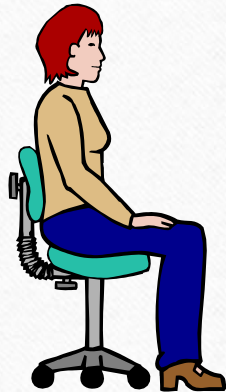
START IN ANATOMICAL NEUTRAL:

Feet straight / knees slightly bent / pelvis
neutral / torso long / shoulders home /
head straight, chin parallel to floor



BODY MECHANICS

Turn to pick up fork



Turn back to apply at the head

- Minimize bending forward
- Twisting
- Awkward movements
- Swiveling chairs work well

KEY TO CORRECT ACTIVATION

RELAX your thumb, wrist & arm.

ALL OF YOU!



NOW PICK UP ONE FORK



Lever fork between thumb
& index finger / other
fingers supporting as well

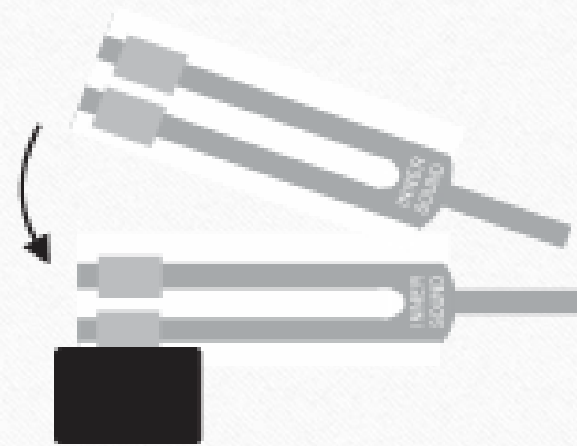


ACTIVATION

- Non-Weighted
- On the 'sweet' spot just back from the tip



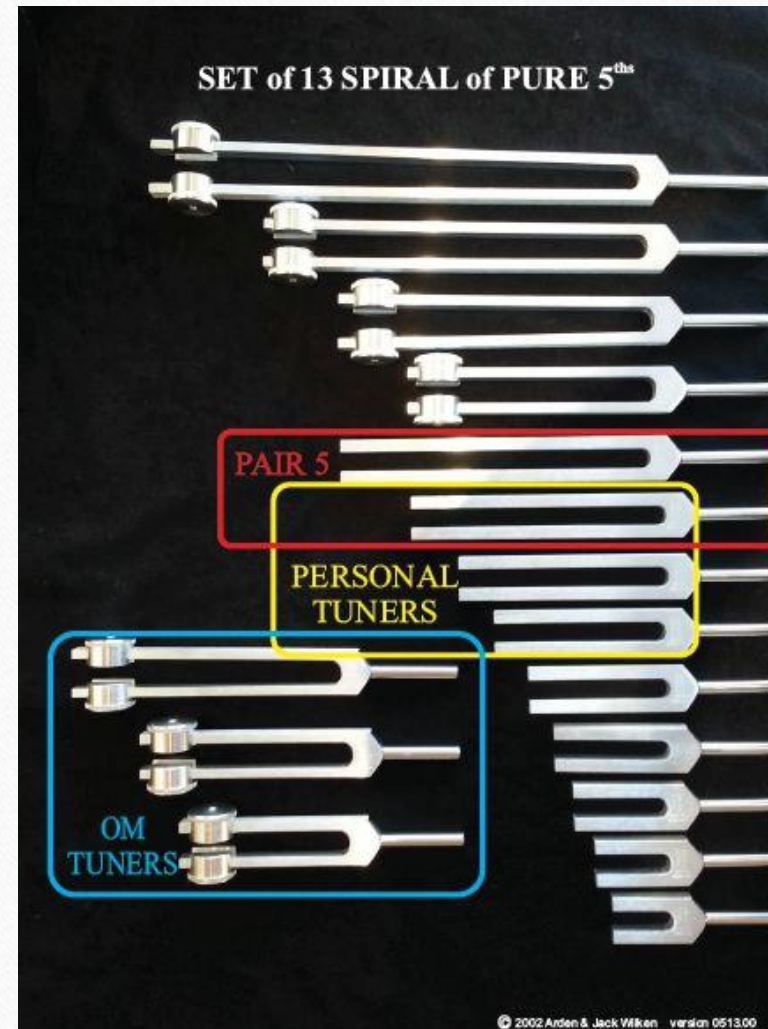
- Weighted
- Directly on center of pad



TO ACTIVATE: Lever [↑], let strike + slight [↓]
with wrist followed by [↑] movement of fingers

