

## **Tuning Fork Healing - Simon Heather (College of Sound Healing)**

Research conducted at Cell Dynamics Inc. demonstrated that the BioSonic Otto (128Hz), OM Tuner (136.1Hz) and Body Tuners (C256Hz & G384Hz) tuning forks have the ability to release Nitric Oxide in body tissues.

The researchers found that when tuning forks are used on the body there is a release of Nitric Oxide. This is seen as a large peak of pure Nitric Oxide immediately following exposure of the tissues to the vibration of the tuning forks.

Nitric Oxide is an important cellular signalling molecule involved in many physiological and pathological processes. Macrophages produce Nitric Oxide in order to kill invading bacteria. Nitric oxide production is important in protecting organs such as the liver from restricted blood flow.

Nitric Oxide contributes to blood vessel homeostasis by inhibiting vascular smooth muscle contraction and platelet aggregation. Nitric Oxide is known to have anti-microbial properties and can destroy tumour cells. Nitric Oxide also inhibits leukocyte adhesion to the endothelium. (Leukocyte adhesion is part of the inflammatory response).

<http://www.biosonics.com/uploads2011/BioSonicsStressScienceandNO.pdf>

### **Body Tuners**

The Biosonic Tuning Forks are specially designed to produce a wide range of harmonics. The Biosonic Body Tuners consist of two tuning forks, C256Hz & G384Hz, when sounded together the two frequencies create a ratio of 3/2. The C/G Tuning Forks are generally placed by the ears or in the energy field.

The Body Tuners create the interval known in music as a perfect fifth. The perfect fifth is more consonant, than any other interval except the octave. A helpful way to recognise a perfect fifth is to hum the start of "Twinkle, Twinkle, Little Star"; the pitch of the first "twinkle" is the root note and pitch of the second "twinkle" is a fifth above it. Listening to this interval creates a feeling of completeness, comfort and enhances our creativity.

The ratio of 3:2 is found in the blood pressure of a healthy person 120/80. 120mm Hg is the systolic pressure and 80mm Hg is the diastolic pressure. We have found that using the Body Tuners regularly helps to harmonise blood pressure. This effect may be caused by to the person's body locking on to the frequencies of the tuning forks. We are all familiar with the principal of entrainment or 'beat induction' when dance music causes our feet to tap in tune with beat.

### **Otto Tuning Forks**

"Otto" refers to osteophonic tuning forks, which means using sound to vibrate bones. The Otto Tuners resonate to different octaves of the note "C" in the Pythagorean Scale (32Hz, 64Hz, 128Hz). They are used on the body to help align the body's physical structure.

Using the Otto Tuners helps to restore health to bone, nerves and surrounding body tissue. The Otto 128Hz tuning fork is very good for use on tense muscles particularly in the area of the shoulders.

**Otto Tuner 128Hz** – Is especially effective when placed on the rib heads, thoracic vertebrae, sternum, and the hip bones. The Otto 128Hz Tuner can also be placed on acupuncture points to stimulate the flow of energy. Placing the Otto 128Hz Tuner on acupuncture point Kidney 1 on the sole of the foot is very grounding. If two Otto 128Hz Tuners held a few inches from the ears they create a beautiful sustained low tone that is excellent for grounding and relaxation.

**OM Tuner (136.1Hz)**- The Om fork is especially effective when placed on the rib heads, thoracic vertebra, sternum, sacrum and ilium. Tap the Om fork and press it to your sternum. Close your eyes and feel the vibration. After a while hum “Om” in resonance with the vibration.

### **BioSonic Tuning Forks**

The College of Sound Healing recommends the BioSonic range of tuning forks. These tuning forks are made in the USA from space grade aluminium. We would definitely not recommend the cheap tuning forks made in India or China that are available on the internet. These tuning forks are made by pouring hot metal into a mold and are very poor quality.

Machined forks made by Bionoics are cut from a single piece of metal. The Chinese and Indian made tuning forks do not produce the pure harmonics that the BioSonic Tuning Forks do. We also recommended tuning forks made in the USA by Medivale and Omnivos and the tuning forks developed by Eileen McKusick.

### **Other Tuning Forks**

There is a wide range of healing tuning forks available on the market. These include - Solar Harmonic Spectrum Set, Solfeggio Tuning Forks, Angel Tuners, Crystal Tuners and Brain Tuners. Special rubber balls can be attached to the stems of the tuning forks. The rubber ball end of the tuning fork is placed on the person’s body making the treatment more comfortable for them. [https://www.soundtravels.co.uk/p-Tuning\\_Fork\\_Rubber\\_Ball\\_Ends-5734.aspx](https://www.soundtravels.co.uk/p-Tuning_Fork_Rubber_Ball_Ends-5734.aspx)

### **Sound Healing Treatment**

A sound healing treatment may combine the use of tuning forks, vocal toning over the body and the use of other instruments such as gongs and Himalayan bowls. If people find the tuning fork treatment helpful they can buy or borrow the tuning forks for use on themselves.

### **Simon Heather**

Simon is the founder of the College of Sound Healing. The College of Sound Healing is a non-profit making organisation dedicated to promoting sound healing in the UK. Simon has an extensive background in the healing arts and is a qualified acupuncturist, sound healer and body-worker. He has studied with some of the world's leading spiritual teachers and sound healers.

<http://www.simonheather.co.uk/>

<http://www.collegeofsoundhealing.co.uk/>

[https://www.collegeofsoundhealing.co.uk/tuning\\_forks.php](https://www.collegeofsoundhealing.co.uk/tuning_forks.php)