

## APPLICATION

### Sound

The frequency of the OM tuning fork is very pleasing and calming. Many will begin their journey into healing by listening to this fork. Activate the fork and bring the double-pronged side of the fork within an inch to 6 inches from your ear. Adjust the distance from the ear per your individual comfort level of sound. \*Note\* The hole in the weights should be facing your ear. This fork generally vibrates 20+ seconds. Generally, most will listen to this tone alternating ears each time. This can be done as many times as the individual prefers.

### Body

The OM tuning fork can be used almost anywhere on the body. \*Note\* be careful of broken bones or compound fractures as this may cause some discomfort for a person. When using it on the body, activate the fork and press the fork's stem into the desired spot. This is very effective with placed on vertebrae, sacrum, sternum, and ribs. Generally the Mid OM is used on the upper body and the Low OM on the Lower part of the body.

### Acupressure points

When using the OM tuning fork on acupressure points, locate the spot(s). On each spot, activate the fork and press the fork on the desired spot for 20 seconds. This should be done twice per spot. Eventually, it may be nice to add another OM or another Otto fork to your arsenal of healing. The pressure of the fork itself should be a mild to moderate pressure. Severe pressure on the body is not needed.

## With Crystals

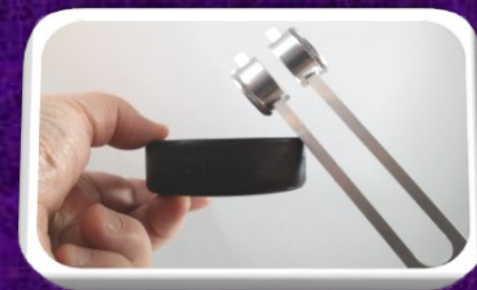
Crystals are natural conductors especially when it comes to sound. That is why we use them in radios. However, they can be combined with your OM tuning fork to enhance the vibration and healing attributes when used on the body. With your starter kit, we have included a natural quartz crystal. In this particular kit, the crystal has a dual function. It is used as an activator for the Angel/Crystal tuning fork and is also used with the OM fork to increase vibrations. Locate a spot on your body and place the crystal on that spot. Then activate your fork and press the fork's stem on the crystal. Experiment with this by applying the fork on a desired spot without the crystal and then again with the crystal.



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## OM Tuning Fork



136.1 Hz Mid OM  
(Master Fork)  
68.05 Hz Low OM  
(Lower Body)

Tel: 509 723 2379

## The Master Fork

Congratulations on purchasing your OM (OHM) Tuning fork! This particular fork is known by many sound therapists as the master fork as it has so many uses. This particular fork is tuned to 136.1 hz and is also called Ohm or mid Ohm. The measured frequency is based upon the earth's orbit around the sun in the period of one solar year. In this case, the actual frequency is too low as the audible sound range for humans is between 20-20,000 hz. Therefore, the OM tuner is raised 32 octaves to bring it into an audible range.

Everything in our universe resonates with sound/light frequencies to include our bodies. Each area of our physical and energetic body is vibrating with sound to include each organ. Although not necessarily audible to the human ear, it is measurable. When we experience an energetic blockage, our frequencies can be so lowered that we not only experience dis-harmony, we can experience dis-ease.

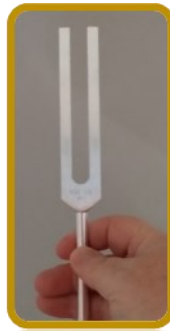
The wonderful attributes of tuning forks is that they can entrain the body/organs and energetic field to move the disharmony out while subsequently bringing the body and energetic field back in harmony.

## Care

Misuse or improper care can damage both the frequency and the fork. For this reason, never strike the fork against a hard surface such as a table or floor. Also, the forks should be stored at room temperature. Any long exposure to temps beyond 10 degrees below or above can damage the frequency as well. Because of this, it is suggested that you DON'T store your forks in a vehicle.

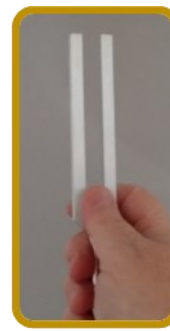
## Holding

When holding a tuning fork, always hold it by the stem. Do not touch the tines of the fork as it will stop the fork from vibrating. Keep your wrist flexible and relaxed. Your fingers should be soft but firm enough to hold onto it.



RIGHT

Hold by  
Stem  
only



WRONG

Do not  
touch  
vibrating  
tines  
when  
grasping  
fork.

## Activating

While holding the stem of the fork, strike the flat end of the weights on either the palm of your hand, thigh or on your knees.



## Benefits

Otto (weighted) forks stimulate nitric oxide (not to be confused with Nitrous Oxide). This is a molecule that our body produces to aid in cellular communication throughout our body.

This important attribute helps to:

Reduce inflammation

Induce relaxation

Regulates blood pressure

Improves sleep quality

Increases oxygen and blood flow

Enhances the immune system

Increases memory retention

Enables better erections due to blood flow

## Other Uses

Besides the above benefits, the OM tuning fork is also beneficial for:

Grounding/Clearing

Meditation

Balancing

Relaxation

Relieving Tension

Balancing Nervous System

Reduced Stress

Pets (pets such as cats, dogs and horses love them)