

SozoSoundz Brain Tuning Forks

The EEG (electroencephalograph) measures brainwaves of different frequencies within the brain. The EEG has further defined these frequency bands as Beta (13-30 Hz), Alpha (8-12 Hz), Theta (4-8 Hz), and Delta (less than 4 Hz).

Delta is the lowest frequency and occurs in deep sleep. **Theta** is classed as “slow” activity and is seen in connection with creativity, intuition, meditation, prayer, spiritual awareness, and dream states. **Alpha** is associated with inner awareness, relaxation and healing. **Beta** is associated with alertness, focus, and increased mental ability.

SozoSoundz has incorporated a fundamental tuning fork into the collection to enable the creation of a binaural beat. When the fundamental fork is simultaneously sounded with a brain fork, it creates a third tone which is known as a binaural beat.

See *Figure 1*.

This beat or pulsation signals the brain to shift into the desired state of consciousness. By sounding these forks in both the ears, it incorporates both the left and right brain to shift together. In a normal day, we shift in and out of these states. Due to life conditions (stress, illness, etc.) we may have trouble naturally shifting. The Brain Forks can help the body to transition into these states as needed.

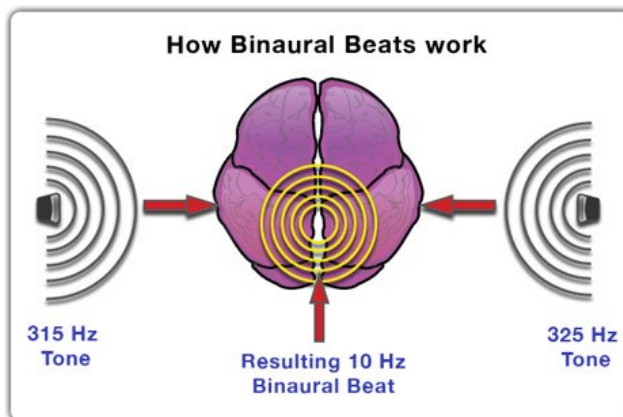


Figure 1



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Binaural Brain Tuning Forks



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The table of Brain Waves as shown below describes each state of consciousness. Use this graph to choose the corresponding tuning fork to shift into the desired state of consciousness.

Brain Waves/ Consciousness	EEG Rhythms	Subjective Feeling States	Associated Tasks/ Behaviors	Physiological Correlates	Enhanced Effects	Ideal For
Beta 13-30 Hz		Alertness, aware of self and surroundings	Mental activity (math, planning and etc.) If low sensory motor (SMR) rhythm can reflect ADD, lack of focused attention	Alert, active in mind and body	Can increase mental ability, focus, and alertness.	Heightened Alertness Heightened Concentration Cognition Visual acuity
Alpha 8-12 Hz		Relaxed, not agitated, but not drowsy, tranquil, conscious	Meditation, no action	Relaxed and healing	Can produce relaxation.	Relaxation Creativity Visualization Quietly Alert Introspective
Theta 4-8 Hz		Intuitive, creative, recall, fantasy, imagery, dreamlike, switching thoughts, drowsy, oneness, and knowing	Creative, Intuitive; but may also be distracted, and unfocused	Healing, integration of mind/body	Can induce drifting, trance-like state. If suppressed, can improve concentration, ability to focus attention.	Meditation Memory Intuitive Creative Waking-dream
Delta less than 4 Hz		Deep, dreamless sleep, non-REM sleep, trance, unconscious	Lethargic, not moving, not attentive	Not moving, low-level of arousal	Can induce drowsiness, trance, deeply relaxed states	Deep Sleep Healing Trance State

Application of Tuning Forks

- Using the chart, select the tuning fork that correlates with the desired state of consciousness.
- Gently tap each fork (fundamental and brain fork) on either a rubber mallet, hockey puck or on opposing knees.
- Remember to touch only the stem and not the prongs.
- Bring the forks to your ears, about 3-6 inches from the ear canal and listen to the sounds.
- Tap again bringing both forks to 3-6 inches from left ear canal.
- Both forks should circle the head from left side (3-6 inches from left ear canal), around back, right side, and complete the circle by ending on the left side by the left ear canal. This should be done a total of 3-6 times to complete each rotation and stimulate the auditory nerves as well as the left and right brain. *Note—you may need to tap the forks again if sound begins to diminish.

***Enjoy the shifted state
of Consciousness!***