

FAQs by Clients

Tuning Fork Sessions (INNER SOUND) RELAXATION & WELL-BEING

What is a Tuning Fork Session? These sessions are all about relaxation from different pairs of tuning forks applied at the ears. You will be surprised at how quickly you will relax and how sweet is the sound of the forks. If you haven't already, try this unique way to let your body relax and rebalance itself: sound therapy at its best.

Do I need to do anything to prepare for the Tuning Fork Session? No, just be sure to tell the Practitioner if you have any body areas where you would like extra relaxation such as old/new injuries, surgical sites, chronic areas of tension, etc. so he/she can put special attention on those during the session. As the tuning forks are only applied at the ears, even tender areas or wounds can be focused on by emphasizing certain pairs of tuning forks.

Do I need to wear special clothes or disrobe? No. As the INNER SOUND tuning forks are only applied at the ears, street attire is actually fine, however, if you have disrobed to receive a different kind of session, you certainly won't have to put your clothes back to receive a tuning fork session! In any case, you will be asked to take off shoes and glasses during the session for greater comfort. Any jewelry or watches may be kept on. Contact lenses and hearing aids can stay in.

What will I feel during a Tuning Fork Session? Some people fall asleep, others experience physical sensations, memories or thoughts, while others feel like they have 'gone somewhere'. These are all normal and are unique for each person.

What will I feel after the session? Most often people report a sense of calm, clear-headedness and/or well-being lasting for a day or 2, even longer. A better night's sleep is often reported, along with a clearer vision, a reduction in uncomfortable sensations, and higher energy levels.

What actually happens during a Tuning Fork Session? For the tuning fork session itself either you will lie down face up with eyes closed while the practitioner sits or stands behind you applying the different pairs of forks at each ear, or you will sit in a normal or reclining chair. First, he/she will do a test of several pairs asking you to say when you start to hear the sounds at your ears. This helps you become familiar with the sound of the tuning forks- some pairs are unexpectedly low in frequency- and helps the Practitioner to know how close to your ears to come for the most effective session. Then, the actual application of the tuning forks begins, anywhere from just a few to 60 pair applications. After the sequence of pairs is completed, the Practitioner will give you time to come back to the outside world on your own. If you are asleep or in a very deep state of relaxation, after a few minutes the Practitioner may touch you on the shoulder to bring you back.

How long does the relaxation from a Tuning Fork Session last? This is unique for you. Some people continue to feel the relaxation for days, for others a few hours. With consistent use over time old tension and stress stored in the body can be released so that the relaxation experience continues for longer periods.

Can anyone receive an INNER SOUND Tuning Fork Session? Just about anyone can receive a tuning fork session. The exceptions are as follows: recent trauma within the past month to the nervous system such as stroke, brain surgery or meningitis; spinal tap or similar procedure within the last 10 days; or during a migraine headache.

What about children? We have special protocols for babies and young children. These may include gently activating the tuning forks with a wooden hammer and standing at different distances away from the child who is sitting on someone's lap or laying in their arms.

Can a pregnant woman receive a tuning fork session? Absolutely. The tuning forks help the mother-to-be relax at any stage of the pregnancy, and this is passed on to her baby. Her position for the session can be adjusted, as well, if the normal face-up position is uncomfortable.

If I am hard of hearing, wear a hearing aid or am completely deaf can I still receive benefit? Yes. One of the ways that sound enters the body is through bone conduction via the bones of the head (cranial). As the **INNER SOUND** Tuning Forks are applied at the ears, this means that even if you can't hear well, wear a hearing aid or are completely deaf, you will still benefit from the tuning forks. Sometimes, though, people who don't hear well feel uncomfortable to lay for the time it takes for session- from 10 to 20 minutes- because they don't hear many of the tuning forks and, as well, may not feel any kind of sensation in their body by the sound being conducted via the cranial bones. Nonetheless, the expansion and contraction movement is produced throughout the system helping to relax the body. In this case the relaxation is often noticed only after the session. Normally, hearing aids can be left in during a session, however, if you prefer, you can decide this at the beginning of the session during the Test Pair Phase.

Why are the tuning fork sessions so short? The 2 frequencies of each pair of tuning forks send a precise, clear message to the body to remember its basic movement of expansion and contraction (See below in 'Tell me more about the tuning forks.') With years of experience **INNER SOUND** has found that only 10 to 15 seconds of activation per pair gives the best results, rather than a longer activation per pair. This means that you can receive a series of pairs to help your whole body relax, as well as specific sequences to target body areas (feet, knees, hips, neck, shoulder, jaw, for example) in under 20 minutes, a full body tune-up with sound, which can also complement any other kind of session.

What do people say after a session? From an on-going study since 2002 clients have reported a 'significant statistical difference' in lower pain and stress levels after a session.

Can I learn to apply the tuning forks to myself? Yes, of course. **INNER SOUND** has sets with as few as 2 tuning forks that are easy to apply to yourself, family or friends. Consistent use brings more possibility for long term relaxation.

Tell me more about the tuning forks used in the sessions. The tuning forks come from **INNER SOUND (1978)**, an original system of sound therapy and therapeutic music created by Arden and Jack Wilken. They have been in use worldwide since 2000 in a wide variety of healthcare fields and for home use. The main set of tuning forks used, called the 'Spiral of 5ths Set of 13' (Set of 13), consists of 13 tuning forks, or 12 pairs, ranging in frequency from about 32 to 5000 hertz, roughly spanning the range of a full piano keyboard. All 12 pairs from low to high are used in the session and help the whole body relax. Another set of 3 tuning forks called the 'OM Tuners', lower pitched than the Set of 13, are often added to the session to deepen the relaxation in the solar plexus (spleen, pancreas, stomach, liver, kidney) area of the body and to promote grounding and centering. Both the Set of 13 and the OM Tuners are always applied in pairs, one fork of the pair at each ear. The difference in frequency between the 2 forks of any pair is the proportion of $1 \frac{1}{2}$ to 1. (For example, the lower fork would be 100 Hz and the upper fork would be 150 Hz.) This ratio represents the interval of 2 musical notes known as the 5th. (Think of the opening of 'Twinkle, Twinkle, Little Star'. The notes of Twinkle, Twinkle are the sound of a 5th.) The wave form of the 2 frequencies of the 5th produces a movement of expansion and contraction, one of the basic movements in the body, which begins with the first breath at birth. (This movement is known in cranial-sacral therapy as the 'cranial rhythmic impulse'.) Where there is tension in the body from stress or other causes, the body has forgotten or can no longer move in this undulating wave. The **INNER SOUND** tuning forks help the body remember the basic oscillating movement of expansion and contraction, which produces a state of deep relaxation (dominance of alpha brain waves). This state is also called a 'meditative', 'self-regulating' or 'self-healing state'.

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