

SOMAENERGETICS

SOUND | SCIENCE | SPIRIT

Personal Sound Therapy & Massage Therapist Starter Kit

Quick Start Instruction Guide

Use for Stress Relief,
Clearing Space,
Working with Angels,
Opening Spiritual
Gateways,
and Meditation



Sound Therapy Kit Includes:

OM Tuner with Sound Activator

Use for relaxation, meditation, stress relief,
Acupressure points/pain relief

Crystal Tuner and Quartz Crystal

Use for clearing space, working with the angelic realm

Pineal Gland Tuning Fork

Use to open Spiritual Gateways to Divine Source

A Fork In The Road – Audio MP3

David Hulse, Founder of SomaEnergetics, shares his journey to the Ancient Solfeggio Frequencies and how they are empowering personal and planetary transformation!

SomaEnergetics, Inc.

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A Quick Overview of Sound Therapy...

Sound Therapy is a new alternative therapy which is researching the effects of sound and vibration on human health and wellness. Researchers who have studied the effects of frequency, sound, light, color, and vibration include Royal Rife with his Rife Frequencies, Abhram's Multiple Wave Oscillator, Robert Monroe with audio binaural beats, Dr. Hans Jenny and Dr. Guy Manners with their work on Cymatics, and Tomatis, who associates learning ability with listening ability and clear hearing. Sound Therapy is a new, exciting field with the potential to completely shift our health care paradigms.

The Effects of Sound

The effects of sound are apparent in our everyday life. For example, we experience the energizing effect of sound and music every time we hear music with a heavy beat. Just think of the last time you heard a favorite dance hit and couldn't help but to start dancing along.

For example, the Bulgarian Psychiatrist Gorgi Lazanoff, was able to show an increased capacity for learning; super learning; if you will, by playing Baroque music (1700's Bach, Vivaldi, Telemon, Handel) and having his students breathe in rhythm with the beat. It all goes to show that sound and music can have a profound effect on our health and well-being, not only physically, but also mentally and emotionally as well.

We know the power of sound and music, and that the voice changes with emotional states or illness. Our health or mood can be strongly affected by music, toning, chanting, and singing. Just think back to the last time a sick or distraught friend called and remember how their voice was different than normal. Sound research supports this.

We invite you to explore the power of Sound Therapy through this personal starter kit and experience for yourself the benefits of working with vibration and sound!

OM Tuner – 136.1 Hz

Also known as the Earth Year Tuner



Use for relaxation, meditation, stress relief, acupressure points/pain relief

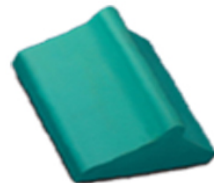
Achieve a state of deep relaxation in seconds with the primordial vibrations of “OM.” Physically tune your body to the OM vibration and enter a state of balanced wholeness ideal for healing and higher consciousness. Helps center the body and mind when placed on the rib heads, thoracic vertebra, sternum, sacrum, and illiums. Helps meditators and yoga practitioners achieve desired states effortlessly.

Benefits:

- A state of balanced wholeness
- For deep meditation
- Center the body and mind

The Rishis, or Spiritual Masters of India, believed the musical tone *sadja* or *sa*, which means the father of all others, to be the musical sound which resonates with the never ending primordial vibration *OM*. The rishis arrived at *sa* through deep meditation. To this day, Indian musicians approach tuning their instruments as a meditation to set the Spiritual tone for a whole concert. The effect of India’s meditative music is based on a musician’s ability to tune to *sa*.

The Swiss scientist, Hans Cousto, author of the *Cosmic Octave*, discovered how to convert planetary cycles into musical pitches. Using his system, the *sa* corresponds to the sound of the time it takes the earth to circle the Sun in one year. To arrive at the frequency of 136.1 Hz, an earth year is reduced to a second (frequencies are measured in cycles per second). An earth year is 365.242 days and an earth day is 86,400 seconds. When the days are multiplied by seconds we find 315,567,925.9747 seconds equal one earth year. To arrive at an audible sound, 315,567,925.9747 seconds are divided into one year and then raised 32 octaves. The result will be 136.1 Hz – the cosmic note OM.



Instructions

Hold your OM tuning fork by the stem between your thumb and first finger. Do not apply a lot of pressure. Gently tap the side of the fork on the enclosed green activator or tap the weights on the palm of your hands. This will set the weights in motion and create a clear, deep and sustained tone. Bring the double-pronged side of the OM fork about an inch from your ear(s) and adjust the distance for volume.

