



Frequently Asked Questions

1. What part of the tuning fork is placed on the body?

Place the bottom of the stem of an activated tuning fork on the body. Be sure to apply the tuning fork with enough pressure to feel the vibration.

2. Is exact placement on an acupressure or acupuncture point necessary?

It is important to place the tuning fork as accurately as possible on the indicated point. Keep in mind that because sound vibration travels well through acu-points and meridians and through tissue, tendons, muscle and bone, exact placement of the tuning fork on a point is not required. However, since each point name carries with it a specific energetic and intention, accuracy is highly recommended.

3. What about contraindications?

The following anatomical areas and points are contraindicated during pregnancy: Ren 4-6 (low abdomen); GB 21; LI 4; BL 60; Sp 6; and UB 31-34 (sacral points). If a patient has a pacemaker it is recommended to use tuning forks distally and reflexively on other areas of the body and not directly in the area of the heart.

4. Can the tuning forks be used on someone who has a pacemaker?

Yes, but if someone has a pacemaker, it is contraindicated to place the tuning forks directly in the area of the heart. The Ohm Tuning Forks should be used distally and reflexively on other areas of the body.

5. How does the sound vibration of the tuning fork affect the person giving the treatment?

The Ohm tone from the tuning fork provides a consistent and protective field that helps shield the practitioner from any unwanted energy released during the treatment. Many of the same benefits extend to the person giving the treatment. For example, the sound vibration of Ohm helps keep the practitioner grounded and clear as well as protected and nourished by the healing qualities of this earth tone.

6. What is the Schumann Resonance? How does it differ from Ohm?

Please see Table of Comparison PDF.

There's No Place Like Ohm®