SozoSoundz
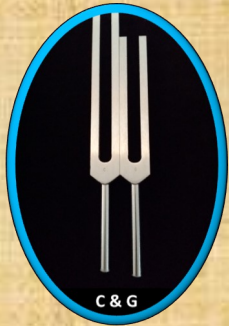## Sound Healing
www.sozosoundz.com

The C & G Tuning

C & G

The C & G Tuners are a perfect start to begin the journey into sound healing. The perfect fifth interval has a frequency ration of 3:2 and is perceived to be pure and stable when hearing it. This interval not only brings about harmony to our ears but to our bodies as well. abilities.

The C & G Tuners, like the D & A Tuners, are a perfect 5th interval in music. The difference is that while the D & A connect the Sacral and 3rd eye centers, The C & G connect the Root and Throat energy centers.

In his book, *Human Tuning*, Dr. John Beaulieu states, "Tuning forks help bring us back to the balance with nature, much like being physically in nature or listening to waves at the beach will have the same effect."

Comes with Activator

C & G

Includes a velvet pouch and a

Hockey Puck Activator

These wonderful tools are a favorite of healers and energy workers. The benefits are:

- Balances the Nervous System
- Enhances Relaxation
- Enhances Meditation
- Stimulates Tranquility
- Reduces Stress
- Inspires Calmness
- Enhance the Root & Throat Centers

Application:

1. Activate the forks (Hockey Puck) simultaneously and bring them to your left ear until the sound dissipates. Then activate them again and do the same with the right ear. Remember not to touch the tines as this will inhibit the ring and vibrations.
2. Activate the forks simultaneously and bring the C fork to the left ear and the G fork to the right ear and let it vibrate until the sound dissipates. The 2nd time, activate the forks and bring the G fork to the left ear and the C fork to the right ear.
3. Activate the forks simultaneously and angle the forks where the tines face your body. Draw the forks up from toe to head aimed at the center of your body.
4. Activate the C fork, aim the tines at the root area and rotate the fork in a clockwise circular pattern for awhile. This will help to open up this center.
5. Activate the G fork, aim the tines at the throat area and rotate the fork in a clockwise circular pattern for awhile. This will help to open up this center.

Experiment and try different things!