

GETTING STARTED WITH THE CHAKRA TUNING FORK SET



FOR CLEARING AND CREATING A CLEAR FLOW OF ENERGY BETWEEN THE CHAKRAS

Why Use the Charka Tuning Forks

The Chakra Tuning Fork Set is a great way to get started with sound therapies and with tuning forks. Those working with energy understand that an indicator of a person's health is the flow of energy through and between the chakras.

How to Use the Chakra Tuning Forks

Our natural and logical tendency is to place the root tuning fork over the root, sacral fork over the sacral and so forth. First, it is not necessary to place say the root fork over the root. You can put it anywhere around the body and by the ears and you are encouraged to do so. The body will absorb the frequency no matter where around the body it is placed. Placing the root fork over the sacral, heart or any of the chakras will help to create a connection between those chakras which is ultimately what you want to accomplish. So feel free to put a chakra fork anywhere around the body.

The purpose of the this guideline is not to tell you how you must use these tuning forks. It is meant as an introduction for those who have never used this set of forks or would feel more comfortable with a set procedure to get going. Eventually you will feel more comfortable and allow your intuition to guide you.

The other goal is to attune yourself with the frequencies so that you personally can experience them and relate those experiences to others. By experience, I don't mean an earth shattering event. It could be improved health, a change in jobs, better relationships, etc. The shift may be so subtle and gradual that you may not even notice it.

Chakra Frequencies

194.18	1st-Root
210.42	2nd-Sacral
126.22	3rd-Solar Plexus
136.10	4th-Heart
141.27	5th-Throat
221.23	6th-3rd Third Eye
172.06	7th-Crown

Over time you will find your own way to use these tuning forks however, having a starting point is always a good thing. Find a quiet place to sit comfortably. Do these procedures at least once a day. Feel free to adjust the procedures below so that it works best for you.

How to use a tuning fork

To tap a fork, use a firm but soft surface like a hockey puck or the arm of an upholstered chair, then bring it by your ear. Listen to each frequency for about 30 seconds or longer. At the end of this document, there is a link to a series of online videos on how to select and use a tuning fork.

Week 1

- Listen to each fork individually. For example, tap the fork marked Root/194.18hz and place it about 3-6 inches from your right ear. Once the tone fades, tap again and place it by your left ear.
- Then move on to the next fork, Sacral/210.42hz. Continue with each fork till you get to the last one in the set, the Crown/172.06hz When you have worked with each fork, work your way down the scale starting with the crown.
- Follow this procedure 2 more times. It should take about 15 - 20 minutes. Feel free to do this several times a day if your schedule permits.
- Towards the end of week 1, feel free to mix the order, just pick a fork and listen but be sure to listen to each fork.

Week 2

In this next procedure you will listen to two forks at the same time, one by each ear. You'll always have the Root in one hand and a different fork in the other.

- With the Root in your right hand and the Sacral in the left, tap both forks against a puck or whatever you use to active them. Do not tap the two forks together.
- Place the Root by your right ear and the Sacral by your left. Once the tone fades, switch hands and tap again so that the Root is by the left ear and the Sacral is by the right.
- Next, put the Sacral down and pick up the Solar Plexus and follow the same procedure. Continue till you get to the Crown.
- You can either stop here or repeat this process starting with the Crown and Root, then Crown and 3rd Eye, etc.

Week 3 - Playing with Harmonics

In week three you'll start to work with harmonics by tapping the forks together. Understanding how to work with harmonics is easier to explain visually so I've created a video on how to do this which you can watch on [YouTube](http://www.youtube.com/OmnivosTherapeutics) (www.youtube.com/OmnivosTherapeutics). This video is specific to the Solar Harmonic set but procedure is still valid. The Chakra set will just sound different.

What If I Do It Wrong

Can I hurt myself or someone else if I do it wrong. In truth, the only way you can really hurt someone with a tuning fork is if you whack them over the head with it. Your body is much more powerful than any frequency you put near it. If you happen to bring a frequency that is dissonant to yourself or someone else, the worst that could happen is that they will feel a little out of sorts for a while, perhaps a day. Your body *will* return to its balanced state. For more on this, see [this](#) blog posting.

For those unfamiliar with how to use tuning forks, you can watch some short videos on how to select and use tuning forks at our [YouTube](http://www.youtube.com/OmnivosTherapeutics) video education center, (<http://www.youtube.com/OmnivosTherapeutics>). Read more about how to use and select tuning forks and other sound therapy products at omnivos.com/education.