



Tuning Forks for Healing Therapy

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The human body is sustained by life force energy which is referred to as **Chi** in Chinese medicine and **Prana** in Indian Medicine. This energy which has electro-magnetic characteristics travels through **Meridian** pathways inside the physical elements of the body and feeds all the main organs, glands and ultimately every muscle, nerve, tissue and cell.

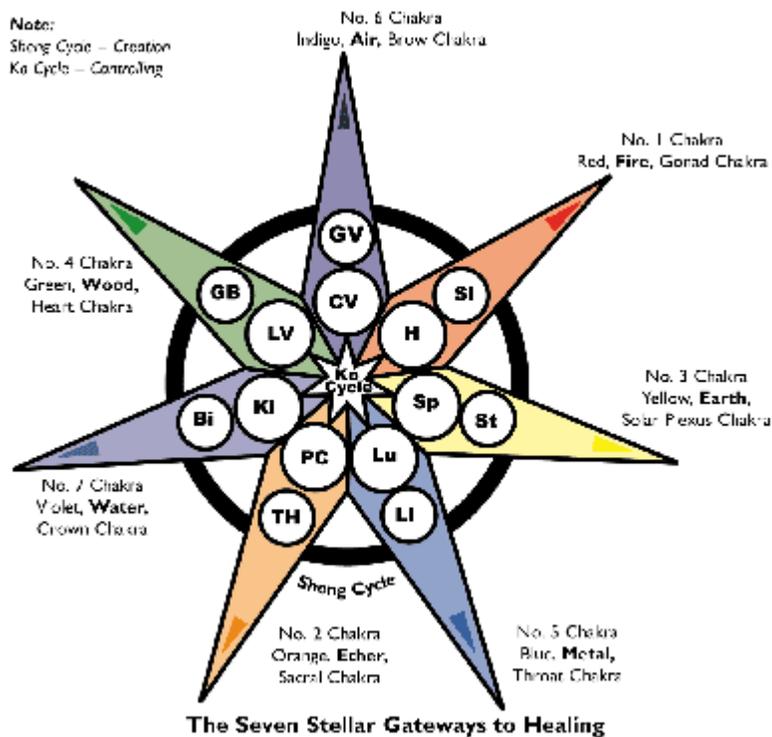


Diagram representing the Seven Gates of the human body comprising the Chakra and Meridian Energy System which can be used for the purposes of healing

