



# AN INTRODUCTION TO OHM TUNING FORKS AND THE BENEFICIAL USE OF OCTAVES

*In Sound Healing, the octave is tremendously effective because it creates movement along the axis of the root tone—in this case, Ohm—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.*



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

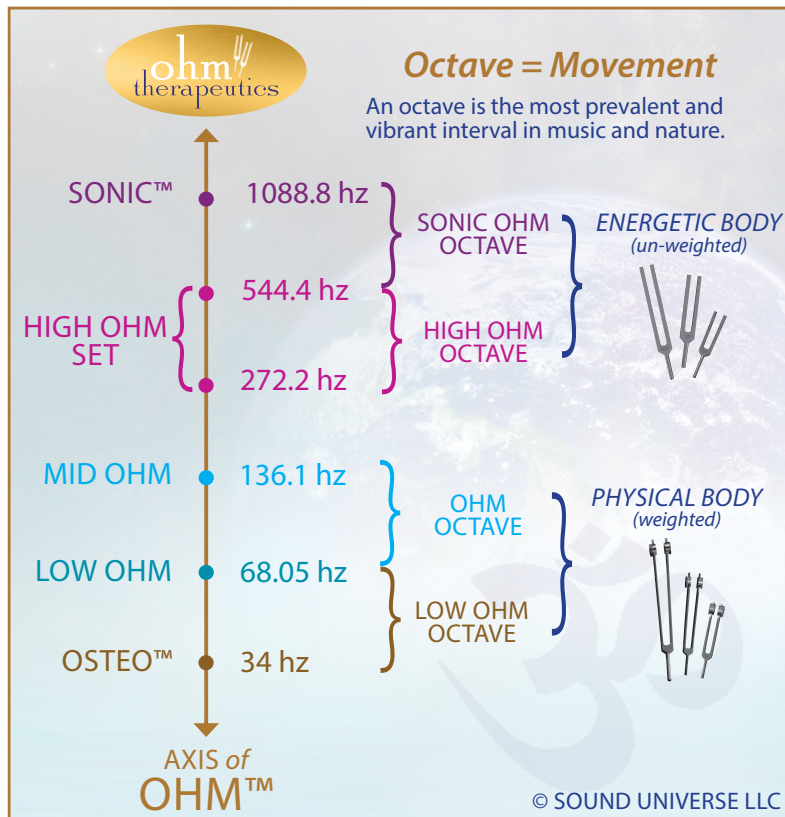


the cathartic movement created by the musical interval of the octave. **The octave promotes movement.**

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.



**GROUNDING IN TRADITIONAL CHINESE MEDICINE**