



The Meridian Tuning Fork Set

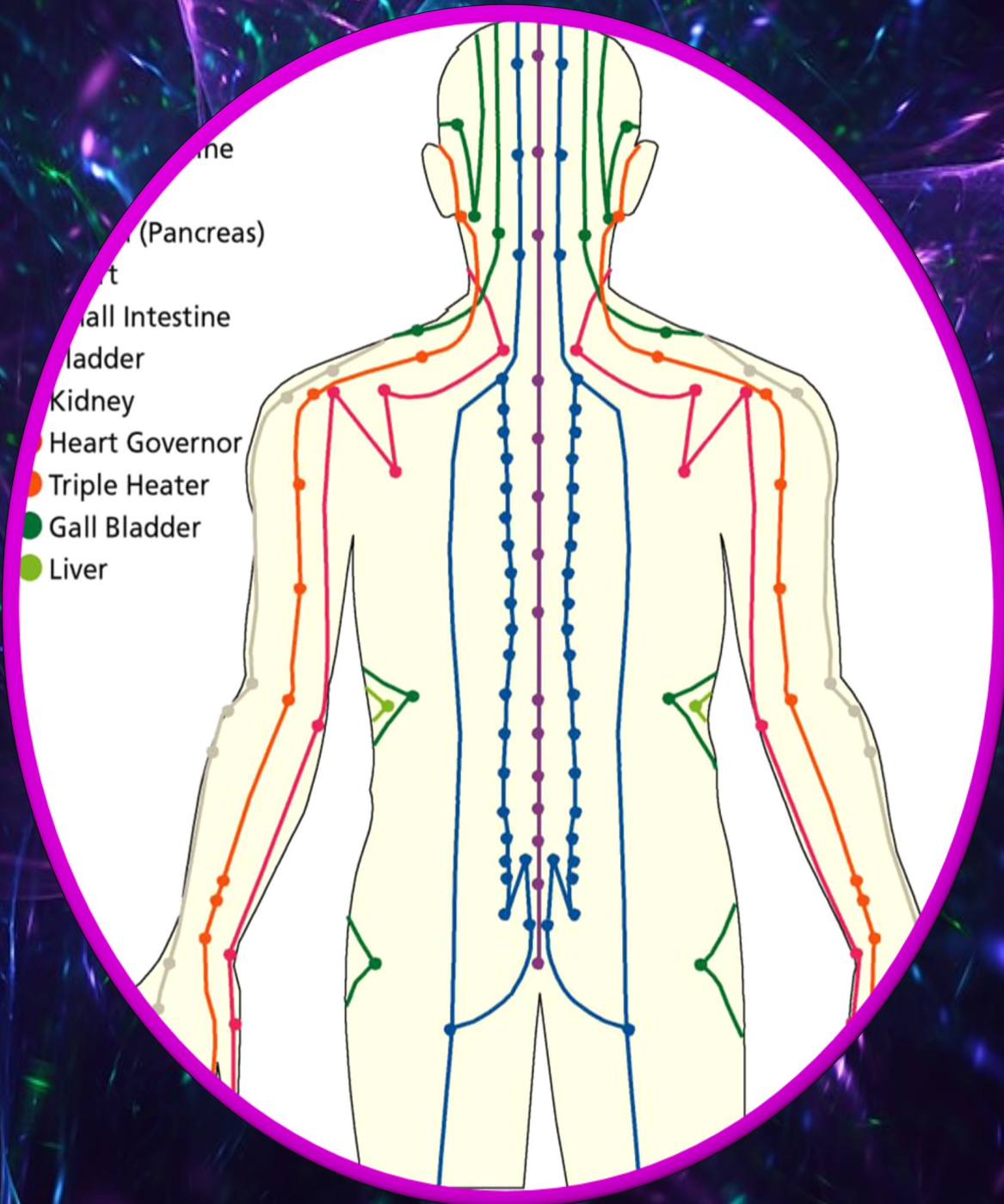


Table of Contents

<i>Our Forks/Disclaimer</i>	1
<i>The Meridian Tuning Forks</i>	2
<i>The Meridian System</i>	3
<i>The Yin</i>	4
<i>The Yang</i>	5
<i>Internal Meridians Body Clock</i>	6
<i>Relationship Chart</i>	7
<i>Application</i>	7-11

Our Forks

SozoSoundz is pleased to announce this exquisite custom made set made by Medivibe in the USA. These forks are the longest stem products this manufacture makes with a minimum stem length of 3 inches. Most of their standard stems from other distributors are 2.3 inches in length. These are high quality, low cost tuning forks made from a non-rusting, non-tarnishing, non-magnetic aluminum alloy. They are designed to produce a pure tone even after many years of use, with proper care. The tuning forks range from 26 hertz to 8,000 hertz.

The forks are machine cut and are precisely tuned within 0.25% at 20 degrees Celsius of the indicated frequency. Because of the special aluminum alloy used to make the fork, they are resistant to decreased frequency changes due to temperature fluctuations and are harder and more durable. They come with a lifetime warranty. Abuse of the forks is not covered. Therefore, it is suggested that they not be struck on any hard surface, dropped or exposed to the heat or cold for an extended amount of time.

Please do not confuse our tuning forks with inferior products being made in China and Pakistan.

Disclaimer

The contents of this brochure is presented for general informational purposes only. You should always review it with your doctor who knows your unique medical history and medications. The information on this site is NOT presented as medical opinion, advice or recommendation, nor is it intended to treat or cure any disease or disorder, nor to substitute for consultation, diagnosis or treatment by your M.D. or other medical professional. No health care decisions should be made solely on the basis of the information you read here. Never rely on information you find here instead of seeking professional medical advice. Always consult with your doctor before taking any action with regard to your health care.

