

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.

Weighted vs Unweighted

Weighted tuning forks have a round weight at the end of each prong. The purpose of the weight is to create a stronger or heavier vibration which brings a more pronounced feeling when the stem is placed on the body. Weighted tuning forks are for the physical body. You can and should also bring them by your ears. Unweighted tuning forks are used around the body and by the ears and are used for the energetic body.

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.

The Unweighted Frequencies

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 963 hz and are part of the 9 fork solfeggio set.

The Weighted Solfeggio Frequencies

The frequencies of the weighted set are still based on the numbers 3, 6 and 9. The proper weighted Solfeggio frequencies were given to us by Randy Masters, a mathematician, musician, and has a unique understanding of sacred geometry. They were derived through what is called octavization. Octavization is the term for halving or doubling a frequency. Mathematicians and scientists do this to make frequencies we would not be able to hear into a range we can hear. It is octavization that allows us to convert the unweighted Solfeggio in to a weighted set while keeping the integrity of the 3, 6, 9 numerology. Halving or doubling the unweighted frequencies till as a set, they are first, audible and then work well together.

Unweighted Frequencies	Octavized (divided by)	Weighted Frequencies
174	$174/2$	87.00
285	$285/2$	142.50
396	$396/4$	99.00
417	$417/4$	104.25
528	$528/4$	132.00
639	$639/8$	79.875
741	$741/8$	92.526
852	$852/8$	106.50
963	$963/8$	120.375

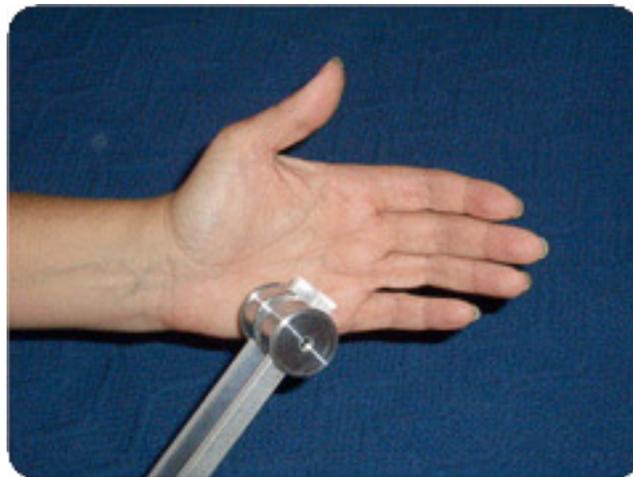
Protocols

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. There is nothing wrong with that however 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. Do this as often as you'd like during the day and try to work with these frequencies at least 3 times per week.

How to use a weighted tuning fork

To activate a fork, tap the flat part of the weight on one of the prongs against the heel of your hand, pinky side then bring it by your ear. It should last about 10-15 seconds. 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.



Step 1 - Listening to and feeling 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 will 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 completely fades, tap again and place it by your other ear.

Next, tap and place the stem of the fork anywhere on your chest around the heart. When the vibration fades, tap and place the stem somewhere else on your body, your choice. I like to place the stem on my forehead, ends of my collar bones or the bottom of my feet. *** Do not place a weighted tuning fork near a recent broken or fractured bone because the vibration may be painful. I'd also avoid recent areas where you may have had surgery. Check with your doctor first.

Repeat this for each fork in your set. Listen to and feel each fork at least one or two times a day for 12-14 days. You can do it all in one sitting or once in the morning, afternoon and evening. That is up to you.

Step 2 - Listen to two tuning forks at the same time

Next try listening to the 1st and 2nd tuning fork in your set at the same time. Tap both and place them by either ear allowing the tones to fade. Then tap again placing them by the opposite ear. Next tap both forks and place one on the lower chest and one on the upper chest. Then tap again and put the somewhere else on your body keeping them about 6-12 inches / 15-30cm apart.

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.

Do this for 7-10 days, three times a day.

Step 3 - Listen to and feel each tuning fork with each of the other forks in the set

Now you will be listening to each tuning fork with the rest of the forks in the set. Listen to the 1st and 2nd fork following the process in step 1.

Next, listen to the 1st and 3rd fork, then 1st and 4th etc. When you've listened to the 1st and 9th fork, repeat this process with the 2nd and 3rd fork, 2nd and 4th up to the 9th. After listening to the 2nd and 9th, listen to the 2nd and 1st fork to complete the circle. Do this with all the forks in the set.

It would be good if you could do this three times a day but this one takes a little longer. Do this at least once a day for 7-10 days.

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 at our [YouTube](#) 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.