



RESONATE WITH THE EARTH For health and wellness™

Sound Healing WITH Ohm Tuning Forks



Listen



Mid Ohm Tuning Fork

In the world of tuning forks, there are many frequencies marketed for the healing of body and soul, for tuning the brain and other organs, the DNA, and pineal gland, for creating a bridge to heavenly realms and even tuning to the frequency of love. It is the Wild West of Sound Healing, and there is something for everyone.

The first installment of this three-part article (October 2016) on Sound Healing with Ohm Tuning Forks introduced the author of Ohm Therapeutics, Marjorie de Muynck, Master of Music and Master of Science in Oriental Medicine, Hon., and provided a quick look at the origins of Ohm, a frequency used in today's Sound Healing movement. This second installment introduces the *Axis of Ohm™* and the beneficial use of Ohm Tuning Forks for the physical and energetic body, with an emphasis on the healing properties of the Ohm Octave. In addition, the differences between Ohm and the Schuman Resonance, another frequency associated with the earth, will be distinguished.

It is established that the Ohm frequency has an intrinsic relationship to the Earth, thanks to the mathematical calculations of astronomer and musician Johannes Kepler, and the ancient yogic traditions that have long celebrated Ohm as sacred mantra. Ohm is considered primordial sound in Hindu cosmology, where it first appears in the Mandukya Upanishad. In today's incarnation, Ohm is ubiquitous, appearing on t-shirts, bumper stickers and album covers. It is an icon that has come to

represent all things spiritual. For the purpose of this article, the focus will be on therapeutic benefits of **listening** to Ohm and **feeling** the Ohm vibration through applied sound with tuning forks.

When it comes to resonating with the Earth through the use of tuning forks, there are several schools of thought. Ohm Therapeutics is based on the mathematical calculation of the earth's yearly orbit around the sun, and the spiritual traditions of the East where Om is celebrated as a symbol, sound and vibratory experience. The Ohm tone, according to de Muynck, is effective in part because it is thoroughly ensconced in the seasons and cycles, rhythms and pulses of life itself. The following *Table of Comparison* (shown left) points out the differences between Ohm and the Schumann Resonance, which is the other frequency often associated with Earth.

TABLE OF COMPARISON

	OHM	SR
Is this a scientifically measured Frequency?	yes	yes
What is the hertz measurement?	136.1 hz*	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 effected by human activity, e.g., electrical emissions & airborne pollution?	no	yes
Is this measurement effected by atmospheric activity, e.g., lighting 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.

Schumann Resonance (SR) is sometime referred to as earth tone. SR is based on the work of Winfried Otto Schumann (1888-1974, Germany), a 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 Ohm Therapeutics system is biased toward the Ohm tone, and offers four octaves of Ohm (and the Luna Octave) for use on the physical and energetic body. The instructional material that accompanies Ohm Tuning Forks focuses on practical application: how to use the tuning forks, and why the recommended applications are beneficial. **The Ohm vibration is a powerful catalyst for accessing the body's innate healing abilities. Restorative and energizing, Ohm is universally considered sacred and healing. Further, it is shown to be a safe, effective and therapeutic sound healing frequency.**

THE AXIS OF OHM™ 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.

The *Axis of Ohm* diagram below shows the various Ohm octaves recommended and their corresponding hertz frequencies. Each Ohm Octave Set includes instructions with photos and illustrations demonstrating use, and treatment applications featuring well-known acu-points and anatomical placements. The High Ohm Octave includes photos and application techniques (rolling, sweeping, figure-8) for the subtle body, Sound Layering, and an introduction to the *Feng-Shui* of Sound. While suitable for professional use, Ohm Therapeutics also offers an Introduction to Sound Healing Set and the Mid Ohm Kit for newcomers to Sound Healing with tuning forks.



MID OHM UNISON, DOUBLE APPLICATION, SHOULDER WELL — GB 21



Octave = Movement
An octave is the most prevalent and vibrant interval in music and nature.

