

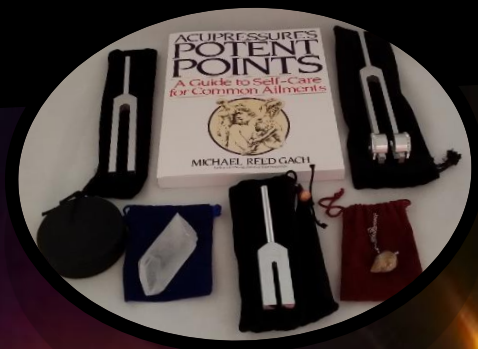


# SozoSoundz



[www.sozosoundz.com](http://www.sozosoundz.com)

## Starter Kit 1





***Congratulations on purchasing your sound therapy starter kit. This kit includes:***

4096 Hz Angel/crystal tuning fork (unweighted)

528 Hz MI (Miracle) tuning fork (unweighted)

136.1 HZ OM Grounding/Clearing tuning fork (weighted)

Acupressure's Potent Points: A guide to Self-Care for Common Ailments by Michael Reed-Gach

Hockey Puck Activator

Natural Crystal

Pendulum

This kit contains some of the most used forks out there and is a great choice for several applications. As many of you may not be as familiar with tuning forks, I will include some information on use and application.

### **CARE**

Tuning forks are calibrated to a certain frequency. Misuse or improper care can damage 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.

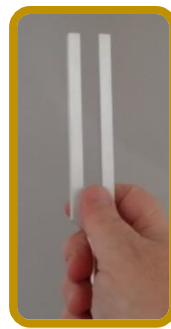
### **HOLDING**

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.



## ACTIVATION/TONING

To activate a fork, you need to either use an approved activator such as a hockey puck, a rubber mallet or even your hand or knee or thigh. In this case, we have included a hockey puck which will be used for the MI (miracle) fork and a crystal that is used to activate the 4096 Hz ANGEL/Crystal Tuner. The Om fork can be activated simply by tapping the fork on the palm of your hand, knee or thigh.

Hockey Puck – In this kit, either the Miracle 528 Hz or the OM tuner can be used with the Hockey Puck. Generally, you will hold the hockey puck in one hand and strike the tuning fork on the puck with the other hand. \*Note\* The tuning fork should always be struck on the flat side as shown. Never on the front face of the tines.



Image 1

If using the OM weighted tuning fork, you can use the hockey puck but I would suggest instead using the palm of your hand as to not damage the weights on the fork. If using the hockey puck with the OM fork, then strike the activator in the same fashion just under the area of the weights. In other words, don't strike the weights of the fork directly on the activator. A better way to activate this fork is by gently tapping the weights on the palm of your hand or your knees.



Image 2

Crystal – For the Angel/Crystal Tuning fork (4096 Hz), a crystal should be used as an activator. Neither the Hockey puck nor body will produce a sufficient sound due to the high frequency of this fork.



Image 3



# Forks

## 1. OM Tuning Fork 136.1 Hz

The OM (OHM) Tuning fork is also called the Master fork as it can be used for so many different applications. It is tuned to the frequency that the earth makes in a year's rotation around the sun. It is also an Otto fork. Otto is short for Osteophonic. All Otto forks have weights on the end of the tines. The weights create a stronger vibration and can be used directly on bones or tissue.

### Nitric Oxide

Otto forks also 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

As we begin to see nitric oxide deficiencies due to aging, smoking, high cholesterol, aging, fatty and acidic diets, and inactivity, many are looking into other ways to restore this vital molecule. Currently athletes and body builders and taking supplements to increase nitric oxide in their bodies. Also, many take nitroglycerin which aids in releasing this molecule to increase heart health.

Unlike other Otto forks, the OM fork will not over-produce nitric oxide. That is because of the frequency used which is also believed to be the sound of space.

### 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)



Image 4



## **Application**

### **A. 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.

### **B. 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.

### **C. 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.

### **D. 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. (See Image 4)

## **2. Angel/Crystal Tuning Fork 4096 Hz**

This Fork is also known as the Crystal Tuner as it is used on crystals themselves to amplify the energies of the crystals and to tone the crystal as well. This specially designed tuner creates a wavelength powerful enough to penetrate through the skull, and into the neural epicenters in the brain. By vibrating your cranial bones, the Angel Tuner opens the gateway for spiritual insights and experiences. This tuner enhances your connection to universal energy for manifesting inspiration and a meditative state, as well as connections with higher powers, visions, and creative expression.

In Judaism, there is an interpretation of the ladder that angels first “ascended” and then “descended.” The Midrash explains that Jacob as a holy man, was always accompanied by angels. When he reached the border of the land of Canaan (future Israel), the angels who were assigned to the Holy Land went back up to Heaven and the angels assigned to other lands came down to meet Jacob. When Jacob returned to Canaan he was greeted by the angels who were assigned to the Holy Land.



This tuning fork is an exquisite high pitched fork. These forks open our soul/spirit to the Angelic Heavenly Kingdom. They are based on the 9<sup>th</sup> octave of the overtone series of 8 Hz. This fork can also be used to amplify the energies of crystals by toning the fork and placing the stem end of the fork on the crystal.

Benefits:

- Enhanced connection to Universal energy
- Spiritual Insights and experiences
- Manifestation of inspiration and a meditative state
- Connect with higher powers and creative expression
- Amplifies energy of crystals
- Clears the biofield (aura)
- Clears negative energy from various sources (arguments, nightmares, chemicals in food, gifts, and etc.)