The Meridian Tuning Forks

The set of 14 unweighted *Meridian Tuning Forks* work with all major Meridians as well as 2 extra meridians, i.e., the Governing Vessel and Central Vessel. You may have heard of working with the meridians by Chinese and Holistic practitioners to heal a variety of issues. This is an ancient art which addresses the energy network of the body as well as the various channels by which energy flows as well as transports that energy throughout the body.

Another way to look at this is to compare this to the energy in your house. You have a power supply known as a fuse box or breaker box. In Chinese medicine this would be known as the Chi or Qi which is our life energy. You have energy centers in your house called outlets where you plug in your appliances and etc. In the body this would be known as Chakras. However between each outlet you have wires that connect to other outlets. In the body this would be the Meridians. This is not the same as the circulatory system. If there is a problem anywhere along the way in that wiring it will effect all other outlets that are in line with that outlet. Same thing happens in the body when we have stuck or blocked energy in or along our Meridian Pathways (wiring). If that happens, it can bring in sickness and disease. This can be caused by a variety of reasons to include stress, poor diet, injury/trauma, drug abuse, alcohol abuse and even genetic defect(s). Besides sickness and disease this can also effect how we feel, move, think, act, and etc. Also, like the wiring in our house, the wiring includes a positive and negative current. In Chinese medicine this is called the Yin and the Yang. Where Yin equates to the negative current, Yang equates to the positive current. There are 6 of each. Both are needed to function properly.

The 2 Centerline Meridians (Central Vessel and Governing Vessel) would equate to the ground wire in your house.

The tuning forks provided in this set are helpful tools to help bring the energy, body and health back into balance while increasing our life energy flow.

The Forks in this set include:

Lung 228.7 Hz
 Large Intestine 423 Hz
 Stomach 126.90 Hz
 Spleen/Pancreas 264.90 Hz
 Heart 289 Hz
 Small Intestine 316 Hz
 Bladder 343.80 Hz
 Kidney 383.70 Hz
 Pericardium 477 Hz
 (AKA Circulation/Sex)
 Triple Heater/Warmer 496 Hz
 Gall Bladder 506.80 Hz
 Liver 103.2 Hz
 Central Meridian 60 Hz
 Governing Meridian 100.90 Hz

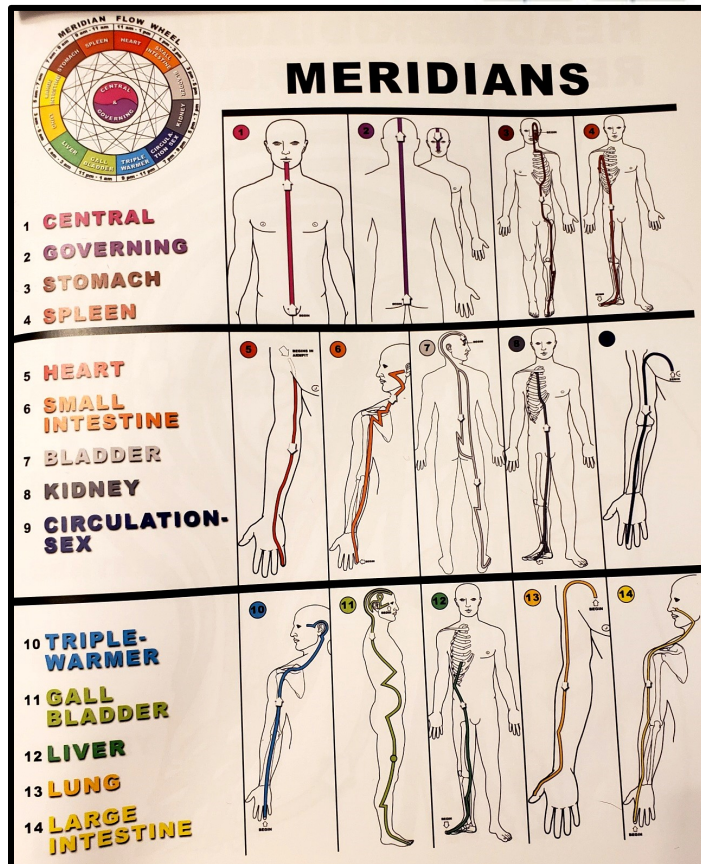
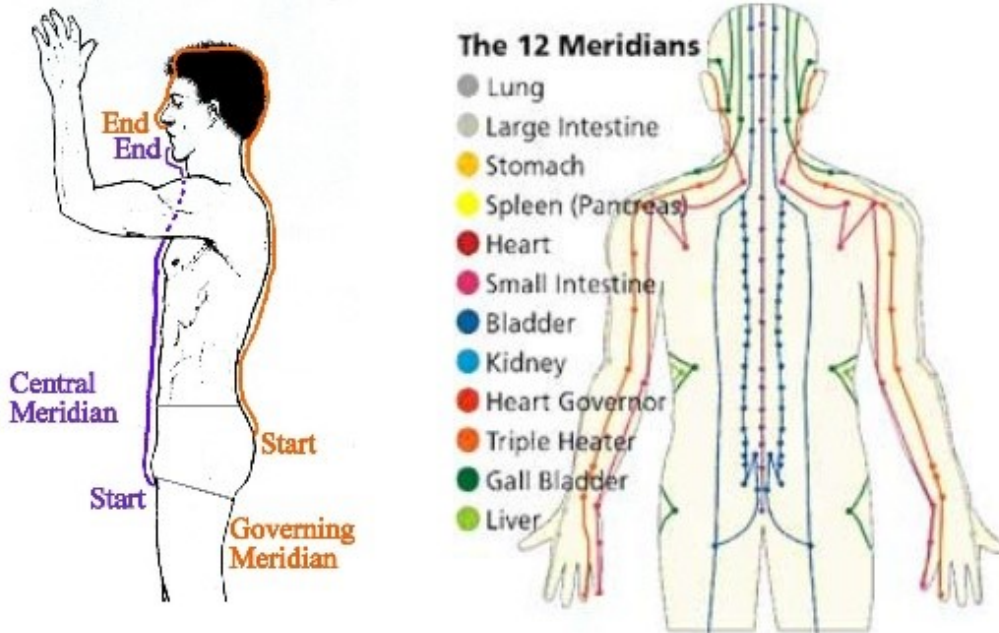
Energy/Electric Comparisons