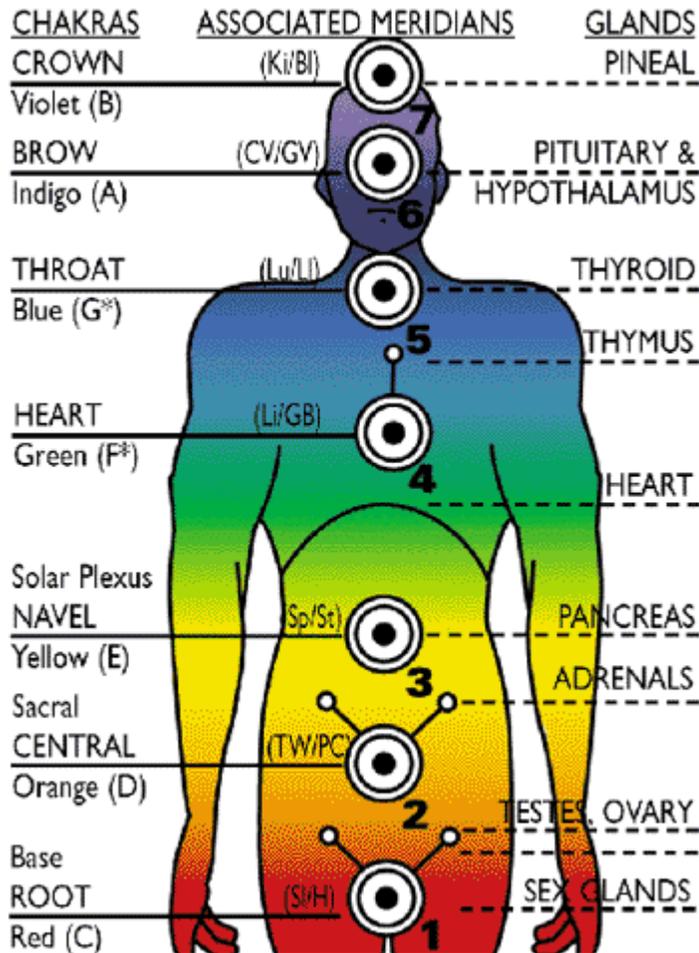


Diagram showing the key relationships between the Chakras, Acupuncture Meridian and Endocrine Glands of the body

Surrounding the outside of the body there are several electrical energy fields created by the **Source Energy** which are commonly referred to collectively as the Aura. These comprise the meta-physical elements of the body and which have **Magneto-electric** characteristics.

Located on the mid-line of the body there are seven main transition points for distribution of the life force energy into the physical elements and these are known as the Chakras.

The word **Chakra** means literally a wheel, and this part of the system is comprised of seven centers of rotating vortices of energy. Their electrical function is to act like down line transformers to feed the higher voltage energy of the magneto-electric energy fields of the aura into the sub-circuits of lower electro-magnetic energy of the Meridian system.

The Meridian system is comprised of twelve principal meridians which act like distribution paths for the energy, and eight meridians which act like vessels to store the energy inside the body.

The Chakra and the Meridian systems are therefore intrinsically linked in order to form a distribution network for the life force energy, and it is this complex system of energy transfer and distribution that is the focus of tuning fork therapy.

By definition, every organ tissue gland and cell in the body depends on a regular and uninterrupted supply of this energy in order to carry out the process of sustaining life.

Ancient Chinese and Indian medicines are both advocates of unblocking and releasing energy disturbances inside and outside the body in order to alleviate the symptoms of disease. The application of tuning fork sound therapy can act as a tool to bring about changes on all levels of this energy system, producing a remarkable healing effect as a result.

The Importance of Sound in Healing

Sound is in constant motion and is made up of three important interconnecting elements namely **Pulse**, **Wave** and **Form**. These cannot exist one without the other as they form a trinity of three elements in action in order to create one powerful force.

The laws governing Quantum Physics has demonstrated that everything in the Universe is made up of vibrational fields and the human body is no exception.

Sound is recognized as the most important form of vibrational energy as it gives birth to all other forms. It can cause different effects in each one of these fields, and vibration from any source can have both beneficial and detrimental effects to our well-being as a whole.

When the human body comes into contact within any of these fields either negative or positive resonance occurs and the body's delicate cell structure can become affected depending on the source.

Resonance is the process whereby the primary vibration can initiate the secondary vibration which becomes sympathetic to it so that they both start resonating at the same frequency .

A classic example of this is the sound that can be created by the trained voice of an opera singer which can shatter a glass if the note is held long enough; it resonates and vibrates to the point of destruction because the material is not flexible enough to withstand the vibrations it produces in sympathy.

In the case of tuning fork therapy a beneficial process of resonance occurs. This means that if the frequency measured in vibrations per second (vps) is applied by focusing the sound generated by tuning forks on various parts of the body, it can help to establish a new pattern of balance, erasing the detrimental patterns caused by the negative resonance pattern of ill health.

Sound has many other effects on both conscious and unconscious levels often evoking emotional responses; it has a counterbalancing action upon the physical and emotional states of the body and mind. The power of sound for instance can energize the body when tired, or relax the body by soothing the nervous system when we are angry. It also has the amazing ability to lift our spirits in times of depression and grief.

When the internal and external aspects of our lives become at odds with each other we become dissonant which is a lack of harmony or inflexibility. As flexibility to all intensive purposes represents an easier and more harmonic pattern of life, then rigidity is the opposite, being ultimately and literally death.

Translated into its musical form, sound becomes the appreciation of its universal power, for it clearly helps us to become more harmonious and coherent. It is by these standards therefore a truly potent medium for healing.