## Application

### A. Sound

Gently tap the angel/crystal tuning fork on the side of the crystal. Close your eyes and meditate on the sound. When working with another person, hold the crystal off the body with the point towards the area you want to energize.

### B. Space Clearing

This fork is generally used first in any sound healing session. Activate your tuning fork on the side of the crystal (Image 3). The fork can be used around your body, another person's body and various rooms in your house. This will remove negative or stuck energy while filling the space with a sweet sound. After using your other forks on yourself or others, it is also good to use this fork over your other forks to displace any negative energy.

### C. Crystal Tuning

Using this fork on your crystals and gemstones will reprogram them for the use in a healing session by clearing unwanted energies contained within the crystal. Activate the fork and place the stem on the crystal. Move the fork around on the crystal in different spots while focusing your intention. Our thoughts also have frequencies. As Jonathan Goldman (international authority on sound healing and a pioneer in the field of harmonics) says, "Frequency plus intention equals Healing."

## 3. MI (Miracle) Tuning Fork 528 Hz AKA the Love Frequency

This fork is part of Solfeggio series. This is the frequency in which the Gregorian Monks would sing and miracles would happen. In 1974, Dr. Joseph Puleo rediscovered this frequency in a bible code when he had a supernatural experience with God. This frequency is also the same frequency used by biochemists to repair DNA according to Dr. Len Horowitz who is an award winning investigator that is trained by Harvard. He is also author of "Healing Codes for the Biological Apocalypse." Broadcasting the right frequency can help open your heart, prompt peace, and hasten healing. "We now know the love signal, 528 Hertz, is among the six core creative frequencies of the universe because math doesn't lie, the geometry of physical reality universally reflects this music; these findings have been independently derived, peer reviewed, and empirically validated," Dr. Horowitz says.



This frequency “Miraculously” cleaned oil polluted water in the Gulf of Mexico, according to a new study by a Canadian Researcher. According to John Hutchinson, an electro-magnetic energy expert from Vancouver, B.C., Canada, a selection of “music” has helped purify poisoned water. The frequencies included the “sound of Jupiter,” recently recorded by NASA, vibrating close to 528Hz frequency. That sound energy has been determined to match the color greenish-yellow--the heart of the rainbow, the electromagnetic color spectrum, celebrated by the botanical world, according to Dr. Leonard Horowitz, who has published most on that pure tone. Nature obviously celebrates that shade, the pigment chlorophyll, to produce oxygen and energy needed for life.

According to Dr. Horowitz, Hutchinson’s study results are most promising, as they were certified by the Analytical Chemical Testing Laboratory, Inc. of Mobile, Alabama, and are consistent with studies and predictions based on the most advanced discoveries in mathematics, physics, and biophysics.

Benefits:

- Repairs DNA
- Helps to induce sleepiness
- Generates peace
- Opens your heart towards healing
- Reduces Stress
- Purifies Poisoned water
- Increases the amount of light and vibration of food and water.
- Inspires Love
- Too many to mention

## **Application**

### **A. Sound**

Strike the tuning fork on the hockey puck activator. Bring the fork within 6 inches of your ear. When the sound and vibration has stopped, repeat the process for your other ear. The fork can be used over any part of your body where you are in pain or feel like you need a miracle. Activate the fork and wave the fork 2-3 inches from the body in any given area.

### **B. Sleep**

At bedtime, activate the fork and wave it around your head and heart to induce sleep.

### **C. Water**

Activate the fork and wave it 3 times around your drinking glass full of water. You can also activate the fork and briefly place the tines in water. This will work on drinking water as well as your bath water. If using it with your bath water, submerge the whole fork into the water. Let it vibrate and play out completely. Repeat this 6 times with prayer. Your bath will feel much more relaxing.

### **D. Food**

Activate your fork and wave it 3 times around your plate of food. You can also place the stem of the activated fork on the plate as it is vibrating.



### **E. Conflict**

A group of sound healing researchers in Israel routinely travel with 528 Hz tuning forks. They activate them whenever confronted by angry people. Also, they play the forks whenever they come upon others in conflict (which happens a lot in Israel these days). They claim this distracts, fascinates, humors, and calms those engaged in arguments. They strike the 528 fork, wave it through the air, and that seems to help settle disputes.

### **Pendulum**

A pendulum can be used for many purposes. When it comes to energy work, we use this to simply pick up on your energy field. As most people are in survival mode, their energy fields are generally shut down and stagnate. At the start of any session, I generally check the client's energy fields. In most cases, the pendulum won't even move. After receiving a therapy session, the pendulum spins in large round circles. For this reason, we are using it as merely a diagnostic tool. Our body is energetic and we are wired much like an electrical outlet. Therefore, we have major and minor energy centers also known as Chakras (spinning wheel). Too much to explain in this booklet. I will add this information in an energy activation booklet that will give the reader a better understanding. Even though a person's energy field is similar to an electrical circuit, it doesn't behave the same way. For this reason, it has been very hard to find a scientific instrument that can measure this type of energy. However, the pendulum picks up on this field quite nicely. To experiment with this, check your solar plexus energy center with the pendulum. The solar plexus is found in an area about an inch to 2 inches above your belly button. Work on that area with the MI fork. Aim the prongs at the solar plexus and make a circular motion 2-3 inches off of the body for a minute. This works whether you activate the fork or not. Check this area again with the pendulum and you should see the pendulum begin to swing as it picks up on the field.

***Enjoy your Journey into Healing!***



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