SONIC™	1088.8 hz	SONIC OHM OCTAVE	ENERGETIC BODY (un-weighted)
HIGH OHM SET	544.4 hz	HIGH OHM OCTAVE	
	272.2 hz		
MID OHM	136.1 hz	OHM OCTAVE	PHYSICAL BODY (weighted)
LOW OHM	68.05 hz	LOW OHM OCTAVE	
OSTEO™	34 hz		

AXIS of OHM™

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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.



Microcosmic Orbit

GROUNDED IN TRADITIONAL CHINESE MEDICINE

OHM THERAPEUTICS TUNING FORKS

For the Physical Body

The Mid Ohm is considered a good introduction to tuning forks, and is the center of the Ohm Therapeutics sound healing system. Use two Mid Ohms (Ohm Unison) to work in a balanced manner. **The unison promotes balance.** *The Mid Ohm Kit is a best-seller, and the Mid Ohm Set is recommended for practitioners.*

Next, introduce the Ohm Octave to expand and deepen your treatment options. The Ohm Octave (136.1 hz + 68.05 hz) is recommended for loosening stuck energy while opening the energetic pathways of the body. The Low Ohm Octave (68.05 hz + 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 interval of the octave. **The octave promotes movement.** *The Ohm Octave set is a top seller with instructions that include an overview of Sound Healing, information about octaves and overtones, and recommended applications, including a treatment for the lower back.*



HIGH OHM SET (left)
 UPC: 855805001864 \$98.00



OHM OCTAVE SET (right)
 UPC: 855805001031 \$120.00

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.** *Use Sonic Ohm to attune the body's energy centers, and for those who work with Crystals.*

In the final article coming in the August issue of *New Leaves*, we'll take a closer look at the four Sound Healing CDs that accompany the Ohm Therapeutics system. These musical recordings harmonize with the sound vibration of the Ohm Tuning Forks, enhancing their healing resonance. These pioneering works continue to influence musicians and health care practitioners as they explore the healing benefits of a tone associated with the Earth.



INTRO TO SOUND HEALING SET UPC: 855805001000 \$69.95

For the Energetic Body

To direct disharmony away from the body, use the high frequency Ohm Tuning Forks. The High Ohm Octave (272.2 hz + 544.4 hz) helps release tension and energetic armoring that occurs when the body is affected by trauma or stress. The sound wave created by the High Ohm Octave is joyful, bright and energizing. Use to signal the beginning of a meditation, yoga practice or healing treatment. **The High Ohm Octave is the ultimate harmonizer.** *Recommended for Chakra balancing, Reiki practitioners, and others who work in the subtle body.*

For particularly dense or chronic disturbances in the energetic body, finish with the Sonic Ohm™ Octave (544.4 hz + 1088.8 hz). Combine the shorter tuning fork from the High Ohm Set with the Sonic Ohm to create this octave. When activated, these tuning forks create a very tight sound wave, which helps break through to disperse unwanted resonance that may linger or persist after a treatment. Several finishing passes with this octave—



MID OHM KIT (left)
 UPC: 855805001024 \$59.95



MID OHM SET (right)
 UPC: 855805001185 \$98.00



SONIC OHM KIT UPC: 855805001109 \$54.95

Ohm Therapeutics offers a range of beautifully packaged Ohm Tuning Forks (made in the USA), tuning fork Activators, and a popular laminated Tuning Fork Primer Chart for self-treatment and treating others. Ohm Tuning Forks, Crystal and Tibetan-style bowls, and music in the *key of Ohm™* provide a means to access vital energy and to resonate with the Earth for health and well-being. Through the use of one tone, Ohm, and octaves that move higher and lower on the *Axis of Ohm*, anyone who chooses can “tune in” to the good vibrations. Resonating with this earth-tone is abundantly beneficial. Ohm is an axis, a continuum of vibratory source energy. Ohm activates the Qi and nourishes the natural current flowing through our bodies. For rejuvenation and healing, remember, *There's No Place Like Ohm™*.