<i>HOUSE</i>	<i>BODY</i>
Main Breaker	God/Divine/Universe
Power Outlet	Chakra Energy Centers
Outlet Wiring	Meridians
Positive/Hot Wiring +	Yang (Meridians) +
Negative/Neutral -	Yin (Meridians) -
Ground	Central/ Governing Meridians

The Meridian System

+ 14 Main Meridians

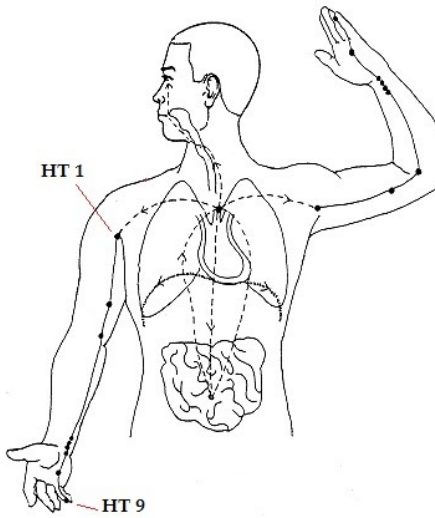
Central, Governing & 12 organ/functional meridians



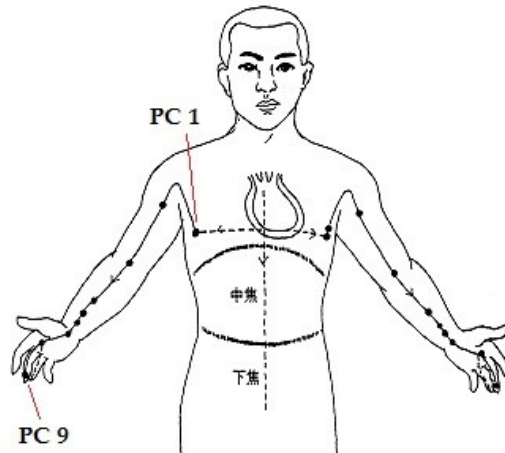
Pericardial Meridian
AKA Circulation/Sex →

The Yin (Negative)

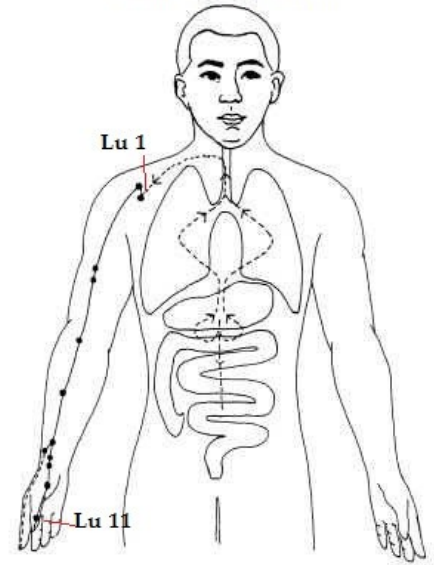
Heart (Hand Shaoyin)



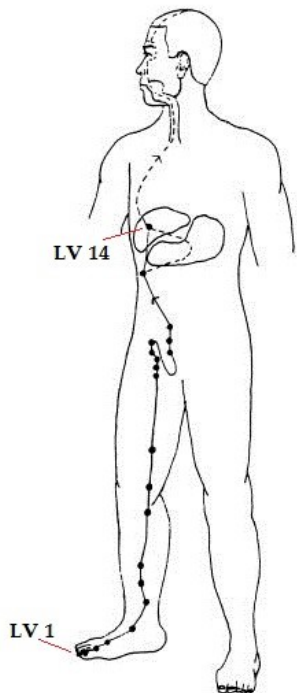
Pericardium (Hand Jueyin)



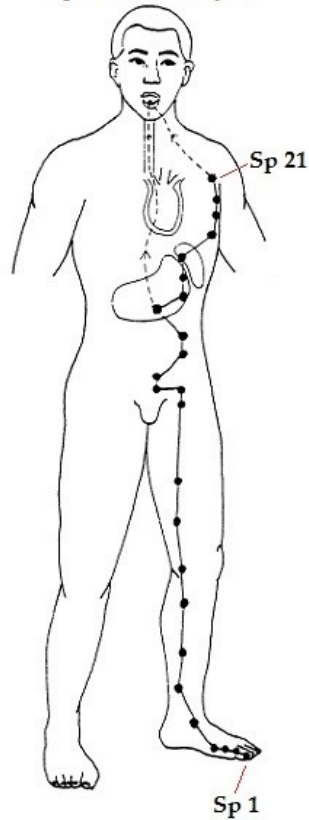
Lung (Hand Taiyin)



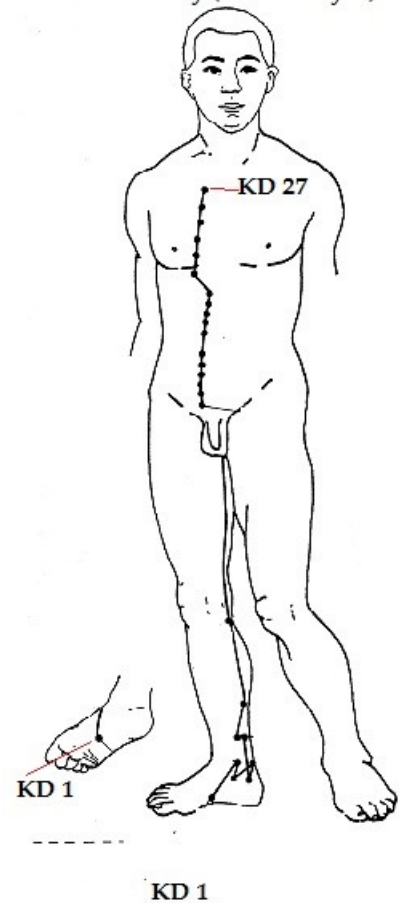
Liver (Foot Jueyin)



