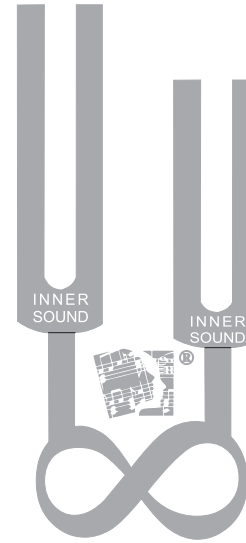


*The INNER SOUND Tuning Forks
create a balanced movement of expansion
and contraction throughout
the body and field.*

*This movement produces a
dominance of alpha brain waves
leading to deep relaxation.*



OM and Personal Tuner Instruction Manual

INNER SOUND est.1978

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Sound Therapy Applied at the Ears

OM & PERSONAL TUNERS

The Tuners are two sets of three tuning forks based on the pure 5th interval applied at the ears. The OM Tuners are based on the OM Frequency (136.1) and a 5th above and below it. They are forks #4, #5 and #6 in the OM Set of 14. The Personal Tuners are forks #6, #7 and #8 in the Set of 13 Spiral of 5th.

PURE 5th

The pure 5th is the naturally tuned form of the musical interval known as the 'perfect 5th' in which the frequency of the higher tone is exactly 1.5 times the frequency of the lower tone. The pure 5th 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.

Sound Therapy Applied at the Ears

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. The fifth, a ratio of 3/2, means a proportion of 1 1/2 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, Sol, La, Ti, Do, this interval is found between the notes Do Sol, Re La, Mi Ti or Fa Do (upper).

Cranial Rhythmic Impulse

The body has several self-healing mechanisms, one being a pulse that emanates from the central nervous system (CNS) called the 'cranial rhythmic impulse'. It is associated with a very slight coiling and uncoiling of the CNS. 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.

OTHER INNER SOUND TUNING FORKS

Arden and Jack Wilken have created a unique series of tuning forks based on the interval of the pure 5th:

Set of 13 Spiral of 5th and the
OM Set of 14 Spiral of 5th.

INNER SOUND TUNING FORK TRAININGS

Basic, Advanced and Instructors's Training.

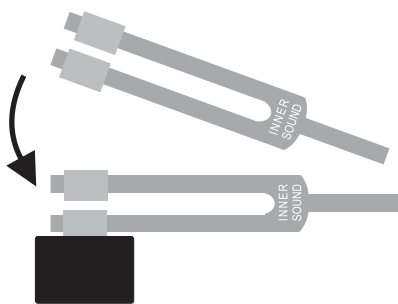
*These trainings form part of the
SCHOOL FOR INNER SOUND's
International Sound Therapy courses.*

Price: Each set of tuners is \$181.50 including pouch and rubber stopper or wooden hammer plus shipping.

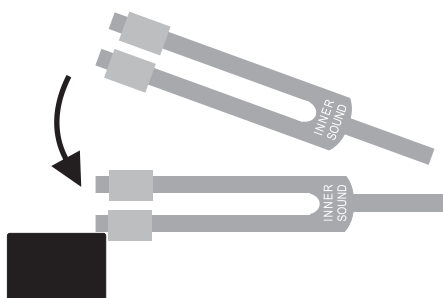
The INNER SOUND Tuning Forks form part of the field of complementary/integrative medicine and are not a replacement for licensed medical care.

How to activate weighted forks. (OM Tuners)

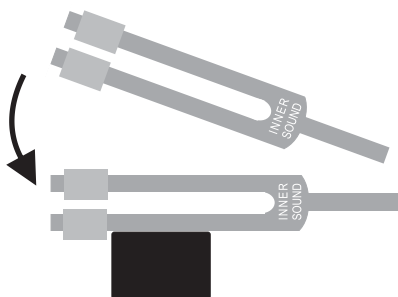
yes



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 on the knees, hands or any other body part. (This is for the care and maintenance of the body!) They should be stored in a dry location not touching each other if carried or moved. Avoid dropping them. Cosmetic discoloration (oxidation) from damp climates can be removed easily with 200 grit sandpaper. Tuning forks are calibrated at 20° C/68° 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 car in summer or winter, for example, they can take as long as 1 hour to return to room temperature.

APPLICATION FOR BOTH SETS OF TUNERS

Numbering the forks #1, #2 & #3 starting with the largest and lowest sounding fork, begin the session with forks #2 and #3 one at each ear for 15-20 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 15-20 seconds as above. The total session is approximately 2 minutes. This session can be repeated as often as 3 times a day as long as no over-activation symptoms are experienced- a slight headache or fullness in the ears. These will disappear with no lasting effect by drinking water and reducing usage.

VIBRATING THE FORKS:

Each pair of forks should be vibrated as follows: hold one fork in each hand and strike them gently, the largest fork first, on the stopper as shown on pages 4 & 5. Then, hold one next to each ear at a distance of 1 to 2 inches. Try it in front of a mirror on yourself the first few times, so you can see and hear when you have them in the correct position. If done on another person, the individual can either be sitting or lying down. Switch the forks from one hand to the other to change sides. It is best to sit or stand behind the person. A mirror can be used to see the ears better.

EFFECT of the OM and PERSONAL TUNERS

The Personal Tuners resonate in the throat, head and the upper chakras and are used as a precursor to meditation or relaxation. The OM Tuners resonate in the chest, down into the solar plexus and up into the throat area, promoting centering, deeper contact and grounding in those areas.

Tuning Fork Application Positions



How to activate non-weighted forks. (Personal Tuners)