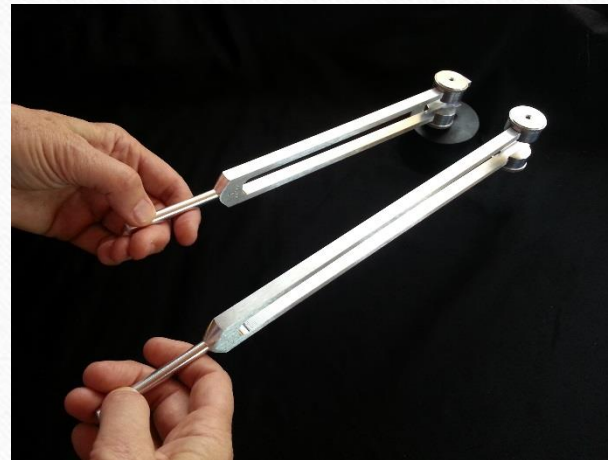


**NOW, TRY
WITH BOTH
HANDS**



PICK UP LOWER FREQUENCY of PAIR IN RIGHT HAND

- Activate right-hand fork, then left one
- Fade in at ears for 15 – 25 seconds
 - Then cross. Always activate lower freq. first



COMMON ACTIVATION MISTAKES

- Stiff thumbs, wrists & arms
- Forget to fade forks in & out at ears
- Activate upper frequency fork of pair instead of lower fork first



APPLICATION CHAIR POSITION



- Behind the client
- Weighted part of forks opposite opening of ear
- Just back from tip opposite ears for non-weighted forks

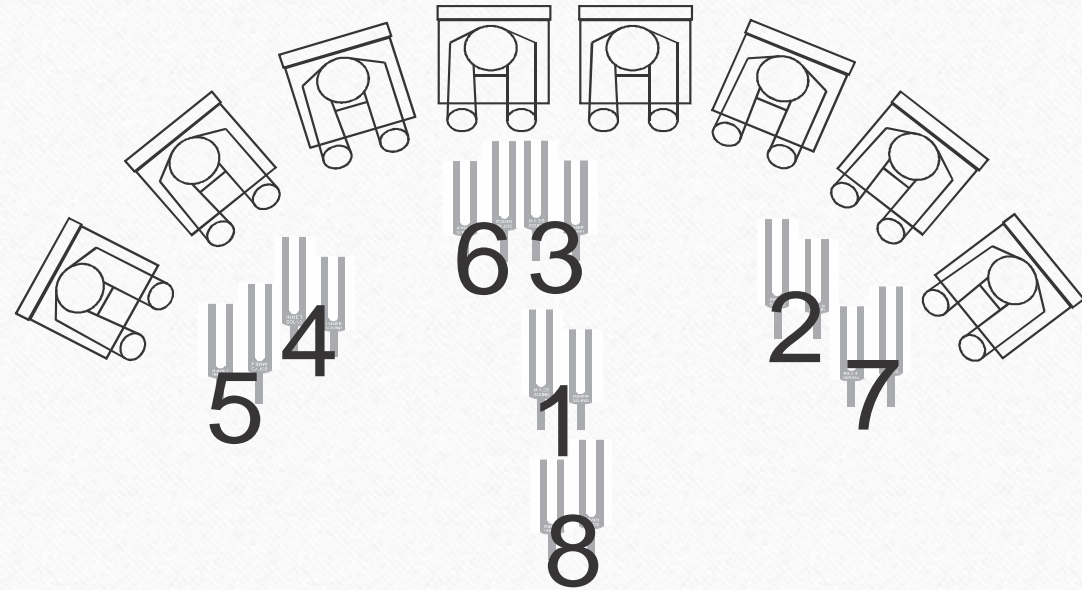
IF CLIENT LYING DOWN



- Jewelry, shoes and glasses are OK.
- Face up on table/Pillow/bolster under knees/Blanket if appropriate
- Clear hair from ears
- Small pillow under neck
- Face down works too

GROUP SESSION: WALK THE ROOM

- You can also walk in a circle around the people
- Position 5 would be behind the person Position 4 was in front of
- Gently reactivate when you hear the sound die