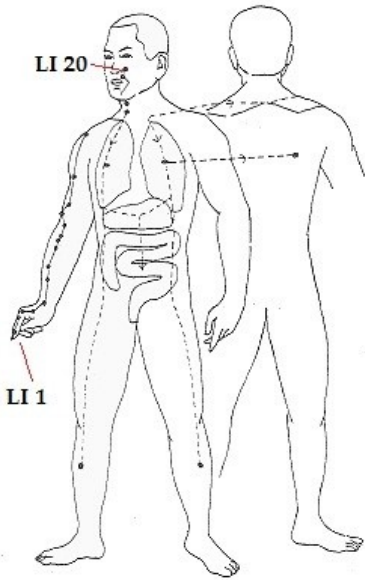
Spleen (Foot Taiyin)



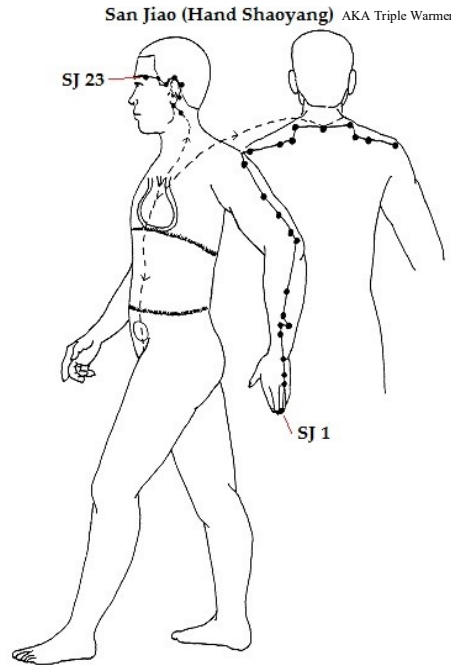
Kidney (Foot Shaoyin)



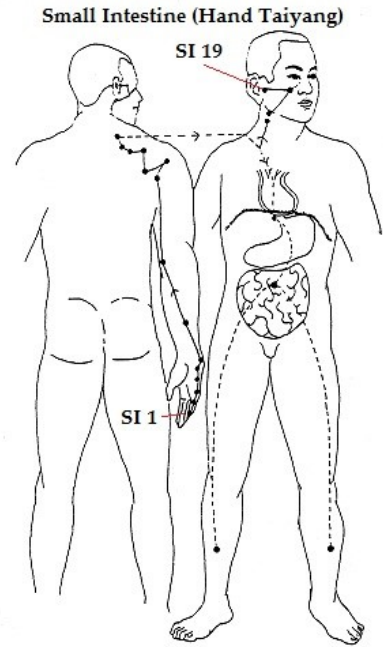
The Yang (Positive)



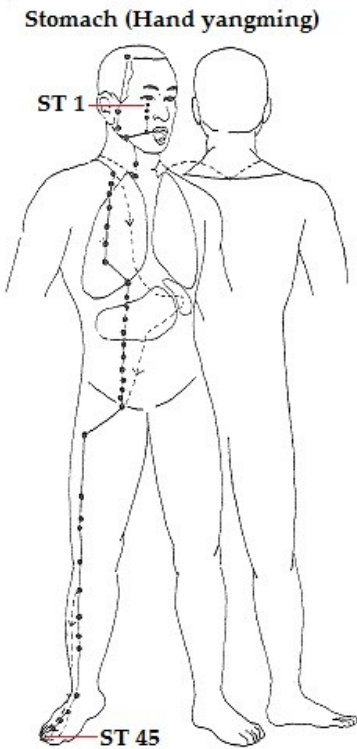
Large intestine (Hand yangming)



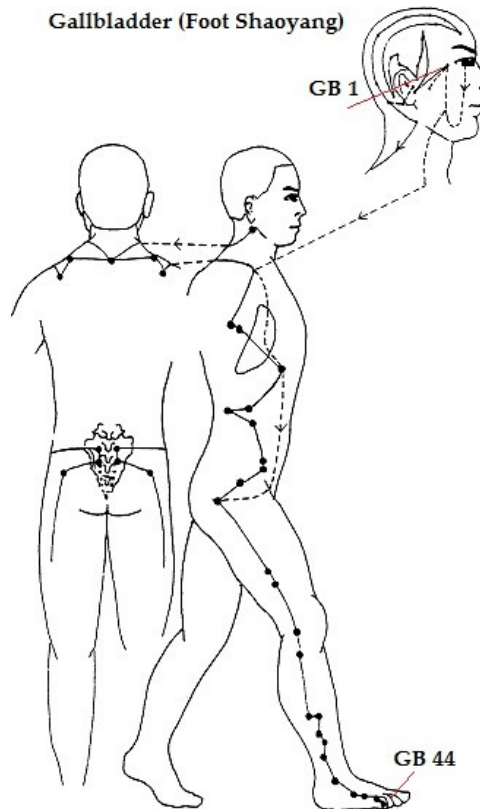
San Jiao (Hand Shaoyang) AKA Triple Warmer



