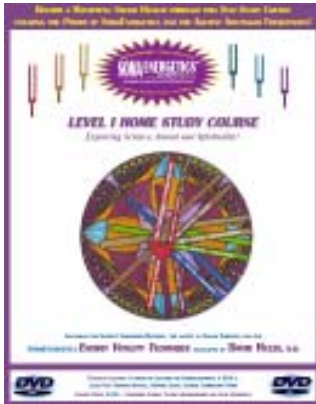


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*Personal Sound Therapy Kit
Quick Start Instruction Guide*

Use for Stress Relief, Clearing Space,
Working with Angels or Guides,
Energizing Water Based Foods and Meditation

Kit contents:

OM Tuner

Use for relaxation, meditation, stress relief,
acupressure points/pain relief

Crystal Tuner and Quartz Crystal

Use for clearing space, working with the angelic realm

MI Fork with Sounding Puck

Use for energizing water based foods/ DNA Repair

S.O.L.F.A. II CD

Use for meditation/relaxation.

S.O.L.F.A. Sound II CD “Extension for Ascension”



This is the second CD specially created with the S.O.L.F.A. Sound frequencies. By extending the numerical pattern discovered in the Bible, higher frequencies have been calculated and applied to the 8th through 12th chakras. These chakras encompass Divine Love, Soul Blueprint, Divine Creativity, Advanced Spiritual Skills, and Connection to the Central Son/Sun. As with

the first S.O.L.F.A. CD the tracks are repeated with the actual striking of the tuning forks incorporated into each song. The songs on this CD are melodious and enhance dimensional and emotional awareness.

Instructions:

- 1) Use for meditation/relaxation.
- 2) Headphones will enhance the experience.

Important Note:

This information describes complimentary health techniques that may help to facilitate a person's body to heal their own mental, physical, emotional, and spiritual bodies. We do not diagnose or treat physical, medical or psychological conditions, impairments, or diseases. Nor is it our intent to encourage people purchasing our products or using our techniques to diagnose or treat psychological or medical conditions, impairments or diseases. As always, in the event of any of the above, seek the advice of a professional health practitioner.

Our purpose is to create a free flow of energy by releasing blockages and activate the divine healer within, allowing the body, mind, emotions and spirit the opportunity to heal itself.

A Quick Overview of Sound Therapy...

Sound Therapy is a new alternative therapy which is researching the effects of sound and vibration on human health and wellness. Researchers who have studied the effects of frequency, sound, light, color, and vibration include Royal Rife with his Rife Frequencies, Abhram's Multiple Wave Oscillator, Robert Monroe with audio binaural beats, Dr. Hans Jenny and Dr. Guy Manners with their work on Cymatics, and Tomatis who associates learning ability with listening ability and clear hearing. The list is endless since frequency research is a fundamental to most every subject. Sound Therapy is a new exciting field with the potential to completely shift our health care paradigms.

The Effects of Sound

The effects of sound are apparent in our every day life... For example, we experience the energizing effect of sound and music every time we hear music with a heavy beat. Just think of the last time you heard a favorite dance hit and couldn't help but to start dancing along.

For example, the Bulgarian Psychiatrist, Gorgi Lazanoff was able to show an increased capacity for learning, super learning, if you will, by playing Baroque music (1700's Bach, Vivaldi, Telemann, Handel) and having his students breathe in rhythm with the beat. It all goes to show that sound and music can have a profound effect on our health, and well being, not only physically, but also mentally and emotionally as well.

We know the power of sound and music and that the voice changes with emotional states or illness. Our health or mood can be strongly affected by music, toning, chanting, and singing. Just think back to the last time a sick or distraught friend called and remember how their voice was different than normal. Sound research supports this.

We invite you to explore the power of Sound Therapy through this personal kit and experience for yourself the benefits of working with vibration and sound!



