

TUNING FORKS - EXPLAINED.

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To understand the use of sound for healing, it is helpful to realize that all things vibrate; atoms, the cells of our bodies, all living matter, the Earth - the forests and oceans all pulse and vibrate with life. Sound and music tends to bypass the mind and take us to a place of feeling. ***Our bodies are largely composed of water, and water conducts sound.*** The body is not solid, it is held together by sound and vibration. The body is a perfect resonator for sound. Up to 75% of our body is made of water. Muscles are 75% water, the lungs 90%, blood is approximately 80% water and bones around 25% water. Sound waves travel 4 times faster in water. This makes the body an excellent receptor and conductor of sound and vibration.

External stimuli such as whirring of computer fans, humming of electrical appliances and environmental sounds emanating from our neighbourhoods is experienced in our daily lives. The nervous system begins to naturally resonate with all unintended noise and sound byproducts at home and in the work environment, causing the adrenals to overwork and consequently we suffer from stress, lowered immunity, imbalance and sleeplessness. This resonance happens to all of us, even an unwanted resonance from someone else's bad mood can "rub off" on us. In a sound healing environment, we have the opportunity to clear and reset our Equilibrium. Tuning forks have a uniquely balancing and grounding quality which makes it an ideal tool to work with in the healing arts.

Resonance is a vibration between 2 objects or bodies. So when one activated tuning fork is held close to another inactivated tuning fork, the unactivated tuning fork will begin to vibrate. Sympathetic resonance is another example, when a person's mood can be affected by the behaviour of another person. Sympathetic Resonance describes what happens when our feelings and behaviour are influenced by another person or our environment. Listening to music can change how we feel, demonstrating the field of influence of that activity.

Tuning Forks is based on the principle that everything in the Universe is made of vibration. Sound Healing is possible because our human bodies are not solid. Our bodies are rhythmic and harmonic. Dis-ease can indicate we have gone out of tune or vibrational rate of the body has lost its rhythm.

The tuning forks vibratory sound travel through the body to help remove energetic blockages, therefore relieving stasis and pain and increasing the flow of Qi. (Energy) Tuning Forks is a wonderful and effective method of applying sound to the body, to help tonify Qi or disperse Qi to help relieve pain and attune the body on a cellular level.

Sound waves can speed up wound healing. According to Science Daily the vibration of the sound waves activated a protein pathway that helped fibroblast cells, which are important to healing, migrate to the wound. Vibration may help heal chronic wounds and wounds heal more quickly if exposed to low-intensity vibration, according to research. Sound healing works on vibration, the sound healing allows your body to heal itself by slowing down your brain waves, which affect every cell in your body, shifting them from diseased to being in ease.

The source of all sound is movement. Movement causes vibrations, which in turn can cause molecules surrounding the source of the movement to vibrate. These vibrations move outward from the sound in a wave-like pattern. In sound waves, individual molecules do not move very far. They move as the mechanical energy is transferred from one molecule to the next, hence *Energy* is transferred.

Studies at Stony Brook University in New York demonstrated that very low-intensity sound signals accelerated bone regeneration. The technique is already in clinical trials to see if vibration can improve bone health and prevent osteoporosis. The exciting thing about this intervention is how easily it could be translated to people, it's a procedure that's non-invasive, doesn't require any drugs, and is already being tested in human trials to see if it's protective of bone loss.

References:

Materials provided by University of Illinois at Chicago. Original written by Jeanne Galatzer-Levy.

Sound Healing. M. De Muynck.

