

# CYBERKINETICS

## HEALING TUNING FORKS - SOUND THERAPY

### **What are tuning forks?**

A tuning fork is a metal U-shaped instrument, designed and calibrated (tested) to produce a pure frequency or tone when activated.

Tuning forks are used in medicine, music and science for a variety of applications where their accuracy and reliability are valued as a reference or measurement.

Their precision makes them ideal for use in sound treatments, harnessing the body's natural capacity to resonate with pure sound.

### **What effect do they have?**

Healing Tuning Forks produce a deeply relaxing effect in the body. Each pair of tuning forks promotes a balanced movement of expansion and contraction throughout the whole organism that mimics the body's own dynamic movement.

As sound waves pass through the body, their rhythmic vibrations promote a release of tension at all levels of the body - rebalancing and realigning all aspects of the individual - physical, mental, emotional or energetic.

A treatment with Healing Tuning Forks helps calm and focus the mind; balance the central nervous system and enhance the body's own self-healing processes.

### **How does sound therapy work?**

Sound helps regulate many biological processes at all levels of the body, stimulating many global responses. At a cellular level it can help promote a reorganisation or re-patterning of chemical responses. Sound waves pass easily and rapidly through the body's own pathways - the connective tissue and the energy (acupuncture) meridians - accessing all systems in the body simultaneously.

Sound harnesses the body's natural resonant capacity, and is an ideal tool for creating movement, releasing blockages and restoring balance within the system.

The wide range of frequencies within the range produces a sympathetic vibratory response at all levels of the organism, ranging from the feet to above the head, and in the entire energy system including chakras, energy meridians and the subtle energy body or aura.

Healing Tuning Forks are ideal for both personal and professional use and can be used on their own as a relaxation treatment or combined to enhance any complementary therapy or energy balancing technique, such as massage, reflexology, acupuncture, energy healing or crystal healing.

### **What does a treatment consist of?**

A treatment consists of listening to several or all the pairs of tuning forks in the set, depending on the practitioner's assessment of their client. Each pair of forks is activated to produce a pure 5th interval and then placed either side of the head for a specific activation time period. The audible pure tones enter the body both via the hearing and the cranial bones.

As the sound waves pass through the body, the client may experience a range of reactions - alleviation of physical symptoms, a calming of mental chatter, a heightened sense of imagery and visualisations - during the treatment.

The most common response is a shift into a deeply relaxed state often accompanied by short periods of sleep. Initial treatment sessions usually last between 10-15 minutes. When performed on a regular basis, the body can easily absorb sessions of up to one hour depending upon the symptoms treated.

Tuning fork sessions are beneficial in helping alleviate many stress-related symptoms, such as mental fatigue, muscle tension or pain, headaches or insomnia. Benefits are experienced at all levels - physical, mental, emotional and energetic.

*In September 2005 at Keele University UK, Cyberkinetics was honoured when Alan Sales received the award: “For a most outstanding contribution to the growth and development of Kinesiology through the discovery and introduction of a new concept and system.”*