

SozoSoundz

Otto Tuners



Osteophonic tuning forks also known as Otto tuning forks are used by a wide variety of Medical Professionals as well as Sound Healers. These forks have a weight on both tines which enables the fork to have a more pronounced vibration which is translated to the stem. These vibrating forks are placed on various parts of the body to include acupressure points, bones, ligaments, nerves, skin, hair, energy centers, and meridians. They can promote relaxation and increased blood flow, They also stimulate Nitric Oxide.

Per Dr. John Beaulieu (Naturopath and pioneer of sound healing), "Nitric oxide is made inside the vascular, nerve and immune cells and is rhythmically released into the surrounding tissues as a gas. It participates in the healthy functioning of all main organ systems and acts as a signaling molecule and attacking molecule neutralizing viruses, bacteria, and other free radicals. " In doing so, they reduce inflammation, pain, tension, and muscle spasms.

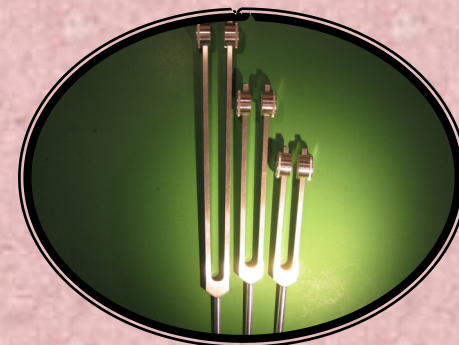
SozoSoundz tuning forks use the highest quality aluminum alloy. They are precisely tuned within 0.5% of the indicated frequency @20 degrees C. The specially designed aluminum alloy makes them harder, more durable, and impact resistant with decreased frequency changes due to temperature variations. This results in a longer ring tone, purer tonal quality, and a complete range of overtones when tapped together. Our forks are also immune to corrosion.



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Otto Tuners



32Hz, 64Hz, and 128 Hz

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32 Hz Otto Tuner (C1)

This frequency is one of the lowest used by Sound Healers. The Earth Frequency, also known as the Schumann Resonance, has a frequency of 7.83 Hz which is generally rounded to 8 Hz. This frequency is too low to be heard or felt as the human ear can only hear between 20 to 20,000 Hz. Therefore, this frequency is doubled in Octaves until it can be heard and felt. While 16 Hz is still too low to be heard, 32 Hz is not. The 64 Hz and 128 Hz are also derived by doubling the frequency and therefore going up another octave. However, all 3 Otto Forks are based upon this Schumann Resonance.

While all Otto Forks can be used in a variety of applications, this specific fork is used primarily on the skin and hair to stimulate nerves. It is also good for grounding much like the OM 136.1 tuning fork.

Application for Use

Because of the large tines, a gentle tap on the palm of the hand or knee is more than sufficient to activate the vibrations in this fork. Lightly touch your skin or hair with the edge of the tuning fork. You will feel it stimulate both your skin and hair. You can also tap the fork and move it slowly across an area without touching.



64 Hz Otto Tuner (C2 note)

This frequency is equivalent to a C2 on the piano. It is doubled in frequency and octave from the 32 Hz tuning fork. This fork is especially effective when used on the lower lumbar vertebrae, sacrum and coccyx. It is also useful for emotional trauma and grounding.

Its vibration helps loosen the sacral ligaments as well as stimulating and balancing the ganglion of impar, a center for controlling the balance between the sympathetic and parasympathetic nervous system. Thus highly effective for sore muscles and relaxation of the bones. This fork and the 128 Hz fork are also used as standards in the field of neurology. It is used to identify a loss of the sense of vibrations and is also used to diagnose polyneuritis which can occur e.g. along with diabetes mellitus.

Application for Use

Hold the forks by the stem and gently tap them on your knee. With the finger or thumb of your free hand locate the spot on the body where you want to place the tuning fork. Press the end of the stem of the tuning fork onto the spot. Make a firm contact and hold the tuning fork until you feel the vibrations stop. This fork can also be used on specific acupuncture and acupressure points. You can also use this fork along with the 128 Hz on different pressure points and alternate them respectively.



128 Hz Otto Tuner (C3)

The Otto 128 is used for pain management, muscle spasms, or circulation. It promotes relaxation, enhanced memory, and enhanced sexual function by stimulating the nervous system and release of nitric oxide. It is also used by EMT's and Paramedics to locate bone fractures.

The Otto tuner is placed on joints, muscle and nerve groups which in turn resonate throughout the body providing relief from arthritis, knee or back pain, surgery or a strenuous workout. In general, it can be used on any joint, trigger points or any soft tissue area that is safe to receive pressure.

Note* *When vibrating any area never do more than three taps and placements of this fork in an area because more tapping will just exhaust your tissues and you will not get additional benefit.*

Application for Use

Point 1: Place this fork on your sternum, your chest bone. Feel the vibration and imagine your heart softening.

Point 2: Place this fork on your third eye—the space between and just above your eyes. Close your eyes and feel the vibration move through your cranium.

Point 3: Place this fork on your sacrum, the bone at the base of your spine. Close your eyes and feel the vibration move through your lower pelvis.