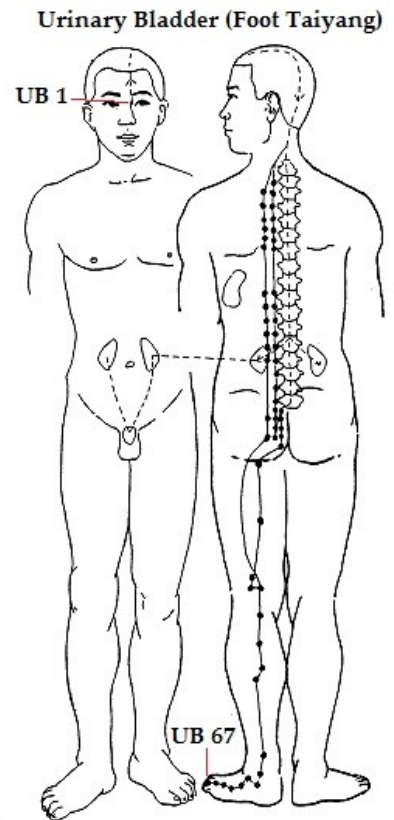
Small Intestine (Hand Taiyang)



Stomach (Hand yangming)

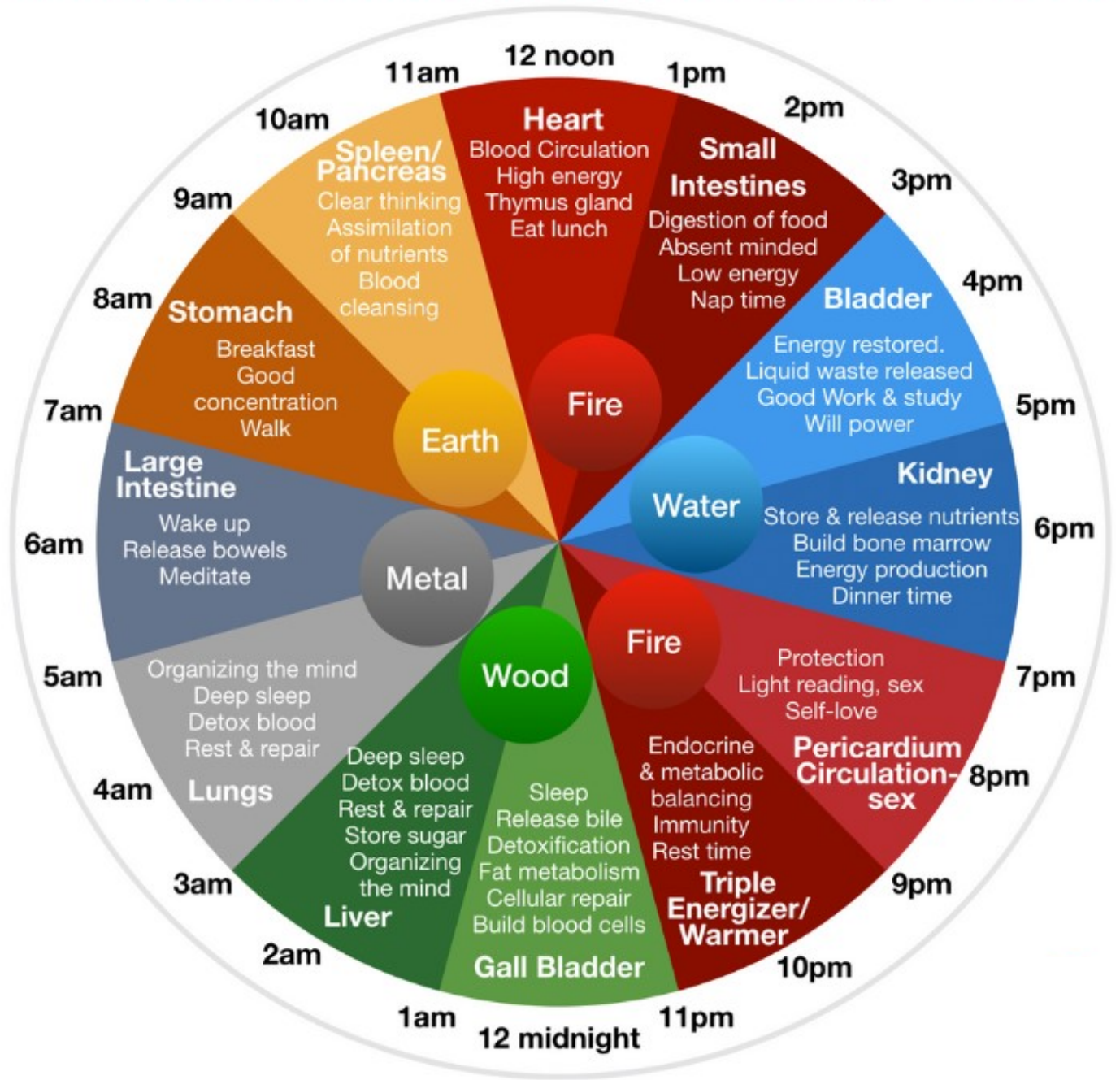


Gallbladder (Foot Shaoyang)



Urinary Bladder (Foot Taiyang)

The Internal Meridians Body Clock



Relationship Chart

COLOR	Green	Red	Yellow	White	Blue
ELEMENT	Wood	Fire	Earth	Metal	Water
DIRECTION	East	South	Center	West	North
SEASON	Spring	Summer	Summer/ Autumn	Autumn	Winter
TIME	Dawn 6AM	Noon	Afternoon	Dusk 6PM	Midnight
ORGANS	Gallbladder/ Liver	Heart/ Pericardium Small Intestine/ Triple Warmer	Pancreas/ Spleen/ Stomach	Large Intestine/ Lungs	Bladder/ Kidneys
MERIDIAN LOCATION	Legs	Arms	Legs	Arms	Legs

Application

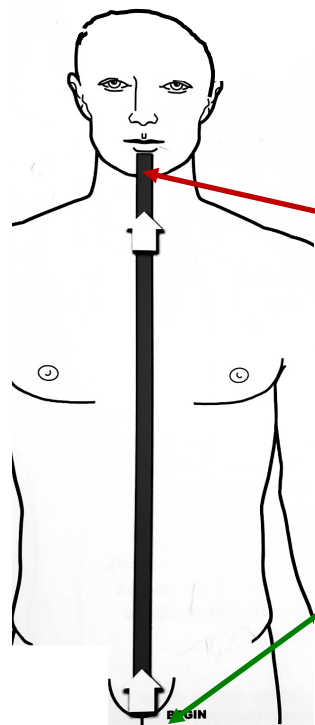
UTF: Activate your tuning fork for the specific Meridian you are working on. . Point the tines at the starting location 2-3 inches off the body. Slowly draw up the tuning fork through the Meridian line map until you reach the end.. Do this 1-3 times by always starting from the beginning point to the end of the Meridian line as shown on the diagrams. Check on the Internal Meridians Body clock to find when the specific time is for this to be the most potent time to do this. Although, you can do it at anytime during the day or night.

