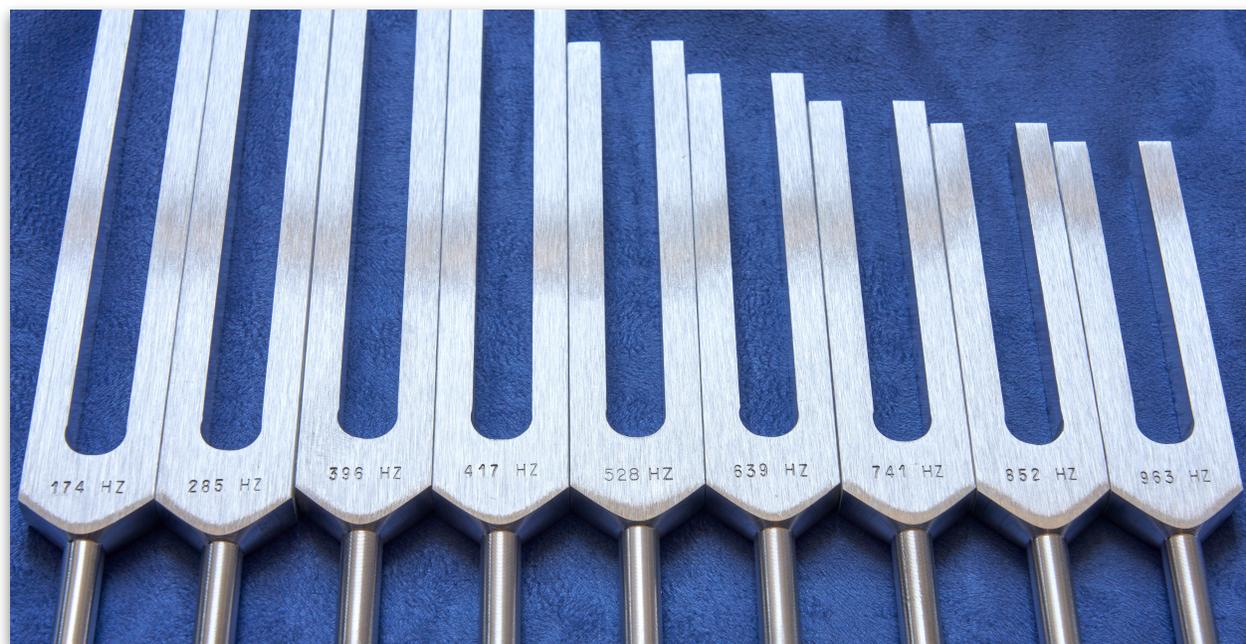


Omnivōs

Therapeutics

SOLFEGGIO TUNING FORKS



WORKING WITH EMOTIONAL AND SPIRITUAL AWARENESS AND WELLBEING

Introduction

There is a lot of information on the internet about the solfeggio scale and tuning forks. I've written this document to help clarify some misconceptions about these frequencies and offer some suggestions on how they can be used.

Origin

Solfeggio is a derivative of the word solfège. The dictionary meaning solfeggi is the study of singing and musicianship using solemnization. Solemnization is the assigning of a note of a musical scale with a syllable (do, re, mi...etc.). So there is nothing mystical about the term solfeggio and the term is not specific to the solfeggio tuners. Take a musical scale, assign syllables to it and call it a solfeggio and you would not be wrong.

The solfeggio scale commonly used for healing purposes was brought to our attention in the book *The Healing Codes of the Biological Apocalypse* by Leonard Horowitz and Dr. Joseph Puleo. The sections of this book from Dr. Puleo contain some excellent information on healing and is recommended reading. The rest of the book (about 2/3) is about the history of the solfeggio scale and reads like conspiracy theory; Knights Templar, Masons etc. I say this not to dissuade you from buying the book, only so that you know what you are spending your money on.

About 528 hz

There are many things being said about the solfeggio set with the most interesting being the claim about how one of the frequencies, 528 hz, can repair DNA. At the time I am writing this paper, I am not aware of anyone who has come forward to say that they are repairing DNA with 528 hz. What I have heard is that someone is using the 528 hz to create clustered water. So what is clustered water?

Clustered Water vs Bound Water

In simple terms, when water molecules are bound together in clumps, it is called bound water. Water which is broken down in small stable rings or clusters is called clustered water. Clustered water is smaller in size than bound water which is the key to its health benefits. Our DNA, cells etc. have membranes that allow water to flow through it. As water flows through our cells, it clears impurities. Because clustered water is smaller, it flows more easily through cell membranes and is more efficient in removing those impurities. The larger, bound water does not flow easily through cell membranes and therefore, the impurities remain. Left long enough, these impurities can eventually result in illness.

If the 528 hz does cause water to become clustered, then claiming that this frequency "repairs DNA" is still a bit of a reach. What they should really be saying is that the 528 hz may cause water to become clustered which in turn helps to remove impurities allowing our body to become and remain healthy and balanced.

Experience

Emotional Healing

The solfeggio as a healing tool works. I know this from personal experience and from experiences related to me by clients and other practitioners. They are very effective working with emotional trauma. After a session(s) with the solfeggio, clients have experienced profound changes in their lives. Some go back to remember emotional traumas that have manifested as blocks and fears, dominating their lives. Others may not remember trauma but will experience life changes such as improved health or positive changes in their lives like a better job or happier relationships.

