



INNER SOUND Tuning Fork Trainings  
Basic & Advanced  
(18 CE Hours)

Learn to use **INNER SOUND** tuning forks as sound therapy for stress reduction and relaxation of self or others either alone or to complement any therapy.

The Basic training teaches the use and primary application of the tuning forks, including relaxing specific areas of the body, the Chakras and the energy system.

The Advanced training deepens the use for more specific applications, including focus on distinct symptoms and themes on a physical, emotional, mental or energetic level with the **INNER SOUND** motifs. In both trainings there is an in course assessment of learning objectives by observation and oral questions. Certification is available.

A 4.5 CE hour Spa Tuning Fork training is also available.  
(Purchase of tuning forks is not required to attend the courses.)

**INNER SOUND** (est. 1978), an original system of sound therapy and therapeutic music, is a marriage of ancient wisdom and modern science.

The **INNER SOUND** Tuning Forks form a part of the field of complementary/alternative medicine and are not a replacement for licensed medical care.



School for **INNER SOUND**  
is approved by the **National Certification Board for  
Therapeutic Massage and Bodywork (NCBTMB)** as a  
Board Approved Continuing Education Provider.



## *The Tuning Fork*

A tuning fork is designed to precisely emit one single frequency - a pure sound. Tuning forks are used in the realms of medicine, music, and science for a variety of applications. Their precision make them ideal for use in sound therapy, using the capacity of the body to resonate with pure sound.

The creators of **INNER SOUND**,  
Arden and Jack Wilken, have developed a special series of  
tuning forks spaced in pure 5<sup>th</sup> intervals for use at the ears.

## *The Pure 5th*

A **pure 5<sup>th</sup>** is the naturally tuned form of the musical interval known as the *perfect 5<sup>th</sup>* in which the frequency of the higher tone is exactly 1.5 times the frequency of the lower tone.

The pure 5<sup>th</sup> is an important element in our environment appearing frequently in the natural harmonic spectrum of the voice. It is also the most important interval in sound healing and appears almost always in healing music compositions, ancient as well as modern.

The use of tuning forks in this interval, one at each ear, produces an organized wave of expansion and contraction throughout the body. This occurs at all levels helping the body to relax deeply. This relaxed state encourages the body to regenerate and the energy system to balance and align.

*INNER SOUND tuning forks are easy to use and their effects are rapid and repeatable. There are sets for personal and professional use.*

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