You can use your OM fork directly on the body and acupressure points by tapping your fork in the same way. With the finger or thumb of your free hand, locate the spot on the body where you want to place the tuning fork, then tap your fork and press the single end of the fork's stem onto the spot. Make a firm contact and hold the tuning fork until you feel the vibrations stop. The OM fork is especially effective when placed on the rib heads, thoracic vertebra, sternum, sacrum and illiums. For example, tap the OM fork and press it to your sternum. Close your eyes and feel the vibration. After a while hum "OM" in resonance with the vibration. Another way to use your OM fork during bodywork sessions is to apply it to the spinal processes of the back and/or directly onto the sacrum (or any bone in the body you wish to bring the harmonic resonance of the OM vibration.)

Specific Exercise for Relaxation/Stress Relief/Meditation:

- 1) Sound the tuner and listen in each ear for about 15 seconds
- 2) Sound the tuner and place the stem on the 3rd eye Chakra
- 3) Sound the tuner and listen in each ear again - taking deep breaths
- 4) Sound the tuner and place stem on back of head around C1
- 5) Sound the tuner and listen again - Vocally sounding OM
- 6) Sound the tuner and place the stem on the breastbone



Crystal Tuner & Quartz Crystal

Use for clearing space, working with the angelic realm

With a frequency tuned to the pulsation of the Earth, the Crystal Tuner amplifies the healing power of crystals through sonic vibration. Enhancing a crystal's ability for light conduction and powerful sound healing when tapped on a crystal, this tuning fork forms a bridge between Heaven and Earth. When you lightly hold the Crystal and Crystal Tuning Fork, a pulsating wave moving between the tuning fork and crystal may be felt.

Benefits:

- Powerful sound healing
- Enhances a crystal's ability for light conduction
- Forms a bridge between Heaven and Earth

The Crystal Tuner is tuned to a frequency of 4096 cycles per second (cps). This frequency is generated from an 8cps fundamental tone raised nine octaves (i.e. 8 cps, 32 cps, 64 cps, 128 cps, 256 cps, 512 cps, 1024 cps, 2048 cps, 4096 cps.)

The 8 cps fundamental resonates with the pulsation of the Earth. The ninth octave of the upper overtone series begins with 4096 cps and is said to open the doorway to angelic kingdoms. Alexander Scriaben, the Russian composer, believed that this octave united Heaven and Earth and would bring forth a new era. His last composition, "Mysterium," was to be played in India using bells hung from clouds sounding ninth octave harmonics.

Note: Pouch may be a different color

Instructions

- 1) Hold a quartz crystal in one hand and the crystal tuning fork in your other hand.
- 2) Gently tap the crystal fork on the rough end (not the point) of the crystal.
- 3) Close your eyes and meditate on the sound as well as the feeling of the crystal in your hand.
- 4) When working with another person, hold the crystal off the body with the point towards the area you want to energize.
- 5) Gently tap the rough end of the crystal with the tuning fork.
- 6) Let the sound move gently into the person's energy field. Visualize it with color and/or spinning in a positive direction.

There are many possibilities for the Crystal Tuning Fork. Let your creativity and healing ability be your guide.

Specific Technique for Clearing

- 1) Hold the crystal in the palm of your hand and hold the tuning fork by its handle with your other hand.
- 2) Gently tap the flat side of the crystal with the edge of the flat edge of the tuning fork.
- 3) The Crystal Tuning Fork will vibrate and sound, filling the space with a sweet sound.
- 4) Envision clear light filling the space as you use the Crystal Tuning Fork pushing out any unwanted or stagnant energy. You might also envision waves of water clearing the space, whichever visual works for you will give intention to the 9th octave energy. Typically, the sound will clear a 10 X 10 space.
- 5) You may move around your home and into each room repeating the process.
- 6) Tap the crystal with the tuning fork for as long as you feel is appropriate.

SomaEnergetics presents our exclusive Pineal Gland Tuning Fork

The Pineal Gland serves an important role in Spiritual Development as it connects with the edge of higher dimensions penetrating our lower dimension.

It has been called:

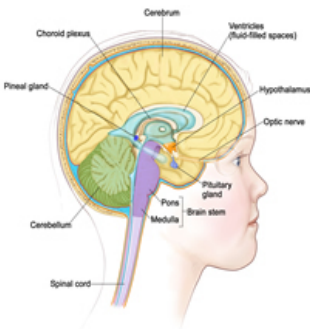
- The God Detector
- The Interface between Spiritual & Material Dimensions
- A Doorway, or Gateway to the Divine Source



There are some that hold to the idea that the pineal gland has become calcified due to fluoride in our water and toothpaste to "Dumb" us down and sever this Divine Connection.

