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● The Ohm Frequency & the Schumann Resonance

When it comes to resonating with the Earth through the use of tuning forks, there are several schools of thought, and each highlights a specific source tone. Ohm Therapeutics features a tone that is based on the mathematical calculation of the Earth's yearly orbit around the Sun, and the spiritual traditions of the East. Considered primordial sound in Hindu cosmology, Ohm first appears in the Mandukya Upanishad. In today's global world, Ohm is universally recognized as a sacred symbol, sound and vibratory experience.

In contemporary sound healing applications, the Ohm tone, according to de Muynck (creator of Ohm Therapeutics), is effective in part because it is thoroughly ensconced in the seasons and cycles, rhythms and pulses of life itself.

In comparison, the Schumann Resonance is a relative newcomer. Its frequency range is based on the work of Winifried Otto Schumann (1877-1974), a German scientist whose research is applied in the evaluation of the effect of climate change and global warming.

Schumann resonances are global electromagnetic resonances, excited by lightning discharges in the cavity formed by the earth's surface and the ionosphere. The lowest frequency mode of the SR occurs at a frequency of approximately 7.8 hz.

The following Table of Comparison points out the differences between Ohm and the Schumann Resonance, another frequency often associated with Earth.

TABLE OF COMPARISON	OHM	SR
Is this a scientifically measured Frequency?	yes	yes
What is the hertz measurement?	136.1hz*	7.83 - 60 hz
Is this measurement a constant?	yes	no
Is there a cyclical, rhythmic or seasonal nature to this tone?	yes	no
Is the measurement affected by human activity, e.g., electrical emissions and airborne pollution?	no	yes
Is this measurement affected by atmospheric activity, e.g., lightning storms, sun spots and other solar activity?	no	yes
Is there a spiritual, religious or philosophical basis for the determination of this frequency?	yes	no
Is this frequency used as the fundamental tone in contemporary sound healing systems?	yes	yes
*The Ohm frequency also exists in this lower range, a lower octave being 8.50 hz.		



● Weighted Tuning Forks VS Non-Weighted Tuning Forks

There is no difference between the weighted and un-weighted tuning forks in terms of the accuracy of their frequency or their efficacy.

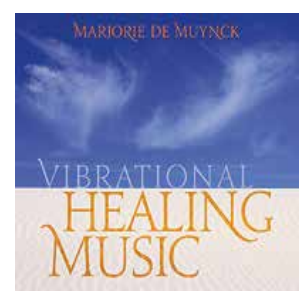
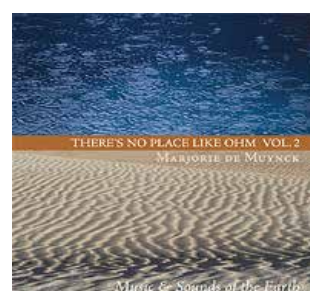
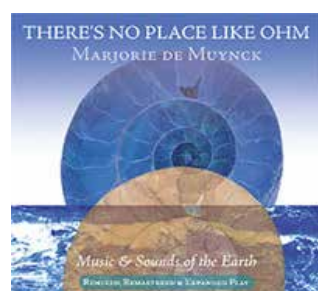
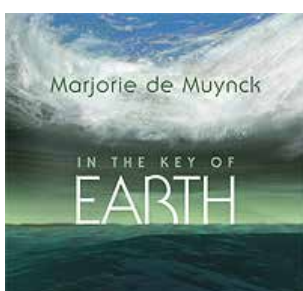
The only difference is that the weighted ends make the prongs move more and therefore more vibration is translated down to the handle. So when the bottom end of weighted tuning fork's handle is placed on the body, the person receiving the treatment will physically feel the vibration more than they would if an unweighted tuning fork were used.



One cannot put weights on tuning forks above 512 hz. The reason is that the higher the frequency, the shorter the prong and when you put weights on these prongs, they must be even shorter to produce the correct frequency. Therefore, there comes a point where the prongs are too short for weights to be on them.

