

## HOW TO USE THE SOLAR HARMONICS TUNING FORK SET



*FOR CREATING A RELAXING, STRESS FREE ENVIRONMENT*

# Why Use the Solar Harmonics Tuning Forks

Often referred to as Pythagorean tuning forks, the Solar Harmonics are based on the mathematical ratios documented by Pythagoras. These ratios have been documented to show that they help to create a deep relaxation and in many cases, allow you to slip into a place of serenity and silence. It is there that healing takes place. This set is highly recommended for anyone and everyone whether they approach their health from a holistic or allopathic approach.

## How to Use the Solar Harmonic Tuning Forks

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 back 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 C 256 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, D 288. Continue with each fork till you get to the last one in the set, the C 512. When you have worked with each fork, work your way down the scale starting with the C 512.
- 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 C 256 in one hand and a different fork in the other.

- With the C 256 in your right hand and the D 288 in the left, tap both forks against a puck or whatever you use to activate them. Do not tap the two forks together.
- Place the C 256 by your right ear and the D 288 by your left. Once the tone fades, switch hands and tap again so that the C 256 is by the left ear and the D 288 is by the right.
- Next, put the D 288 down and pick up the E 320 and follow the same procedure. Continue till you get to the C 512.
- You can either stop here or repeat this process starting with the C 512 and C 256.

### Week 3 - Playing with Harmonics

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) videos ([www.youtube.com/OmnivosTherapeutics](http://www.youtube.com/OmnivosTherapeutics)).

## What If I Do It Wrong

*I can 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/user/OmnivosTherapeutics) video education center, (<http://www.youtube.com/user/OmnivosTherapeutics>). Read more about how to use and select tuning forks and other sound therapy products at [omnivos.com/education](http://omnivos.com/education).

**Procedure by Dr. John Beaulieu**

John Beaulieu has developed a series of procedures based on 5 element theory. It is very simple to use. The tables below show two columns where each column indicates which fork to hold. For example, for **General Balance and Wellness**, you'd start with the C 256 in one hand and the G (384) in the other. Next, hold the C 256 and F 241. Some of the procedures refer to a C 128. This is the Otto 128 which is not part of the Solar Harmonic set. It can be purchased [here](#).

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