OM Tuner – 136.1 Hz

Also known as the Earth Year Tuner

Fundamental tone is approximately a C#
Sitar's are often tuned to this pitch in India

**Use for relaxation, meditation, stress relief,
acupressure points/pain relief**

Achieve a state of deep relaxation in seconds with the primordial vibrations of "OM". Physically tune your body to the OM vibration and enter a state of balanced wholeness ideal for healing and higher consciousness. Helps center the body and mind when placed on the rib heads, thoracic vertebra, sternum, sacrum and iliums. Helps meditators and yoga practitioners achieve desired states effortlessly.

Benefits:

- A state of balanced wholeness
- For deep meditation
- Center the body and mind

The rishies or spiritual master of India believed that the musical tone *sadja* or *sa*, which means the father of all others, to be the musical sound which resonates with the never ending primordial vibration *om*. The rishies arrived at *sa* through deep meditation. To this day, Indian musicians approach tuning their instruments as a meditation to set the Spiritual tone for a whole concert. The effect of India's meditative music is based on a musician's ability to tune to *sa*.

The Swiss scientist Hans Cousto, author of the *Cosmic Octave*, discovered how to convert planetary cycles into musical pitches. Using his system the *sa* corresponds to the sound of one Earth year of the time it takes the earth to circle the Sun. To arrive at the frequency of 136.1 Hz, an earth year is reduced to a second (frequencies are measured in cycles per second). An earth year is 365.242 days and an earth day is 86,400 seconds. When the days are multiplied by seconds the answer will be 315,567,925.9747 seconds equal one earth year. To arrive at an audible sound, 315,567,925.9747 seconds are divided into one (year) and then raised 32 octaves. The result will be 136.1 Hz. The cosmic note OM.

Instructions

Hold your OM tuning fork by the stem between your thumb and first finger. Do not apply a lot of pressure. Gently tap the weights on your knees, tapping pad, or palm of your hands. This will set the weights in motion and create a clear, deep and sustained tone. Bring the double-pronged side of the OM fork about an inch from your ear(s) and adjust the distance for volume.

You can use your OM fork directly on the body and acupressure points by tapping your fork in the same way. With the finger or thumb of your free hand, locate the spot on the body where you want to place the tuning fork, then tap your fork and press the single end of the fork's stem onto the spot. Make a firm contact and hold the tuning fork until you feel the vibrations stop. The OM fork is especially effective when placed on the rib heads, thoracic vertebra, sternum, sacrum and iliums. For example, tap the OM fork and press it to your sternum. Close your eyes and feel the vibration. After a while hum "OM" in resonance with the vibration. Another way to use your OM fork during bodywork sessions is to apply it to the spinal processes of the back and/or directly onto the sacrum (or any bone in the body you wish to bring the harmonic resonance of the OM vibration.)

Specific Exercise for Relaxation/Stress Relief/Meditation:

- 1) Sound the tuner and listen in each ear for about 15 seconds
- 2) Sound the tuner and place the stem on the 3rd eye Chakra
- 3) Sound the tuner and listen in each ear again - taking deep breaths
- 4) Sound the tuner and place stem on back of head around C1
- 5) Sound the tuner and listen again - Vocally sounding OM
- 6) Sound the tuner and place the stem on the breast bone



MI – 528 Hz Gold Color Tuner with Sounding Puck

Use for energizing water based foods/ DNA Repair

According to an article about this frequency, the “MI” fork - 528 Hz is tuned to the same

frequency used by biochemists to repair DNA! This is the only Solfeggio Fork that we sell individually.

Instructions:

- 1) Sound the fork by holding the stem with the first 3 fingers and thumb, strike the sounding puck with the top corner of the thin side of the fork.
- 2) Elevating the elbow and “bouncing” off the puck will give the clearest sound. Then use as indicated below.

Repairing Etheric DNA: According to Dr. Len Horowitz some leading genetic bio-chemists suggest frequency 528 is the miraculous repair frequency for damaged DNA. There is a special sound and color of love according to Dr. Horowitz, a Harvard-trained award-winning investigator. Broadcasting the right frequency can help open your heart, prompt peace, and hasten healing. “We now know the love signal, 528 Hertz, is among the six core creative frequencies of the universe because math doesn’t lie, the geometry of physical reality universally reflects this music; these findings have been independently derived, peer reviewed, and empirically validated,” Dr. Horowitz says.