It is common practice to administer the sound vibration of tuning forks by activating them and waving them over the relevant parts of the body. The focus is specifically on the sound vibration. However the weighted tuning forks in the Ohm Sound Healing range can be, and invariably are, used in an additional and different manner. The weighted forks allow for the vibration to be felt physically through the body by contact. Simply activate the vibration of the fork using an activator and then place the bottom stem of the fork gently on the body and the sound vibration will be felt physically through the body itself. Try it on yourself first on many different parts of the body with the different weighted forks (if you have more than one). You can place these weighted forks on acu points, ligaments, muscles, joints, cranial bones etc. The weighted forks are the mid ohm, low ohm and osteo ohm forks (mid to the lower vibrations). The non weighted forks are the 2 high frequency forks in the High Ohm set and the Sonic Ohm fork (the high Frequency forks). These forks are used in the normal manner and are generally not applied directly to the body like the weighted forks (see instructions).

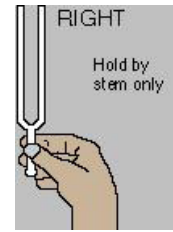
The Ohm CD series



● Use & Care of Tuning Forks

Correct Way to HOLD Tuning Forks

Always hold only the stem handle at the bottom of the fork. If the prongs touch anything, even someone's hair, the prongs will stop vibrating. See illustration to the right:



Instructions for TONING the Tuning Forks

There are several ways to tone your tuning forks:

- for the softest sound, tap tuning forks on a hard muscle such as the thigh near the knee or the firmest part of the palm of your hand.
- for a slightly louder sound, tap tuning forks individually or in pair on the Tuning Fork Activator.
- for a loud sound, tap gently on your knee cap.
- for a louder sound, strike the outside flat side of one of the prongs near the tip with the Rubber Mallet.
- for the loudest sound, very GENTLY tap two tuning forks against each other or tap a single fork on the edge of a hard surface such as a table. Be careful not to nick them.

Possible Ways to USE the Tuning Forks

Tone a single fork or two forks together to create a harmonic and either hold or move above the body or place stem end on:

- any tissue of the body such as bones, organs, ligaments & muscles
- acupuncture points or meridian energy lines (known as Soundpuncture or Sonopuncture)
- reflex zones of feet, hands, ears or head
- chakras or transition points between chakras, front or back
- a crystal as you direct the crystal toward the recipient
- any vessel containing flower essences, gem elixirs, homeopathics, purified water, or any vibrational remedy
- planetary acupuncture points at various locations on planet Earth
- sweep through the subtle layers of energy field
- stroke meridians
- place on meridian acupoints
- when toning two forks together, you can use to balance left/right, top/bottom, or front/back of the body
- move through a room to fill a space with a particular frequency
- move all around a person to clear discordant energies and fill their aura with a particular frequency



CARE of your Tuning Forks

Keep them at average room temperature for accurate frequency. They were tuned at 72° F, which is ideal, but plus or minus 10° will not affect the frequency.

It's ok to have them in a hot or cold environment for short periods of time, but DO NOT store them in extreme temperatures as this could permanently change their frequency.

Tuning Forks that have been temporarily in a hot or cold environment need to come back to room temperature to obtain correct frequency.

They will tarnish over time, but that does not affect the frequency at all. It is just a change in their shiny appearance. Just lightly polish with a green plastic kitchen scrubber. You may also want to clean them after removing the tarnish.

You can clean the forks with a mild dish soap. Wash and rinse with mild temperature water and dry thoroughly.

DO NOT hit the forks against anything hard, as they might nick and that could change the frequency.

Offical Distributors:

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● An introduction to the Ohm Tuning Forks & the Beneficial Use of Octaves

In Sound Healing, the octave is tremendously effective because it creates movement along the axis of the root tone providing latitude to move up and down with higher and lower octaves. The healing aspect of the octave exists in its affirming repetition, and in the movement it creates.

—MARJORIE DE MUYNCK, M. MUS., MSOM, HON.

excerpted from *Sound Healing, Vibrational Healing with Ohm Tuning Forks*



Two Mid Ohm Tuning Forks are considered the foundation tools in the Ohm Therapeutics Sound Healing system. Two Mid Ohms (Ohm Unison) enable the practitioner to work in a balanced manner, as well as providing the means for bilateral, distal and

double applications. In addition, two Low Ohms (Low Ohm Unison) are highly recommended for deeply rooted conditions.

