



**OHM THERAPEUTICS** is a simple and effective method of applying tuning forks and bowls to the body to open the energetic pathways, nourish the Qi, balance and harmonize vital energy centers, and stimulate the body's natural healing abilities. Qi is the body's circulating life force.

## Ohm Therapeutics presents the High Ohm Octave Set



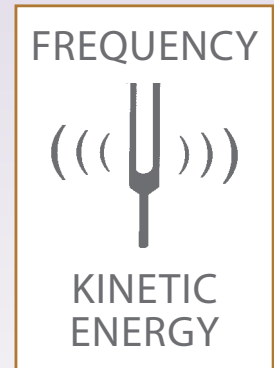
### PRODUCT DETAILS

Use High Ohm Octave much like you would a chime, bell or tingsha, to signal the beginning of a meditation, yoga practice, or healing treatment. Use at the end of a session to energetically clear unwanted resonance released during treatment, shamanic ritual, or to move stagnant energy. With the High Ohm Set, you can actually move and direct the energy with the tuning forks via the rolling and/or sweeping techniques.

Practitioners who work in the subtle or energetic body will find the High Ohm Octave is a potent musical interval, and the ultimate harmonizer. Octaves produce movement, which help to release blockages. The clarifying sound of the High Ohm octave also helps facilitate the transition from a deeply relaxed to a more wakeful state—very useful for those who meditate or lead meditations.

Practitioners who work on the physical body can add the High Ohm Octave during or at the end of a treatment to release tension and the energetic armoring that occurs when the body is affected by trauma or stress.

UPC 855805-001864 \$98.00



- Reduce stress and anxiety
- Stimulate the body's healing process
- Balance and attune the Chakras
- Assist meditation, ground and center
- Ease tight muscles, expand yoga poses
- Harmonize with Ohm/OM through music and applied vibration



### THE FENG-SHUI OF SOUND™

Feng Shui is based in an understanding of the natural world and the presence of Qi – the animating force flowing through all living things. The purpose of Feng-Shui is to create balance and harmony. Sound is one of the quickest and most efficient ways to achieve this state.

Ohm is an ancient and sacred earth tone, and is an ideal choice for balancing the energies of the body, as well as clearing and re-setting the energy of a room. By activating the Ohm frequency with tuning forks, singing bowls, and even music, beneficial sound intervals and healing overtones are assimilated by the body's energy centers or Chakras. As a result, the soothing effect of the Ohm sound wave creates a sense of harmony and connection to the outer world.

The High Ohm Octave is ideal for use in the energetic field around the body. The sound wave created is joyful, bright, energizing, and therapeutic; it helps to move disharmony and tension, and restores balance to the subtle body, thereby benefiting the physical body.

Sweeping the energetic field around the body with the High Ohm Octave helps to move and dissipate stagnation, and promotes a healthy and unobstructed flow of Qi – the body's circulating life force. These high frequency Ohm Tuning Forks are effective tools for loosening stuck energy, balancing and attuning the Chakras or energy centers of the body, and help to clear and re-harmonize the energy of a room or treatment space.

## DIRECTIONS FOR USE



Hold the stem of each tuning fork securely between your thumb and fingers. Take a deep breath, relax your hand, wrist and arm, and strike the end of your tuning fork on an Activator. If an Activator is unavailable, you can softly strike the tines of the tuning forks together as another activation method. Tapping the metal tines together produces a much louder sound that will fill a large room, but can easily overwhelm a treatment room. Please note that a well-activated tuning fork will hold the

vibration for at least 20-30 seconds.

Once you have activated the High Ohm Tuning Forks, sweep the energetic field around the body – and the environment of the room – to begin clearing, balancing and the strengthening the energy. When sweeping the energetic field around the body or practicing other sound balancing techniques, remember to keep the tuning forks a comfortable distance from the body.



## ROLLING TECHNIQUE



Use the rolling technique to open and clear the energy in your upper body and to center and balance the heart Chakra and diaphragm area. Visualize the motion of a wheel rolling as your hands, holding the activated tuning forks, roll over one another in the energetic field in front of your chest. Begin with a forward motion, first rolling away from and then back toward the body. The sound generated by the activation and movement of the High Ohm Octave will help you take a deep breath and feel grounded and relaxed as you familiarize yourself with these tools.

Use the rolling technique to clear energy in a room. The speed at which you “roll” or move the activated tuning forks will be a matter of comfort – experiment – you’ll notice as you move the tuning forks at times you’ll roll them more widely apart, and other times you may naturally roll them more closely together. A wider roll is generally more dispersing, whereas a tighter roll can create a more focused sound vibration effective for breaking up an energy block. Experiment with this intuitive process. The higher octaves sounding in the energy field above and around the body help to loosen and dissipate unwanted resonance and strengthen the energetic core. In addition, the High Ohm Octave is a musical way to signal the start and end of a healing session.

“ Think of Ohm – and octaves of Ohm – as a sound healing frequency that works like a ‘switch’ to reset your vibrational motherboard.

## APPLICATION PROCESS

**1.** Activate the tuning forks in a rhythmic manner, first one and then the other, and gently enter the energetic field around the body with the intention of balancing and attuning the energy, and strengthening the Qi.

**2.** Sweep the activated tuning forks 12–18 inches over the body or use the rolling technique described earlier. Another technique involves a criss-cross motion as follows. With the tuning forks activated, cross your hands over one another in a rhythmic left-to-right motion, or hold your hands close together in front of your body, arms parallel to one another, and sweep from left to right.

Next, trace a figure eight motion over the body, keeping the tuning forks parallel to the body and at a comfortable distance above the body. Each motion produces a unique sound wave – experiment and enjoy these amazing instruments! Working with octaves, such as the High Ohm Octave, takes Sound Healing into the realm of music. The sound wave produced by these instruments is extremely versatile and pleasing for both the person activating the tools, and the recipient of the sound healing treatment.

**3.** Direct the tuning forks into the corners of a room to help disperse stuck energy. Experiment with the rolling technique for clearing the energy of treatment space.

**Find out more about Ohm Therapeutics** at [soundhealingtools.com](http://soundhealingtools.com). New Leaf Distributing carries the entire product line of tools for the physical and energetic body.

Sound Universe, LLC offers quality tools and instruction for individuals and healthcare professionals to explore the healing power of sound.

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