Sound the fork in each ear with the intent of correcting any mis-spellings in the etheric DNA.

Using the Mi Fork for Charging Food/Water/ Yourself/The World

by Margarete Brandenburg

I keep the MI fork and a puck on our kitchen counter in the area where we prepare food or beverages. I’ve found that using it greatly increases the amount of light and vibration of the food and beverages. I tend to do the following ‘incantation/prayer’ when using it - but none of this has to be repeated to a “T” – use whatever words you feel comfortable with. As I strike the fork and spin it about 4 inches over the food/beverage, I’ll often take the stem of the fork as it’s vibrating and place it on the plate or glass to increase the sound/vibration. I say the following “OM, OM, OM. Bringing in the Christ light, and into the heart of the Christ light I bring in the permanent atom of Metatron. Around that, bringing in the octahedron and spin it until it is beyond the speed of light. Living food, living light, living love - and my body and cells are full of the same - along with the rest of the world. Gratitude, Gratitude, Gratitude.”

You get the idea, saying OM or giving thanks to the Divine - it’s all the same - but I like the idea of invoking sacred geometry along the way. It may seem like this takes a lot of time to say - but it really takes under 5 seconds - and not only does the food/ beverage get energized, but so do I, and the sound travels to the whole world in a stream of vibrations.



Crystal Tuner and Quartz Crystal

Use for clearing space, working with the angelic realm

With a frequency tuned to the pulsation of the Earth, the Crystal Tuner amplifies the healing power of crystals through sonic vibration.

Enhancing a crystal's ability for light conduction and powerful sound healing, when tapped on a crystal, this tuning fork forms a bridge between Heaven and Earth. When you lightly hold the Crystal and Crystal Tuning Fork, a pulsating wave moving between the tuning fork and crystal may be felt.

Benefits:

- Powerful sound healing
- Enhances a crystal's ability for light conduction
- Forms a bridge between Heaven and Earth

The Crystal Tuner is tuned to a frequency of 4096 cycles per second (cps). This frequency is generated from an 8cps fundamental tone raised nine octaves (i.e. 8 cps, 32 cps, 64 cps, 128 cps, 256 cps, 512 cps, 1024 cps, 2048 cps, 4096 cps.)

The 8 cps fundamental resonates with the pulsation of the Earth. The ninth octave of the upper overtone series begins with 4096 cps and is said to open the doorway to angelic kingdoms. Alexander Scriablen, the Russian composer, believed that this octave united Heaven and Earth and would bring forth a new era. His last composition ?Mysterium? was to be played in India using bells hung from clouds sounding ninth octave harmonics.

Instructions

- 1) Hold a quartz crystal in one hand and the crystal tuning fork in your other hand.
- 2) Gently tap the crystal fork on the rough end (not the point) of the crystal.
- 3) Close your eyes and meditate on the sound as well as the feeling of the crystal in your hand.
- 4) When working with another person, hold the crystal off the body with the point towards the area you want to energize.
- 5) Gently tap the rough end of the crystal with the tuning fork.
- 6) Let the sound move gently into the person's energy field. Visualize it with color and/or spinning in a positive direction.

There are many possibilities for the Crystal Tuning Fork. Let your creativity and healing ability be your guide.

Specific Technique for Clearing

- 1) Simply hold the crystal in the palm of your hand and hold the tuning fork by its handle with the your other hand.
- 2) Gently tap the flat side of the crystal with the edge of the flat edge of the tuning fork.
- 3) The Crystal Tuning Fork will vibrate and sound, filling the space with a sweet sound.
- 4) Envision clear light filling the space as you use the Crystal Tuning Fork, pushing out any unwanted or stag net energy. You might also envision waves of water clearing the space, whichever visual works for you or any other will give intention to the 9th octave energy. Typically, the sound will clear a 10 X 10 space.
- 5) You can move around your home and into each room repeating the process.
- 6) Tap the crystal with the tuning fork for as long as you feel is appropriate.