

## **A Brief History of Tuning Forks**

1711, England, Royal trumpeter and flutiest, John Shore, created the first tuning fork, it was made of steel.

1800, German physicist E.F.F. Chladni, along with others, constructed a complete musical instrument based on sets of tuning forks.

1834, J.H. Scheibler presented a set of 54 tuning forks covering ranges from 220 Hz to 440Hz.

1863 in Heidelberg, physiologist H. Helmholtz, used sets of electro magnetically powered tuning forks for his experiments on the sensations of tone.

1960s the Swiss scientist Hans Jenny discovered that low frequency sounds produced simple geometric shapes and as the sound frequency increased, the shapes became more complex. He also found that the sound 'OH' produced a perfect circle and that the sound, 'OM' produced a pattern similar to that of the ancient Indian mandala for 'OM'.

1974, a professional jazz musician, Fabien Maman, noticed that by playing certain musical notes that he could have an energizing effect on the audience.

1974 John Beaulieu discovered that tuning forks could be used to tune the human nervous system while working at Bellevue Psychiatric Hospital in New York City under a research grant from New York University. After over five hundred hours of listening to my nervous system, I suddenly realized that the nervous system could be “tuned like a musical instrument”

1978, Fabien joined with the senior researcher at the National Centre for Scientific Research in Paris, Helen Grimal, to study the effects of sound on normal and malignant cells.

1980, Barbara Hero studies sound frequencies on the Organs and how each Organ has a specific frequency.

1982, formation of the Sound Healers Association, by Jonathan Goldman

1988, Dr. Robert Girard used the frequency of 528 Hz to repair DNA.

1988, Dr. David Hulse, rediscovers the ancient Solfeggio Frequencies, through in his research, by reading the book "The Healing Codes of Biological Apocalypse" by Dr. Leonard Horowitz.

1988, Anne Christine Tooley begins research on tuning fork frequencies and discovers many things and creates a company, Luminanti Inc., which sells tuning forks. Anne research included;

Sharps Set - This was the first set I created. I love the Harmonic Spectrum Set because it is based on Pythagorean mathematics, and I wanted a complete octave, so I created the Sharps. Now practitioners can create all kinds of harmonics in their healing work.

The Endocrine/Spine Set - There are 2 systems in the body that I feel are extremely important and pivotal in assisting in and maintaining good health. One is the craniosacral system with the CSF as its core influence. The second is the Endocrine system. The Endocrine system regulates the entire body. So I did some research and found frequencies for the healthy functioning for each of the Endocrine glands as well as a particular region of the spine. Working with the spinal column has the potential to positively affect the spinal nerves and therefore, the CSF and the areas of the body that each spinal nerve controls. So this set of forks has a dual-function. There is great potential with these frequencies. I'm excited to see the results others have with them.

Kabbalah Sets - Studying and researching about the Kabbalah is one of my passions and has been for over 13 years. In my practice and in my own process of healing, the keys, structure and codes found within the Kabbalah and specifically the Tree of Life, have been an exponential energy in the process of healing on all levels. The Kabbalah is a mirror of all of life from the atomic and subatomic particle realm to the vast universes of the cosmos. These frequencies are life-changing on every level. I created them using the sacred Hebrew alphabet, which in itself is a system of keys and codes. By organizing the letters in a certain order, sacred frequencies are constructed. This process is called Gematria. It has taken me years of study and research, and checking and double-checking to be sure these frequencies are correct. I

am so happy and proud to bring them to the general public and the planet, to assist with the shifts in consciousness that we as a species and as a planet are ready to experience.

Periodic Table - even though we don't stock these forks, we can now make a Tuning Fork for any element in the periodic table. Some of those elements are in the Mineral Set, but my frequencies are a bit different, though related to the frequencies in the Mineral Set. It took a bit of research to determine these frequencies. The periodic table actually is made up of spirals within a large single spiral! It's fascinating to see the relationships between the elements and to see the elemental spiral families. I'm not sure yet how these might best be used, but the potential is endless. I'm very excited about these frequencies! I'm currently working on a diagram to show the relationships.

1995 Dr. Joe Crain creates Acutuning, a method for using tuning forks in the healing process.

1997- Dr. Charles Lightwalker begins research on sound healing with tuning forks using various frequencies to open the psychic pathways and enhance intuitive abilities and to develop ways of harmonizing the Endocrine system the lymphatic system and combining the various tuning fork methods into a multi level healing modality.

2008-International Tuning Fork Research Alliance created by Dr. Larry Pannell, Dr. Charles Lightwalker, Dr. Helene Pelissier , Dr. Rick Boatright, John Beaulieu, ND, PhD, Jan Longshore M.S., massage therapist & instructor Sandy Singh and Dr.Aminu Kazeem Olawale from Nigeria and Huang Yuanzhong from China, and Jan Morgans from the United Kingdom. To peruse the continued research into the use of tuning forks in the healing process.

### **Here are some references;**

Dr. Tomatis used high frequency sounds (3,000Hz and above) to activate the brain and affect cognitive functions such as thinking, spatial perception and memory. Listening to these sounds increased attentiveness and

concentration.

Sound therapist Jonathan Goldman in his book, *Healing Sounds*, states that frequency plus Intention equal Healing.

In her book, *The Use of Tuning Forks in Vibratory Energy Application* by Diane Hesse, Hesse describes various use of tuning fork in the application of healing.

*Sound Healing with Tuning Forks Handbook* By Serena LaSol/Lightwalker

In his book *Crystalline Reiki :A New Frequency of Healing*, Dr. Charles Lightwalker use tuning forks combined with Reiki to create a powerful healing experience.

The book *Intuitive Emotional Release* by Dr. Charles Lightwalker use tuning forks combined with bodywork to create a dynamic release process that release stuck emotions and traumas.

The research continues on this healing modality, Tuning forks, and will show the advances that using tuning forks can have on the effect of disease and illness on the human form.

Tuning fork can be used with so many other healing modalities, Massage, Reiki, Quantum Touch, Aromatherapy, Bodywork, Trager, Healing Touch, Spiritual Healing, Chiropractic, Acupuncture, and many others.