

# Solfeggio Soma Vibration Tuners™

“Soma” means “Body” in Greek

## Quick Start Guide



## The Solfeggio Soma Vibration Tuner Kit

- \* Six Custom-Made Solfeggio Soma Tuners™
- \* Custom-Made Practitioner Display
- \* *Acupressure's Potent Points Book*
- \* **Activator Mallet**
- \* **Chakra, Elements, Colors & Solfeggio Chart**
- \* **Access to Practitioner Area of Website**

www.SomaEnergetics.com--> Certification/Training --> Support --> Practitioner Support Area  
user name: lightwithin (if needed) password: soma3n3rg3t!cs



SomaEnergetics™ Vibrational Sound Therapies

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## How To Use A Soma Vibration Tuner™



### HOLD

Hold the fork by placing 3 fingers around one side of the stem and your thumb on the other side.



### TAP

Tap weight against the palm of your hand. You can also use the enclosed mallet, an activator or a tennis ball.



### LISTEN

When using them through the auditory system hold the open hole in the weight at least 1-2 inches away from the ear.



### PLACE

Place the bottom of the stem gently on the body for 10-20 seconds at the point using various pressures until vibration is felt.

## Starting a Session with your Soma Vibration Tuners™

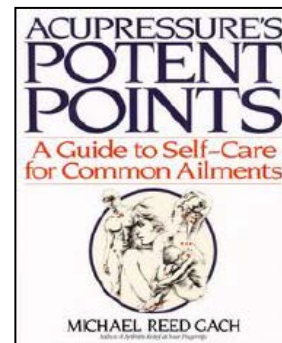
(“Soma” means “Body” in Greek)

- **Approach the Use** of the SomaTuners™ during a session as you would any vibration tool. Remember you are assisting the client's body to heal itself.
- **Always tap** a SomaTuner™ away from the clients' body. Do not tap the fork on the table. Use the palm of your hand, a mallet or wrist activator, or tennis ball.
- **Sound each tuner** in your client's ear and in your ears prior to using on the body.
- **Start Every Session: Tap the “Om” Tuner** and hold it near the clients ears to begin or end a session. At beginning of each session, you can place the OM tuner on one or a combination of these points: Breast Bone, Sacrum, Back of neck or between the shoulder blades on the back of the body. At the end of the session, touch both ankles and the bottom of the feet of the client with the OM Tuner to create and increased sense of well – being, relaxation and grounding.
- *The “OM” Tuner (136.10 Hz) is available separately from SomaEnergetics™.*

*Note: When tapping the body tuning forks, the tines should not “clang”. The vibration will be stronger and last longer if you are careful to hold the fork by the stem only...touching the tine/weights will lessen the vibration.*

## Acupressure's Potent Points: A Guide to Self Care

This fascinating book is a wealth of knowledge for people seeking to take responsibility for and improve their lives with a complimentary self-care modality. Using Soma Vibration Tuners at acupressure/potent points adds the power of vibration and color, possibly enhancing an increased sense of well-being.



We encourage you to read the Acupressure Potent Points Book Page 3. And the Practicing Guidelines on Page 9.

**SomaEnergetics™ Vibrational Sound Therapies**

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## Ways to Choose a Soma Tuner™ For Yourself or a Client.

Refer To the “**Chakras, Elements, Colors and the Solfeggio Frequencies**” Chart (Back Cover) It will serve to guide you to the appropriate SomaTuner™ to be used. The tuners are color coded for the areas they are best suited for.

1. **Body Part** – Choose the color of the tuner according to the part of the body you are working with based on the chart.
  - Example: Knee – UT Fork – Red section of chart.
2. **Original Intent** – You can also check the “intent” of the original frequency
  - Example: MI Fork – Transformation and Miracles
3. **Chakra/Energy Center** – Choose a tuner that corresponds to the Chakra (or the Energy Center area) that is located in the area of the body you are working on.
  - Example: Heart Chakra – Green – FA Fork
4. **Element** – Listed on the chart.
  - Example: Water – Orange – RE Fork
5. **Energetic Imbalance** – Possible “energetic imbalance” listed on chart within the area of a specific chakra may be assisted with these tuners.
  - Example: Headaches – Purple – LA Fork
6. **Intuition** – Close your eyes...go within. Does a color or feeling come to mind? Use the corresponding tuning fork.
7. **Applied Kinesiology / Pendulum** – If you are trained/skilled in one of these forms of testing you can use AK (Muscle testing) or dowsing to choose which fork to use.

## What Massage Therapists/Body Workers and their Clients are saying about Solfeggio Soma Vibration & Energy Tuners™

- Clients experience easier release of muscle tension when the tuners are used prior to massage.
- When the tuners are used after bodywork clients walk away with a greater sense of well-being.
- The massage therapist does not need to work as hard to achieve the desired results.
- The bodywork holds longer after sessions with the tuners than without them.
- Using tuners saves wear and tear on the massage therapists hands, forearm arms and upper body.
- Some are using both the Soma Vibration Tuners and Soma Energy Tuners™ in combination with body techniques.

