

Application

Per Dr. John Beaulieu -

There are two ways to sound your tuning forks. The first way is to gently hold them by the stems and firmly tap the end of the tuning fork on your knees. This will create a pure tone and is excellent for deep listening. Bring the two-prong part of the forks about an inch away from each ear and listen to the quality of tone. Remember that your tuning forks are musical instruments.

The second way is to hold the tuning forks by the stems and tap them together two times to create an audible sound with overtones. This sound is good for moving around the body in the energy field. You can adjust the volume by the strength of your tap. Experiment with getting different sounds. When you move the tuning forks quickly they will create a beautiful ringing overtone.

Remember that the tuning forks are musical instruments that need your expression and creativity to be empowered. Be creative and enjoy!

You can also use the individual fork on each chakra as listed in the frequency chart by tapping the fork on an activator, pointing the tines at the chakra (2-3 inches off the body) while drawing circles with it to stir up the energy in that center.

You can also use the forks to stimulate feelings as per the Healing Powers of Intervals listed in the previous page.

Frequency Chart

Chakra	Color	Note	Hertz
Root	Red	C	256 Hz
Sacrum	Orange	D	288 Hz
Solar Plexus	Yellow	E	320 Hz
Heart	Green	F	341.3 Hz
Throat	Blue	G	384 Hz
Brow	Indigo	A	426.7 Hz
Crown	Violet	B	480 Hz
Root Octave	Red	C	512 Hz

Other uses:

The E 320 Hertz is also the frequency we use for the Gabriel Tuning fork also known as the Messenger of God.

The G 384 Hz is also the frequency we use for the Magnesium Tuning Fork.



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Solar Harmonic Spectrum



Includes:

C	256 Hz
D	288 Hz
E	320 Hz
F	341.3 Hz
G	384 Hz
A	426.7 Hz
B	480 Hz
C+	512 Hz

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Solar Harmonic Spectrum

This set consists of 8 tuning forks tuned to an octave C which are derived from Pythagorean Mathematics. The lowest fork in the set is Middle C at 256 Hz. The highest fork in the set is an octave above middle C which is 512 Hz.

With this set, you can achieve fast and instantaneous relaxation. These frequencies use natural ratios which helps to re-proportion your body through a process of cellular memory. Each interval creates a different state of consciousness as well as effecting the nervous system.

These intervals also create a unique relationship between the glands, chakras and subtle bodies of the energy field.

Your body is a symphony of sounds that can be tuned to create a beautiful harmony or can be dissonant which often leads to dis-ease. The fork frequencies and overtones will actually help the body to not only adapt but tune itself to the frequencies.

The Sharps set is a wonderful accompaniment to this set which will complete the entire Pythagorean Scale.

Pythagoras

Born in 570 B.C., Pythagoras was an Ionian Greek philosopher, mathematician and musician. The Father of Sound Therapy is a title often attributed to him. Pythagoras observed that when the blacksmith struck his anvil, different notes were produced according to the weight of the hammer. These factors seem to govern musical tone. He began carefully estimating the harmonies and discords resulting from combinations of these sounds which soon helped him in discovering the diatonic scale.

Intervals

In music theory, an interval is the distance between two pitches or frequencies. In Western music, intervals are the differences between notes of a diatonic scale. The naming of intervals describes the properties of an interval, the quality (perfect, major, minor, augmented, diminished) and the number (unison, second, third, etc.) There are many intervals to include Major seconds, Major and Minor Thirds, Perfect fourth and etc. all contained within this set.

Benefits of Intervals:

- ◆ Fast, instantaneous relaxation
- ◆ Altered state of consciousness
- ◆ Re-proportions your body
- ◆ Physical/psychic re-patterning of your mind, body and spirit
- ◆ Develop and refine your sonic abilities.

Healing Powers of Intervals

Unison (C/C)—The same note/frequency played or sung at the same time.

Benefits: Creates Unity, grounding, the feeling of oneness or sameness.

Octave (C/C+) —One octave above the root note. Like the C 256 Hz and the C 512 Hz.

Benefits: Creates a feeling of togetherness and sameness.

Minor Second (E/F or B/C+)

Benefits: Creates a feeling of tension, uneasiness and expectancy.

Major Second (C/D, D/E, F/G, G/A, A/B)

Benefits: Creates a feeling of lightness, opening, mild dissonance.

Minor Third (D/F, E/G, A/C+)

Benefits: Creates a feeling of dissonance, uplifting.

Major third (C/E, F/A, G/B)

Benefits: Creates feeling of hope, sweetness (used in church music)

Perfect Fourth (C/F, D/G, E/A, G/C+)

Benefits: Creates a feeling of serenity, lightness, openness.

Perfect Fifth (C/G, D/A, E/B, F/C+)

Benefits: Creates a feeling of completeness, comfort, creativity.

Major 6th (C/A, D/B)

Benefits: Creates a feeling of peace, floating and uplifting.

Minor 7th (D/C+)

Benefits: Creates a feeling of expectancy, suspense and movement.

Major 7th (C/B)

Benefits: Creates a feeling of discord, strangeness, eerie, ethereal.