Sometimes these experiences are immediate, other times weeks or months will pass. Sometimes, no changes are experienced. It really depends on the willingness of the person receiving the frequencies and experience change.

Spiritual Awareness

The solfeggio set used for healing has its roots in the Old Testament. For more information on how this was determined, please refer to *The Healing Codes of the Biological Apocalypse* mentioned above. The frequencies are based on numerology and the numbers 3, 6 and 9. In his book, Dr. Puleo identified 6 frequencies, the syllable assigned to it and its Latin meaning.

Frequency	Frequency Sum	Syllable and Latin Translation
396	3+6+9=9	Ut - Ut quent laxis: Liberating guilt and fear
417	4+1+7=3	Re - Resonare fibris: Undoing Situations and Facilitating Change
528	5+2+8=6	Mi - Mira gestorum: Transformation and Miracles (DNA Repair)
639	6+3+9=9	Fa - Famuli tuorum: Connecting / Relationships
741	7+4+1=3	Sol - Solve polluti: Awakening Intuition
852	8+5+2=6	La - Labii reatum: Returning to Spiritual Order

Reading through the translations assigned to the different frequencies above, you can understand how this set may be used for healing. Three additional frequencies were identified later, after the book was published. Those frequencies are 174 hz, 285 hz and 963hz and are part of the 9 fork solfeggio set.

Getting Started

Some assign a frequency to a specific chakra and while there is nothing wrong with doing this, it is my experience that these frequencies work with the body as a whole. For example, many will use 396 hz to clear the root chakra. The truth is that the 396 hz will clear all chakras as will each of the solfeggio frequencies. These forks will affect the body as a whole. Don't limit their effectiveness by limiting your beliefs about them.

There are several practitioners and teachers promoting specific protocols for the solfeggio tuning forks. I am not an advocate of any set method for applying sound healing. I also understand that for those new to sound healing and tuning forks, it is helpful to have a starting point. I have outlined below a simple suggestion on how to begin using this set.

Note: This protocol was revised in January 2023. The earlier versions were a little too complicated so I have tried to make it a little simpler. The purpose of the procedure below is for you to become familiar with these frequencies and comfortable with tuning forks. There is no time limit for this, take a week or a month, feel free to move on to a different step or go back to a previous step. There is no wrong way to use tuning forks. Over time you will create your own way of using the Solfeggio.

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. The tone for these forks could last for over a minute.

Before You Start

The ideas below are meant to help you get started. If you try to do everything mentioned below at the same time you might be spending hours with your forks. If you have the time, great! Most of us do not. Try to use the tuning forks once a day for 5 minutes. If you can do longer or a few times a day then feel free. But if you work long hours or have kids running around the home then 5 minutes a day is fine. It is better to listen to the tuning forks for a few minutes a day every day than for an hour a day, one or two days a week. Do what you can, there is no right or wrong way.

Listen to each frequency

Find a quiet and comfortable place to sit. Starting with the first tuning fork, tap and place it about 3" – 6" from your ear. Impatience may want you to tap as soon as the tone starts to fade but resist that temptation. Just bring the fork a little closer to your ear. Then really concentrate on the tone as it becomes fainter. This focus helps you to become more open to the frequency. Once the tone fades, tap again and place it by your other ear.

Repeat this for each fork in your set.

Listen to two tuning forks at the same time

Try listening to the 1st and 2nd tuning fork in your set at the same time. Tap both against your puck and place them by either ear allowing the tones to fade. Then tap again placing them by the opposite ear.

Follow the same procedure for the 2nd and 3rd fork, 3rd and 4th etc. Once you have done the 8th and 9th fork, listen to the 9th and 1st fork to complete the circle.

Go random - Intuition

Set all the tuning forks in front of you in any order with the frequencies not showing. Pick two forks and listen to them. Switch ears and listen again. Then, put the forks down, and pick two forks more. It is ok to pick the same fork(s) again. The purpose of this exercise is to allow your intuition to take hold. Why you pick one fork or another

does not matter, just stick your hands over the tuning forks and pick two then listen. Do this as often and as long as you like.

Listen to Multiple Tuning Forks at the Same Time

Now you are going to tap three forks. Put two forks in one hand and then pick up a third tuning fork with your other hand. Tap the other two forks lightly, no need to tap hard. No need to bring them to your ears either, just listen. If you are unsure of how to hold multiple forks at the same time, visit [omnivos.com/getting-started](https://www.omnivos.com/getting-started) and watch the 'How to Use Tuning Forks' video. Once you are comfortable with this try putting 3 or 4 tuning forks in one hand, experiment.

Remember, what I have outlined above is just a guideline and not meant to be a steadfast rule. The most important thing I found is to be consistent. If you can use the forks once a day the stick with that. If three or four days a week is what you can do then stay with that. It should be fun, not a chore.

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.

What's Next

If the solfeggio seem like a set of tuning forks you would like to use, you can purchase them [here](#). For those unfamiliar with how to use tuning forks, you can watch some short videos on how to select and use tuning forks and read more about how to use and select tuning forks and other sound therapy products at <https://www.omnivos.com/getting-started/> and [omnivos.com/education](https://www.omnivos.com/education).

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