



High OM Tuning Fork

272.2 Hz

This fork is an unweighted fork and is an octave higher than the Mid OM and 2 octaves higher than the Low OM. It is also known as the Soul Star .

While many use the Low OM on the Pelvic—low end of the body, the Mid OM on the upper -chest area, the High OM is used on the head area and up to 12 inches above the head. Many believe that to be the 8th Energy Center (Chakra)

The high OM fork can be used alone or in unison with either the Mid OM or Low OM. Unlike the other OM forks, the High OM is used around the body (not on the body) to rebalance the energetic field and centers (chakra's).

Experiment with them all!!!

Tel: 509 723 2379



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Application

Sound:

Activate the fork on a hockey puck and bring the fork within 3-6 inches of your ear. Let the fork ring out and repeat the process using the other ear. This will enhance relaxation, sedation, balance and meditation.

Balancing:

Activate the fork and circle around the head connecting left ear to the right. You can do this many times. Also, activate the fork and point the tines at your forehead and draw circles with the fork while it is pointed at the forehead. You can also do this 12 inches above the head. This will help energize and balance these center even further.

Simultaneous:

- 1) Use 2 High OM forks simultaneously around head area to bring grounding, peace and balance.
- 2) Use the High OM fork (head area) simultaneously with the Mid OM fork (chest area) to bring centeredness and balance between the middle of the body and head.
- 3) Use the High OM fork (head area) simultaneously with the Low Om fork (Pelvis area) to bring a connection and balance between the higher and lower part of the body.

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