Tuning Forks

A complete set of fourteen forks is tuned to the vibrational frequencies of each of the main meridians of the Acupuncture System comprising the following:

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|---------------------|---------------------|
| 1. Central Vessel | 8. Kidney |
| 2. Governing Vessel | 9. Pericardium |
| 3. Stomach | 10. Triple Heater |
| 4. Spleen/Pancreas | 11. Gall Bladder |
| 5. Heart | 12. Liver |
| 6. Small Intestine | 13. Lung |
| 7. Bladder | 14. Large Intestine |

The meridians are in pairs of Yang and Yin elements (positive and negative/light and dark); these are the opposing forces of energy that regulate the action of life force in matter.

Each pair of meridians has a direct relationship with a particular chakra, musical note, color or specific endocrine gland as shown in the diagram previously.

On a general level the appropriate tuning forks can be selected by the practitioner using a number of different means including intuition, using a dowsing pendulum, or by making a logical assessment of the patient's symptomatic condition and then using the relevant fork or forks related to the meridians or chakra that may be involved.

Other methods involve using kinesiology muscle testing procedures. These fall into two categories that can be either very basic involving one or two forks, or alternatively more advanced, using multiples of tuning forks to correct many complex imbalances in the body.

Qualities of Tuning Fork Sound

When one tuning fork is rung it creates one single sound which is called the **Fundamental Note**; however there are many other notes that are sounded simultaneously which are called the **Harmonics** or **Overtones**. These are precise mathematical ratios of the first note. The first harmonic overtone known as a **Partial** vibrates twice as fast as the first note and the second three times as fast as the first and so on.

When two tuning forks are sounded together this creates a pattern containing two vibrational frequencies; the difference between these frequencies is known as an **Interval**.

The brain, however, hears not only the two frequencies sounded, but also hears the third frequency, being the difference between the two, by the process of **Holographic Sound Translation**. Therefore the body responds to three vibrational frequencies if two forks are rung.

When it comes to multiple forks being sounded, the effect is that a multitude of different frequencies, plus all the harmonics or overtones as result of the particular combination selected, are administered to the body in one complex **Sound Bath**.

The tuning forks are made of a special aluminum alloy and are designed to give rich overtone characteristics having warmth and depth. They also have long ringing decay times so that the note is sustained as long as possible, from its initial phase of loudness to the very delicate phase, as the note subsides into an all pervading silence at the end.

Health Problems and Tuning Fork Therapy

A great deal of different health problems can be helped with tuning fork sound therapy, ranging from pain control to behavioral and emotional problems.

There are specific sets which work on muscle circuits and spinal vertebrae, jaw, cranium and the bones of the body. **Vital sound** contains a wide range of vibrational frequencies which are directly related to alleviation of symptomatic patterns in the body caused by illness.

Tuning fork therapy often has a soothing effect on the nervous system and is good for tension and headaches caused by stress. It energizes and relaxes the body, with the patient often experiencing profound changes by the unblocking of chakra or meridian pathways, causing a redistribution of their own innate healing energy to where it is needed most.

Tuning Fork Application

The tuning forks are normally held in the hands, making contact with the palms. Used in this way they act as a carrier, channeling the practitioner's own healing energy into the forks and through into the sound being generated at the fork tips.

The application of the sound therapy can be greatly enhanced by the practitioner's intent or focus on the problem that is being addressed at the time. The vibrational combination of the sound generated by the tuning forks and is the **Frequency** and the **Intent** of the practitioner creates a powerful combination of three elements known as a **Trinity** to create the **Healing Effect**.

The tuning fork sound energy can be administered in a very focused point like a laser onto very specific parts of the body, such as directly over the main organs or areas of pain and discomfort.



Tuning forks being used by a practitioner during a Sound therapy treatment. In this case several forks are being used to treat the Brow Chakra or Pineal Plexus point in a static focused manner over the area



In this case several forks are being used to treat the Heart Chakra or Plexus point in an active rolling movement over the area

They may also be focused or spiraled into the chakra vortices and nerve plexus positions, or alternatively they may be waved over the body in a figure eight infinity pattern to give a sound bath in the aura.

