

## Application

These forks can be used in the areas between the chakras by activating them and pointing them to the targeting area. The forks should always be about 2-3 inches off the body.

You can also use this set in conjunction with the Solar Harmonic spectrum set to create intervals. These intervals can either be used on the chakras or areas between or can just be listened to about 3-6 inches away from each ear simultaneous to promote the desired effect.

### Other Effects

**Fundamental Interval ( C )** - Brings immobility, rest and old memories.

**Second Interval** - Brings tension between two polarities, creating movement.

**Third Interval** - Touches the higher emotions such as sadness or heartache in a minor 3rd. It can also produce feelings of Lightness, strength and joy. In a major 3rd.

**Fourth Interval** - Gives impression like awakening after a dream.

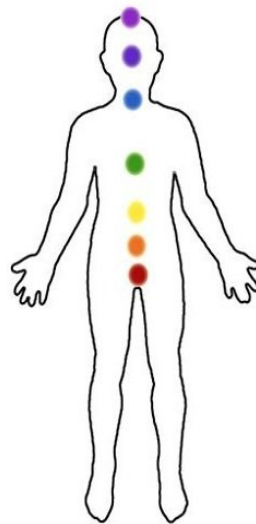
**Fifth Interval** - Expands in all directions and provokes the widest movement of energy.

**Sixth Interval** - Creates a feeling of total opening, of offering yourself to the universe.

**Seventh Interval** - Creates a healthy tension and provokes growth in consciousness.

## Frequency Chart

Note	Frequency	Chakra	Effects
C#	256.5 Hz	Root - Sacrum	OM
D#	300 Hz	Sacrum – Solar Plexus	Sexual
F#	355.5 Hz	Heart-Throat	Thymus
G#	400 Hz	Throat - Brow	Zeal Point
A#	444.4 Hz	Brow - Crown	Pineal



### 7 Primary Chakra Points

- Base : red, base of spine, stability, security, survival, groundedness
- Sacral : orange, 2" below navel, creativity, joy, enthusiasm
- Solar Plexus : yellow, center of diaphragm, personal power, inner growth
- Heart : green, center of chest, love, devotion
- Throat : blue, hollow of throat, truth, trust, communication
- Brow : indigo, center of brow, intuition, clarity
- Crown : purple, center of top of head, higher consciousness



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## Sharps Set



### Includes:

C# - 256.5 Hz

D# - 300 Hz

F# - 355.5 Hz

G# - 400 Hz

A# - 444.4 Hz

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## Sharps Tuning Forks

SozoSoundz presents our Sharps Tuning Fork set which consists of C#, D#, F#, G# and A#.

This set is a great accompaniment to our Solar Harmonic Spectrum set of 8 which would complete an entire Chromatic Scale. The Sharps not only represent the In-between frequencies of the Chromatic scale, they act as a transition from one Energy Center (Chakra) to another. This set is based on the Pythagorean Scale also known as the just scale.

### Benefits include:

- Opens the door to new possibilities.
- Helps to enlighten one's belief system
- Transition
- Holographic Re-patterning (a self healing method that treats the person as a whole)
- Helps to dissolve negative belief systems
- Aids in releasing despair, anger and fear.
- Helps to unblock closed doors and help you obtain new Possibilities.



note names: C C# D D# E F F# G G# A A# B C

## 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.

### 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

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

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

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

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

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

**Benefits:** Creates a feeling of dissonance, uplifting.

**Major Third (C/E, C#/F, D/F#, D#/G, E/G#, F/A, F#/A#, G/B, G#/C)**

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

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

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

**Tritone (C/F#, C#/G, D/G#, D#/A, E/A#, F/B, F#/C)**

**Benefits:** Creates a feeling of suspense, outer space, strangeness. In the Middle Ages this interval was called "The Devil in Music".

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

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

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

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

**Minor 7th (C/A#, C#/B, D/C+)**

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

**Major 7th (C/B, C#/C+)**

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

Semitones	Interval Names	Emotional Character
0	I Unison / Tonic	home, union, equilibrium
1	Minor 2nd	anxiety, anguish, aggression
2	Major 2nd	longing, anticipation, consolation
3	Minor 3rd	sorrow, languid, darkness
4	Major 3rd	brightness, joy, energy, cleanliness
5	Perfect 4th	vague, spacious, harsh, beginning
6	Tritone	disturbing, mystical, despair, violent
7	Perfect 5th	majestic, firm, stable, cheerful
8	Minor 6th	separation, tragedy, anguish
9	Major 6th	love, happiness, concord
10	Minor 7th	unresolved, mournful, astonished
11	Major 7th	sharp, tense, aspiring
12	Octave / Tonic	pure, resolved, lighthearted