WTF: Activate your tuning fork for the specific Meridian you are working on. Place the tines of the activated tuning fork on the starting location. If any where along the Meridian map there is an area that is a sensitive area like the genitalia area, have the subject/client place the tine of that activated tuning fork on that area for themselves. You can either drag the stem of the activated tuning fork through the Meridian map or place the stem on the body for 3-5 inches along the way. If you are placing the stem on the Meridian line along the way verses dragging the stem, then let the fork fully ring and vibrate out on every stop (20-25 seconds long). If there are several twists and turns in the map, then also place the activated tuning fork stem on that area if not dragging the stem through the map. Follow the Meridian map to the finish. Do this 1-3 times by always starting from the beginning point to the end of the Meridian line as shown on the diagrams. Check on the Internal Meridians Body clock to find when the specific time is for this to be the most potent time to do this. Although, you can do it at anytime during the day or night.

Application—2

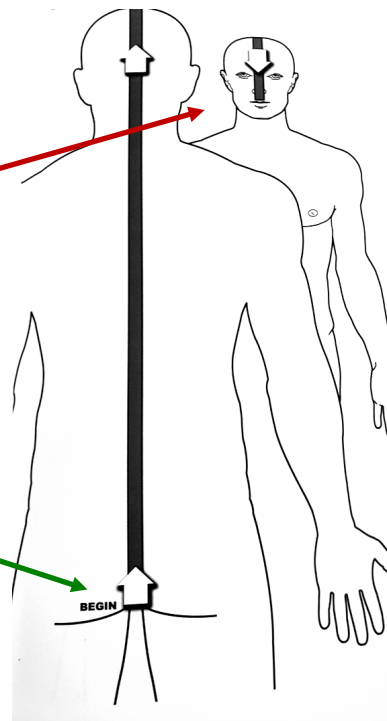
1. Central Meridian

(runs from pubic bone to lower lip)



2. Governing Meridian

(runs from tail bone, over the top of the head to the upper lip)

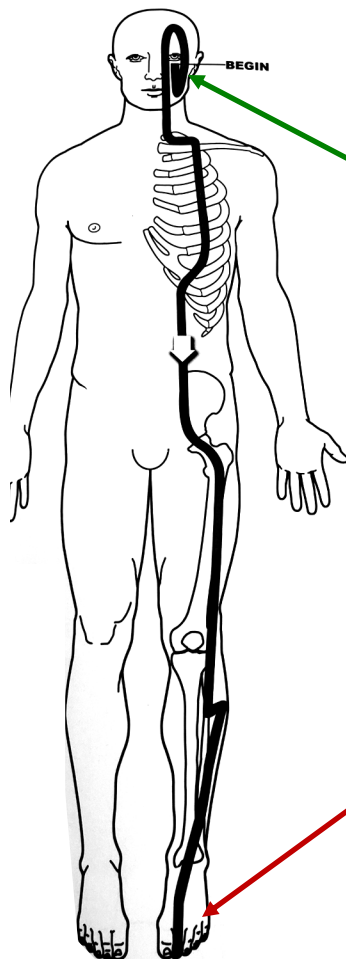


Begin

Begin

3. Stomach Meridian

(runs from below the left eye, down the left cheek then up and over the eye, along side of the eye down to the left chest, down the outside of the left leg and out the second toe next to the big toe)

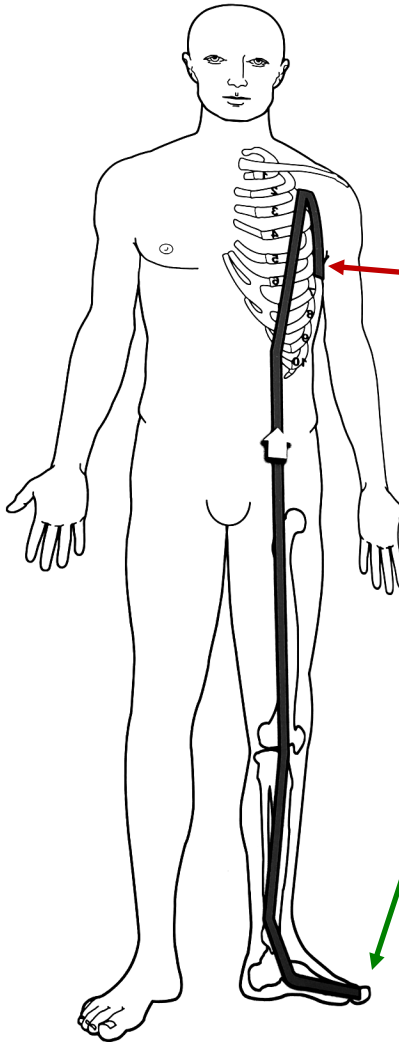


End

Application—3

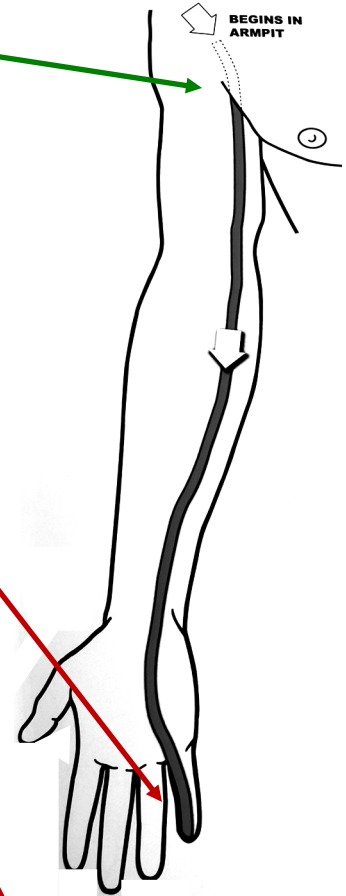
4. Spleen/Pancreas Meridian

(runs from the outside of left big toe, up the inside of the left leg, to the left side of the chest and down to left arm pit)