The actual selection of the required tuning forks using Advanced Kinesiology techniques utilizes the **Alarm Points** of the Acupuncture System to identify the Meridian that is over energized or under energized. Other simple techniques are also available to use basic muscle testing to select the correct tuning fork combination.

When using the tuning forks to clear the energy blockages the correct area of treatment can often be felt as a thick heaviness in the energy fields surrounding the body. This effect often disappears and feels immediately lighter and more fluid after treatment, when the energy is flowing more evenly to the area.

The reason the application of sound has a powerful therapeutic effect is because it concentrates the vibration into the mind or mental body; it is this element that forms the bridge between the lower aspects of our physical body and the higher aspects of our true **Spiritual Self**.

Effects of Tuning Fork Sound Therapy

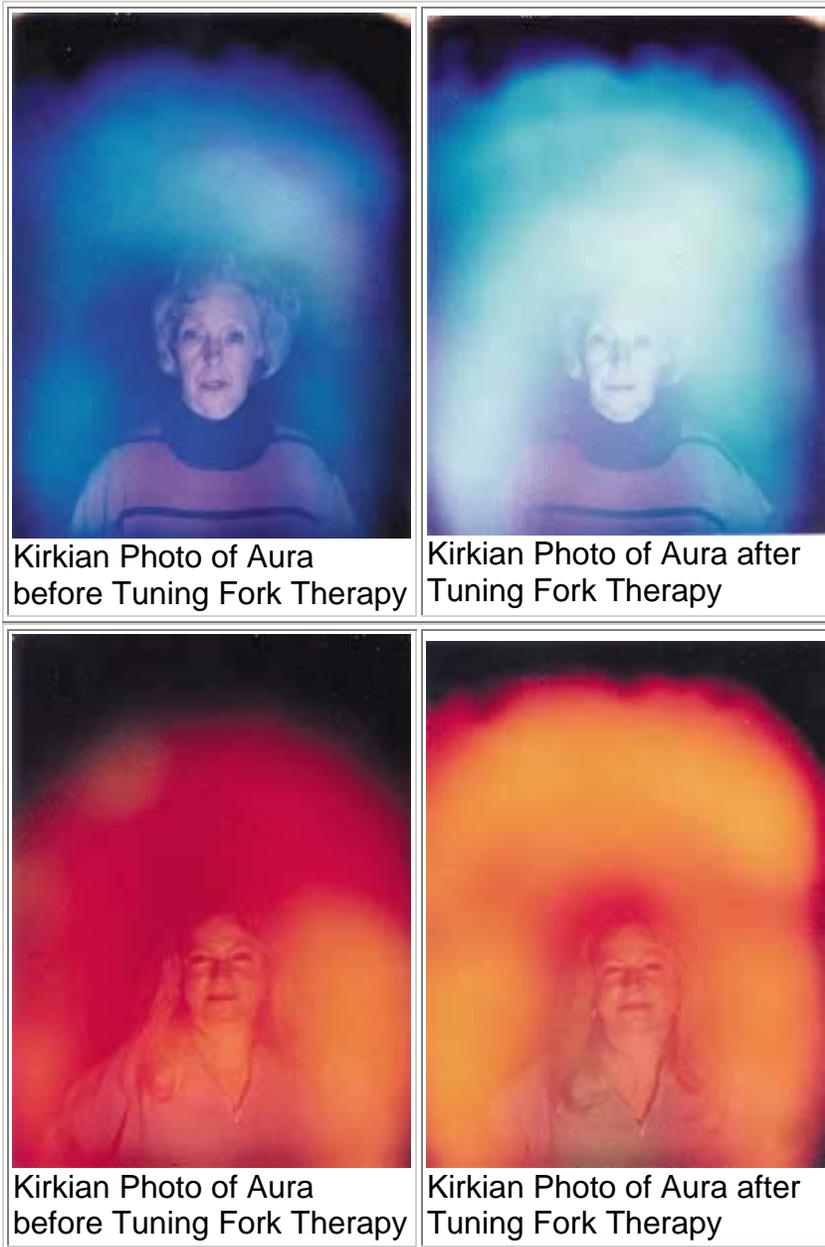
The actual effect of tuning fork sound therapy can be verified by a number of methods which include kinesiology muscle testing procedures to check the status of the organ meridian energy circuits and the chakras which are directly over the main nerve plexus points in the physical body.