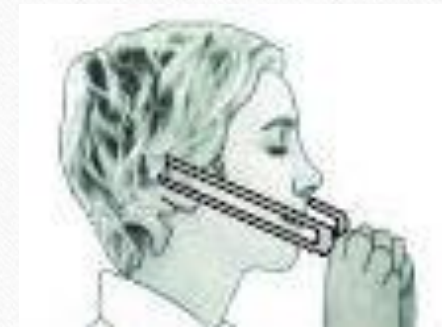
Lowest frequency tuning fork in left hand (1- 4 position)
Lowest frequency tuning fork in right hand (5- 8 position)

INDIVIDUAL SESSION TIPS

SEATED or SELF-CARE

AT THE EARS

- Activate gently on rubber
- New activation each time
- Sides of forks facing ears



INDIVIDUAL SESSION TIPS ON A TABLE, CHAIR or RECLINER

AT THE EARS

- Activate gently on rubber
- New activation each time
- Sides of forks facing ears



GROUP SESSION TIPS

- Activate gently with hammer
- Reactivate when sound dies
- Sides of forks facing group



More info about tuning forks sessions

www.innersound.us



What is **INNER SOUND**?

- An original system of sound therapy and therapeutic music
- Developed by Arden and Jack Wilken
- Over 35 years of helping people



INNER SOUND Mission

- To help people benefit from sound & music through education, experience and practice



Recorded with SPECTRUM SOUND RESONANCE SYSTEM

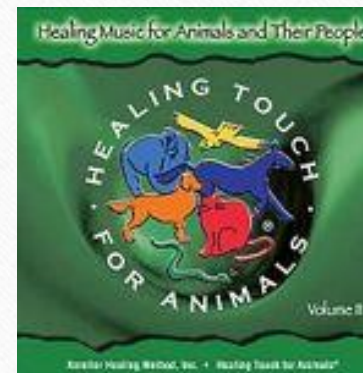
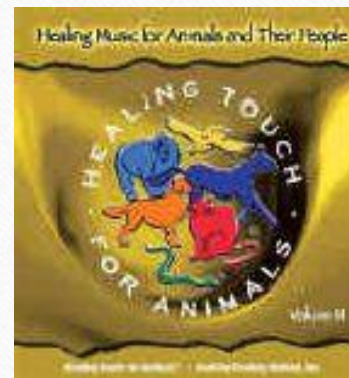


- Therapeutic Music CDs by Arden Wilken
- Recorded with special processing
- SSRS creates beneficial effects on the nervous system
- Enhances the effect of the music
- SSRS created by Jack Wilken

Healing Music for Animals & Their People. Vols. I, II & III

Form part of The Rescue Animal MP3 Project:
Music supplied for free to animal shelters & rescue.

www.rescueanimalmp3.org





What is School for INNER SOUND?

- Instruction in Sound Therapy & Therapeutic Music (INNER SOUND)
- Tuning Forks, Voice Work, Therapeutic Music Training- (Distance Learning)
- US, Europe & UK- worldwide





USA



- Main school located in Seattle, WA on Lake Union near the Space Needle
- All trainings available in Seattle
- Ask us about organizing trainings in other cities or countries
- Given in English & Spanish
- www.innersoundonline.com



UK

- Located in London near Kew Gardens
- Sheila Hill Director
- All trainings and workshops available, except *Personal Music Compilation Training*
- English only
- www.inner-sound.co.uk



INNER SOUND UK



- Our courses are approved by the Sound Therapy Association (STA)
- UK's only professional membership association for sound therapists, practitioners and training schools



NETHERLANDS



- Located in Borne near, Germany
- Maarten Haalboom Director
- All trainings and workshops available, except *Personal Music Compilation Training*
- Given in Dutch
- www.omzin.nl



SPAIN

- Located in Barcelona & Valencia
- Instructor Barcelona: Maria Fanes
/ Instructor in Valencia: Juan Antonio Gomez Nebot
- All courses available except *Personal Music Compilation*
- Given in Spanish.
- es.innersoundonline.com



UNIFORMITY)

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 - The same student material
 - Instructors with the same qualifications

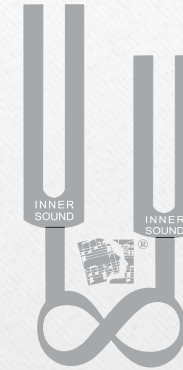
PEER REVIEWED ARTICLE

- “OUR SONIC PATHWAYS”
 - By Arden & Jack Wilken
 - ISSEEM Journal, Jan 2007
 - Download from bottom of home page

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