**John Harvey Kellogg, MD., LL., D., F.A.C.S.** author of “*The Art of Massage*” (A Practical Manual for the Nurse, the Student and the Practitioner) said that “**Vibration...is the procedure consisting of fine vibratory, or shaking, movements communicated to the body... and may be applied to the body in a variety of ways**”. He also wrote that “**profound effects may be produced by the application of vibration**”...and that it is useful in cases in which stimulation to the muscle or nerves is needed to achieve your desired results. Dr. Kellogg is considered by many the “father of massage” in the west.

**Important Information:** This information describes complementary health techniques that may help to facilitate the rejuvenation of one’s mental, emotional, and spiritual bodies. It is never our intention to diagnose or treat medical or psychological conditions, impairments, or diseases. Nor is it our intent to encourage people who purchase our products or use our techniques to diagnose or treat psychological or medical conditions, impairments or diseases. As always, in the presence of any adverse health conditions, seek the advice of a professional health practitioner. Use the information in this manual in alignment with your state, local and municipal laws that govern your particular practice. The authors of the enclosed references have not endorsed these products or techniques.

The information provided in this manual and during our workshops is for educational purposes only. The purpose of the techniques described within is to release energetic blockages, creating a free flow of energy, allowing one to achieve a more optimal state for the body to heal itself and awaken the divine healing energy within. The SomaEnergetics Workshops developed by David Hulse, D.D. gives individuals training to practice the SomaEnergetics Technique. They do not grant certification to teach. Only Certified SomaEnergetics Teachers may teach the workshops.

### SomaEnergetics™ Vibrational Sound Therapies

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## CHAKRAS, ELEMENTS, COLORS AND THE SOLFEGGIO FREQUENCIES

| Fork  | Color  | Energy Tuner Hz | Body Tuner Hz | Intent         | Chakra          | Anterior     | Posterior | Element |
|---|--|-----------------|---------------|----------------|-----------------|--------------|-----------|---------|
| <i>Parts of the body governed by the corresponding chakra and possible energetic imbalance within the region.</i> |  |                 |               |                |                 |              |           |         |
| LA  | Purple   | 852 Hz          | 213 Hz        | Intuition      | 6 <sup>th</sup> | Brow         | Cranial   | Light   |
|   | <i>Head, Ears, Nose, Eyes, Mouth, Brain, Pituitary &amp; Pineal Glands, Hypothalamus, and Nervous System<br/>Energetic Imbalances: Blindness, Headaches, Eye Strain, Blurred Vision, Nightmares, Sinus Problems</i>  |                 |               |                |                 |              |           |         |
| SOL   | Blue   | 741 Hz          | 185.25 Hz     | Expression     | 5 <sup>th</sup> | Throat       | Cervical  | Ether   |
|   | <i>Throat, Neck and Shoulders, Thyroid, Para-Thyroid, Esophagus, and Larynx<br/>Energetic Imbalances: Thyroid Problems, Hearing Problems, Sore Throat, Stiff Neck, Colds</i>   |                 |               |                |                 |              |           |         |
| FA  | Green  | 639 Hz          | 159.75 Hz     | Connecting     | 4 <sup>th</sup> | Heart        | Thoracic  | Air     |
|   | <i>Upper Arms, Heart, Lungs, Breasts, Thymus Gland, Circulatory System and Respiratory System<br/>Energetic Imbalances: Asthma, High Blood Pressure, Heart Disease, Lung Disease</i>                                 |                 |               |                |                 |              |           |         |
| MI  | Gold   | 528 Hz          | 132 Hz        | Transformation | 3 <sup>rd</sup> | Solar Plexus | Lumbar    | Fire    |
|   | <i>Elbow, Stomach, Pancreas, Spleen, Liver, Gallbladder, Adrenals and Digestive System<br/>Energetic Imbalances: Ulcers, Diabetes, Hypoglycemia, Digestive Disorders, Gallstones</i>                                 |                 |               |                |                 |              |           |         |
| RE  | Orange   | 417 Hz          | 104.25 Hz     | Change         | 2 <sup>nd</sup> | Sacral       | Sacrum    | Water   |
|   | <i>Forearms, Kidneys, Bladder, Pelvic Area, Sex Glands, and Reproductive System<br/>Energetic Imbalances: Impotence, Frigidity, Uterine, Bladder or Kidney Difficulties, Stiff Lower Back</i>                        |                 |               |                |                 |              |           |         |
| UT  | Red  | 396 Hz          | 99 Hz         | Liberate       | 1 <sup>st</sup> | Root         | Coccyx    | Earth   |
|   | <i>Hands &amp; Wrists, Rectum, Legs, Feet, Base of Spine, Adrenals, and Elimination System<br/>Energetic Imbalances: Weight Problems, Hemorrhoids, Constipation, Sciatica, Degenerative Arthritis, Knee Problems</i> |                 |               |                |                 |              |           |         |

Note: There are many different Chakra Charts. We have compiled several of these together to develop a system that complements SomaEnergetics™ Tuning Sessions.  
 Disclaimer: We in no way diagnose or treat disease. The use of tuning forks is to open energy channels allowing the body the opportunity to heal itself.