The effect on the meta-physical elements can be measured with a special camera known as **Kirlian Photography** which captures the changes that take place within the electro-

magnetic energy field surrounding the body when the tuning forks are applied during treatment.

The patient's symptomatic pattern is also assessed at the time of the visit and thereafter to establish the changes taking place on physical and mental levels over the course of tuning fork sound therapy treatments.[1]

The following photographs show the before and after Kirlian photographs of patients who have undergone tuning fork sound therapy treatment as can be seen from these pictures the aura has changed dramatically after the therapy.



Patient Case Studies

Patient X – 58 year old female with long term history of chronic lower back pain aggravated since being involved in a road traffic accident in 1979.

The diagnosis from a specialist that she had been referred to by her GP indicated a disc prolapsed at lumbar vertebrae 4/5 and associated degenerative changes in the apophyseal joints and sacro-iliac region of the spine.

Medical treatment indicated that long term rehabilitation was required plus strong pain killer medication and lumbar spine injections. The prognosis indicated further exacerbations of pain in the future, plus great care was always to be taken with her back at all times.

Patient presented with constant pain and discomfort, with difficulty in spatial co-ordination and balance. Walking and carrying items such as shopping were very difficult. Her lifestyle and day-to-day activities were dictated by the level of her back pain.

She had very low energy levels due to constant pain and associated depression and fatigue brought on from having to face the prospects of a long-term debilitating illness.

The patient had several treatments which involved tuning fork sound therapy and some nutritional support and now feels sufficiently recovered to lead a normal life active. She is no longer in pain and returns for treatment on a regular basis to ensure that her symptoms do not return.

Patient Y – 32 year old male with long term pains of unknown origin in right arm for over one year. GP's medical examination and x-ray examinations proved negative for cause; therefore patient was advised that it was of psychosomatic origin and was given anti-depressants and pain killers.

The patient who had tried various other forms of therapy was desperate to find something to help his problems. He presented with pain all down his arm radiating up into his neck and was unable to lift his arm above his head to comb his hair and had difficulty washing in the mornings.

On the first session using tuning fork sound therapy the pain was markedly reduced to the point that he could lift his hand above his head which he had not been able to do for some time.

He remarked that it was a miracle for this to happen after so long trying to find something to help the problem. Several treatments later he was able to resume his normal activities and hobbies such as gardening and DIY.

Patient Z – 35 year old female who had been under constant long-term stress with her career and marriage problems and was finding it difficult to cope. She was lacking in self

esteem and confidence and had developed several phobias, including fearing that a nervous breakdown was imminent.

Her GP had prescribed tranquillizers and anti-depressants which she had reluctantly taken. She instead wanted to find some other alternative solution that involved natural treatments to soothe her nervous system, as she was worried about becoming addicted to the drug medication that she had been given to take over a long-term basis.

This patient presented with insomnia and was in a tired, worn-out state with a lack of energy and drive at work. She was initially skeptical about whether the therapy would work but soon found the tuning fork therapy very relaxing. Changes were also made in her diet and nutritional support was also given.

She is now completely off her medication and returns every three months for preventative maintenance check ups. She now feels much stronger and more positive about herself generally, to the point that she decided to expand and use her artistic skills more creatively.

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Acknowledgements

9. With grateful thanks to the information and guidance given to me in the book Conversations with God by Neil Donald Walsch. Hodder and Stoughton ISBN 0 340 69325 8. 1995. granton@dial.pipex.com www.granton.co.uk

All Kirlian photographs kindly supplied by Prism Aura Imaging Telephone No: 01634-855478.