



## 111 Hz Tuning Fork

The **111 Hz** frequency is related with the production of endorphins and known to aid in cell rejuvenation and regeneration. Endorphins elevates our mood, gives us a feeling of happiness and joy, increases empathy and improves our focus and memory.

MRI scans show that the brain switches off the prefrontal cortex and deactivates the language center that is responsible for holistic processing, creativity, intuition, and inducing a phase at exactly 111 Hz. This reaction results in a divine level of meditation, the trance that some believe allows you to get connected with our creator.

Many use this along with the 110 Hz Stomach fork for facial work.

### Benefits:

- Pain relief
- Increased empathy
- Improved memory
- Cell regeneration
- Endorphin production
- Mood elevation



## Application

### Meditation:

Activate the fork and bring the fork within 3-6 inches from your left ear. The holes in the weights should be facing the ear. Let the fork ring out. Repeat 2-3 times.

Repeat the process for the Right ear

### Reflexology Facials:

Activate the fork and place the stem on reflex points. Let the fork vibrate out 20-30 seconds with a medium pressure. A suggested book that would aid in the reflex points is "Facial Reflexology: a Self-Care Manual" by Marie-France Muller, M.D., N.D., PH.D

Many like to accompany this with the 110 Hz stomach fork. There is only 1 hz difference between the 2 weighted forks which gives it a narrow frequency gap. Relaxing and rejuvenating all at the same time!

This Technique can also be used on facial acupressure points such as the eye area, nose, cheeks, ears, lips and jaw. See below.