We worked with scientists at UCLA to determine the frequency of the pineal gland, which was too low for a tuning fork. Using the idea of overtones and resonance, we went up to the 6th overtone to create our exclusive Pineal Gland Tuning fork. Designed to vibrate at the frequency of the pineal gland, it has the potential to loosen that calcification and strengthen Divine Connection!

About the Pineal Gland



Perhaps the single most important and essential gland in the entire body system is the pineal gland, named for its shape, which is similar to that of a pinecone. In-depth research by David Wilcock has uncovered some amazing functions of this gland and its relationship with our spiritual body.

The pineal gland is located within the precise geometric center of the brain. And although larger in children, as we age, it reduces in size to that of a pea as it undergoes a gradual calcification process. The optimum size of the pineal gland when fully engorged and activated, is that of a grape. What makes

the pineal gland so important in terms of consciousness is the vast amount of energy and blood that flows through it, more so than any other gland in the human body.

The pineal gland is also the storehouse of imagination and creation. The same rods and cones found within the eyes are also found within the composition of the pineal gland. With this similar type of physiology, the pineal gland allows us to visualize or imagine scenarios, fantasies, memories, dreams, or any other visual constructs. Have you ever heard the expressions, 'in the mind's eye,' or 'the third eye,' or 'when the eye is single,' or 'the sixth sense?' These phrases are all referring directly to the function of the pineal gland.

More info: <http://miraclesandinspiration.com/pinealgland.html>

How to use the Pineal Gland Tuning Fork

- 1) Sound the fork on a quartz crystal, or sounding device (puck or activator) by holding the stem only and tapping one of the prongs on the device
- 2) Listen in one ear for 10 seconds then cross over the top of the head (corpus callosum) and listen in the other ear for 10 seconds
- 3) Sound the fork again (#Step 1) and place the stem on the 3rd eye area between the eyebrows just above the nose bridge
- 4) Sound again and place the stem on the top of the head - hold 15-20 seconds - and on the back of the head at C1
- 5) Sound again and move the fork around your head in a circular motion 3-6 times.

Additional Option for working on another person:

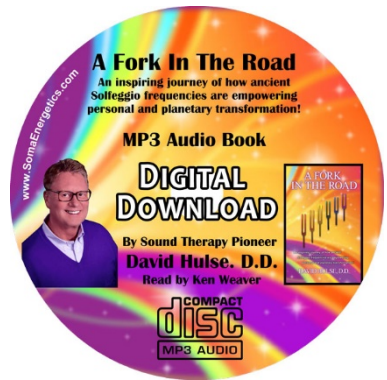
- 1) Place a quartz crystal on the third eye
- 2) Sound pineal gland tuning fork
- 3) Place the stem or tine of the tuning fork on the crystal
- 4) Sound the fork again and place the stem on the top of the head, hold 15-20 seconds
- 5) Sound and place the tuning fork on the back of the head at C1
- 6) Sound again and move the fork around the head in a circular motion 3-6 times

AUDIO BOOK: **MP 3 DIGITAL DOWNLOAD**

A Fork in The Road Book by David Hulse

An inspiring journey of how Ancient Solfeggio Frequencies are empowering personal and planetary transformation!

Download information provided at checkout completion. Link to download also sent to email used at checkout.



IMPORTANT NOTE:

This information describes complimentary health techniques that may help to facilitate a person's body to heal their own mental, physical, emotional, and spiritual bodies. We do not diagnose or treat physical, medical or psychological conditions, impairments, or diseases. Nor is it our intent to encourage people purchasing our products or using our techniques to diagnose or treat psychological or medical conditions, impairments or diseases. As always, in the event of any of the above, seek the advice of a professional health practitioner.

Our purpose is to create a free flow of energy by releasing blockages and activate the divine healer within, allowing the body, mind, emotions and spirit the opportunity to heal itself.

Visit SomaEnergetics.com

**for more about our transformational tools,
training, certification, and licensing options!**



Phase One

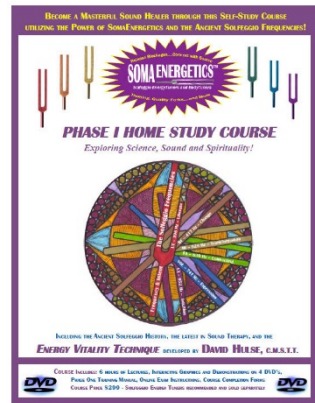
**"Energy Vitality
Technique"**

SELF-STUDY COURSE

**6 Hours on USB Drive &
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**Exclusive to
SomaEnergetics:
The Original
Solfeggio Energy
Tuners™**



Body Tuners

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