



## Sound Healing & Application of Tuning Forks

### Using tuning forks as a healing tool & how it works:

Sonocytology is a unique energy based, non-invasive therapy intended to excite photons at the cellular level in the body with the vibration of sound waves. The tuning forks are precision calibrated and applied to specific acupuncture or acupressure points on the body or in the auric field allowing the sound waves to vibrate deeply along energy & neural pathways (meridians) to stimulate the body's natural frequencies. As each healthy organ, gland and chakra has its own specific frequency, the resonance of the tuning forks stimulates, entrains and balances the body's physical & subtle energy field, promoting natural wellness and harmony.

### What does it feel like?

Some people will feel a subtle vibration of the tuning forks, particularly if they are applied directly to the skin. This is not painful or uncomfortable. Once an energy block is cleared, you may feel a gentle vibration move through the limb and into other parts of your body. As tuning forks are applied in progressively higher frequencies, a sense of peacefulness, complete balance & wellbeing ensues.

### How do I prepare for a treatment?

You do not really need to do anything special before the treatment. You will not need to disrobe. You simply may have to remove your shoes depending on the treatment selected. It is advisable not to eat heavily before a treatment and to avoid stimulants like caffeine or alcohol. It would be best not to schedule any activities following a treatment. Plan simply on relaxing and enjoying the peaceful feeling.

### How long does a treatment take?

Depending on the purpose of your visit, treatments can be 10 - 45 minutes. A whole body treatment focusing on balancing or relaxation will take approximately 45 minutes. For spot pain treatments, plan on 10 - 15 minutes.

### How often do I need to have a treatment?

You can have a relaxing treatment as often as you like. For lasting treatment of pain and regeneration of tissue, we recommend one treatment daily for 4 successive days or 4 treatments with 3 - 4 days between each treatment.



### **Are there any contra-indications?**

People with pacemakers should not have sonocytology treatments as it induces entrainment, which may counter-act the heart rate set by the pacemaker. Sonocytology does not interfere with medications, however as frequencies do induce healing and optimal functioning of organs and tissue, those on medications should be monitored by their physicians as medications may eventually need to be reduced. Sonocytology should not be used for broken bones. Tuning forks used in the auric field is non-invasive and are safe for babies, children and elderly. Tuning forks should not be used on the skin of babies.