5. Heart Meridian

(runs from the right armpit, down the inside of the right arm to the tip of the tip of the right inside little finger)



6. Small Intestine Meridian

(runs from the top left little finger, on the outside of the arm, up to the left cheek/ear area)



Begin

End

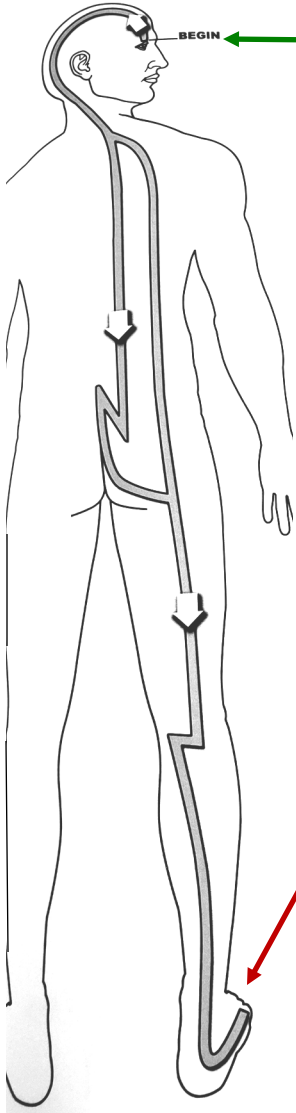
End

Begin

Application—4

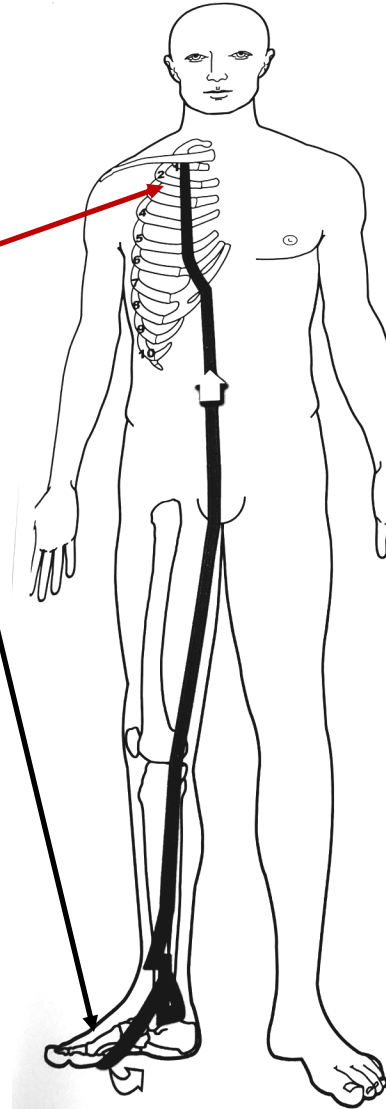
7. *Bladder Meridian*

(runs from the top right eye, over the head, close to the spine, to the buttocks. Then down the back of the legs and out the top right little toe)



8. *Kidney Meridian*

(runs from ball of the right foot, up the inside of the leg to the collar bone)