The unison promotes balance.

Next, consider introducing the Ohm Octave to expand and deepen your treatment options. The Ohm Octave (136.1 + 68.05 hz) is recommended for loosening stuck or rigid energy while opening the energetic pathways or meridians of the body. The Low Ohm Octave (68.05 + 34 hz) is particularly helpful in treating joint and bone pain. Each of these octaves combine the therapeutic attributes of the lower frequencies with

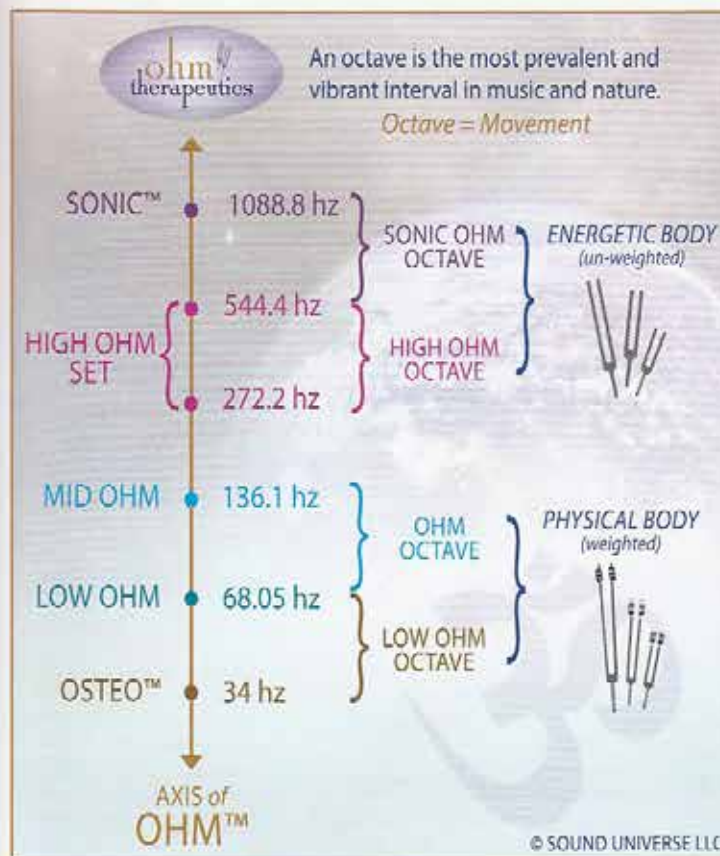


the cathartic movement created by the musical interval of the octave. **The octave promotes movement.**

To direct disharmony and tension away from the body, use the high frequency Ohm Tuning Forks. The High Ohm Octave (272.2 + 544.4 hz) helps release and disperse tension and the energetic armoring that occurs when the body is affected by trauma or stress. The sound wave created by the High Ohm Octave is audibly soothing.



For particularly dense or chronic disturbances in the subtle body, finish with the Sonic Ohm Octave (544.4 hz + 1088.8 hz). When activated, these tuning forks create a very tight sound wave, which helps break through and disperse any unwanted resonance that may linger or persist after a treatment. Several finishing passes with this octave—in a sweeping movement—helps create a peaceful atmosphere and facilitates the transition from a deeply relaxed state to a more wakeful one. **The High Ohm and Sonic Ohm Octaves promote harmony and restore a sense of well-being.**



THE BENEFICIAL USE OF OCTAVES

Experience the sound vibration of Ohm as it activates the natural current or Qi flowing through your body. At the center of your body's energetic matrix is the *Microcosmic Orbit* which travels along the mid line of the front and back of the body. The *Microcosmic Orbit*, shown to the right, is a concept in Traditional Chinese Medicine whereby the earthly and heavenly Qi intermix.

Ohm connects us to this vital life energy as it travels through the earth—into the heavens and back again—in a continuous eternal flow.

THE AXIS OF OHM™

The diagram on the left shows the range of Ohm Therapeutics Tuning Forks, along with their corresponding frequencies, positioned at intervals along the *Axis of Ohm*. The paired frequencies show the octaves in this healing system. Ohm Therapeutics features four octaves of Ohm, two for application to the physical body and two for the subtle body.

