

Application

Spiral Technique:

Look at the [Fibonacci interval chart](#) and choose which interval you want to explore.

- Hold your tuning forks by the stems with moderate pressure, not too tight and not too loose. Do not hold your tuning forks by the prongs because the prongs need to vibrate in order to create a sound.
- Gently tap the flat side of the tuning fork on your knee cap. Do not hit your knee cap. All it takes is a gentle firm tap and your tuning fork will sound. It is best to tap the 1/1 Fibonacci Tuner on the knee and then the interval you want to explore on the other knee.
- Bring the forks slowly to your ears, about three to six inches from your ear canal, and listen to the sounds.

Seashell Technique

- The second way to sound the Fibonacci tuning forks is to tap them together. This method is to be used off the body. It is not to be used directly in the ears.
- Hold them by the stems and tap them together on their edges, not the flat side of the prongs. You do not have to use a lot of force to get the result and play with creating an easy sounding tap vs. a banging tap when too much force is used.

Application Continued

- When you tap them together the tuning forks will make sounds we call overtones. Move the tuning forks around, slow and fast, in the air and listen to the different tones as they get louder and softer.
- For practice, take the 3/2, 8/5, and 21/13 Fibonacci Tuners hold them in your left hand. Place the stems between your fingers. Allow them to stick out in different directions so that they do not touch. Hold the 1/1 tuning fork between your thumb and first finger in your right hand. Tap the three Fibonacci Tuners with the 1/1 tuning fork.
- Move the tuning forks around slow and fast and listen to the different overtones. Move them around and move the 1/1 tuning fork in circles underneath the 3/2, 8/5, and 21/13 tuning forks. The movement of the 1/1 tuning fork will bring out different overtones.

Our thanks to John Beaulieu of BioSonics for sharing this information and techniques.



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Fibonacci Tuning Forks (Standard Set)



Standard Fibonacci Set

Tel: 509 723 2379

Fibonacci Intervals

Interval	Name	Description	Benefits
1/1	Beginning	The Beginning from which everything originates and returns. The number 1 is always used in the creation of all Fibonacci intervals	
2/1	Space	An Octave in music which opens the space for all possibilities.	Opens new spaces, helps with grief and loss.
3/2	Balance	A Perfect 5th in music. Works with the pituitary gland and autonomic nervous system to create an ideal balance between heaven and earth, and male and female energies.	Increases feelings of well-being, balances male and female energy, great for centering.
5/3	Dreams	The interval of a 6th in music which is called the Mystic fire. It is the beginning of the ascent of consciousness known as the "region of a thousand lights."	Enhanced dreaming, visualization and new ideas.
8/5	Inner voice	Leads deep into the consciousness, third ventricle of the brain where we make contact with our inner voice of wisdom and healing.	Contact with our healer within, finding information to help and obtaining both wisdom and peace, letting go of unwanted thoughts.
13/8	The Passageway	The 13/8 interval takes us to the source of our inner voice which appears beyond words as pure sound and light.	Resolution of life dissonances through a clear tone, clarity of vision through alignment with source, a deep sense of simplicity.
21/13	The Gateway	The gateway between the higher spiritual realities and the dreaming realms lifting our consciousness across what seemed like an impossible leap.	Entry into higher states of knowledge, spiritual wisdom, direct communication with the Divine.
34/21	The Eye of God	Opens the pineal gland which oversees all dualities and begins yet another turn of the spiral of Jacob's ladder into greater spiritual insights and learnings.	Great inner truths are revealed and understood. Higher Spiritual realms are illuminated and simplicity of the complexity of reality is revealed.

Adapted from BioSonics Fibonacci Tuners Brochure

Dr. John Beaulieu of Biosonics has done extensive research into the area of sound therapy. He discovered that these forks help to find creative solutions to challenges of all kinds and also help to open up the consciousness. He theorizes that sound accesses the pineal gland in the brain. This part of the brain is thought to open doorways to alternate dimensions and spirit. It is also called, "The Seat of the Soul." Accessing this part of the brain via sound alters brainwaves and chemical messages making the receiver feel like they are on a high. Great revelation can be obtained from using these forks which helps us to shift into a higher state. The mathematical sequence starts with a still point or the reality where you are currently at. This vortex soon connects one to higher realms and dimensions energetically and spirals you upward. The Fibonacci Tuning Forks also help with balancing the nervous system and thus are a tool in healing trauma and addictions. This will also aid in areas of acute pain in the body or wherever chronic pain exists.