Begin

End

BEGIN

Begin

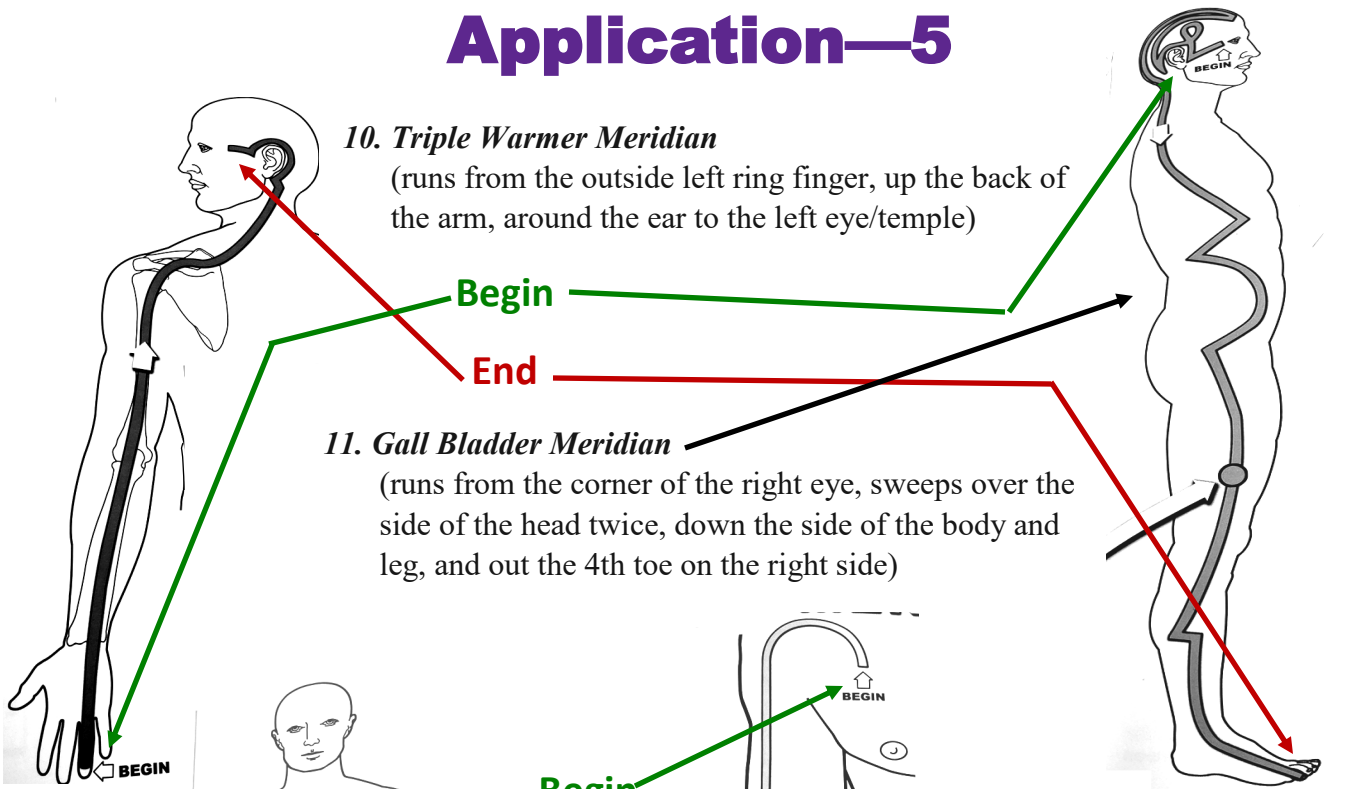
9. *Pericardium Meridian*

(runs from just inside above the right nipple, down the inside of the right arm and out the middle finger.)



End

Application—5



10. Triple Warmer Meridian

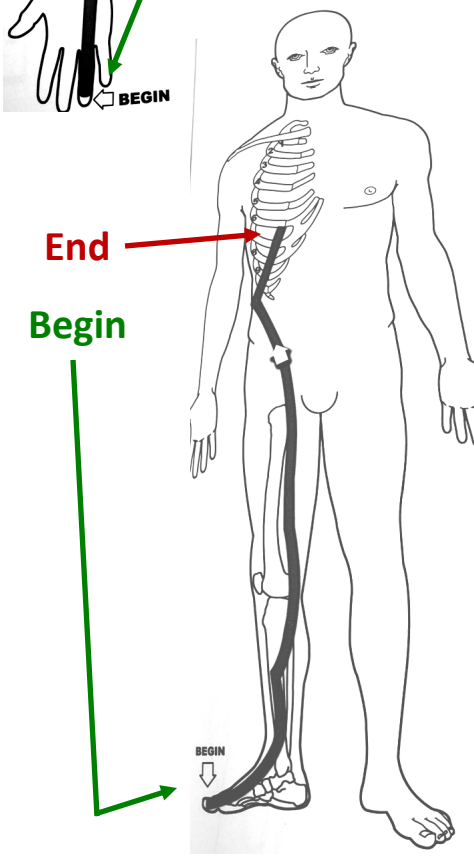
(runs from the outside left ring finger, up the back of the arm, around the ear to the left eye/temple)

Begin

End

11. Gall Bladder Meridian

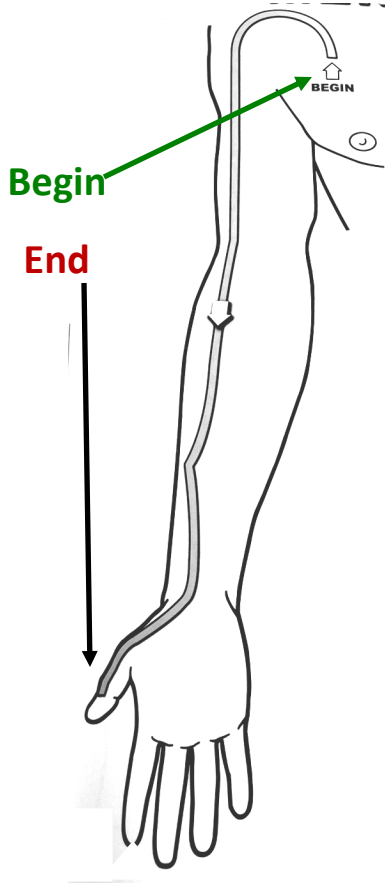
(runs from the corner of the right eye, sweeps over the side of the head twice, down the side of the body and leg, and out the 4th toe on the right side)



End

Begin

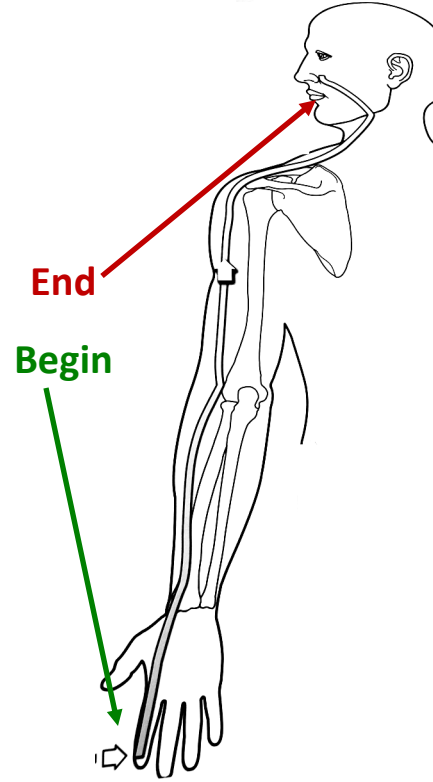
BEGIN



Begin

End

BEGIN



End

Begin

BEGIN

12. Liver Meridian

(runs from the right top big toe, up the inside of the leg, around the waist and to the rib cage)

13. Lung Meridian

(runs from the right chest, down the outside of the front right arm to the inside of the thumb)

14. Large Intestine Meridian

(runs from the left outside index finger, up the outside of the back of the arm to the left nostril)