

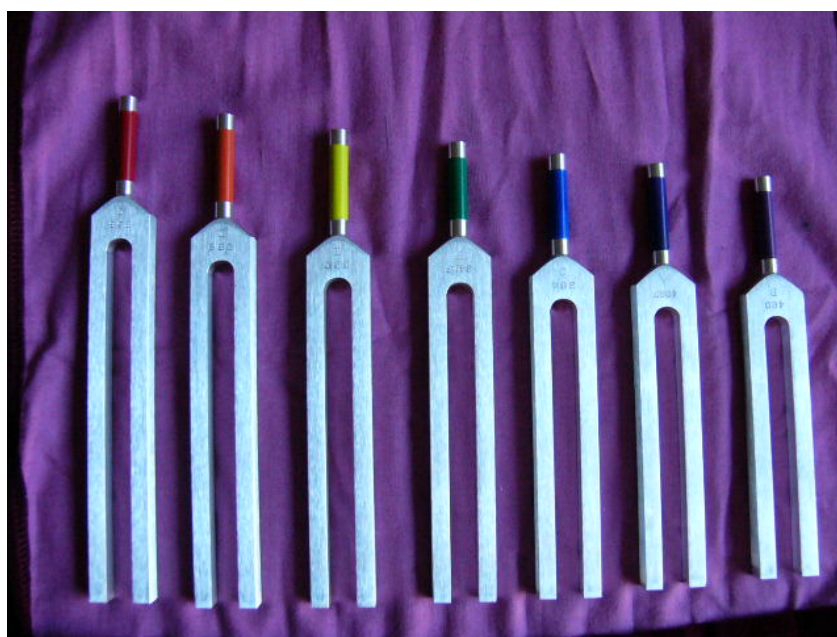
# Chakra Tuning Forks



Sold by  
Guy Harriman  
(Yoga Teacher, Thai Massage Therapist, and Energy Worker)

1034 East Evelyn Avenue  
Sunnyvale CA 94086  
408 260 8735

[guyharriman@hotmail.com](mailto:guyharriman@hotmail.com)  
[www.lannayoga.com](http://www.lannayoga.com)



Chakra	Color	Musical Note	Frequency
Root - Muladhara	Red	C	256.0 Hz
Sacral - Svadisthana	Orange	D	288.0 Hz
Solar Plexus - Manipura	Yellow	E	320.0 Hz
Heart - Anahata	Green	F	341.3 Hz
Throat- Vishuddha	Blue	G	384.0 Hz
Third Eye - Ajna	Indigo	A	426.7 Hz
Crown - Sahasrara	Violet	B	480.0 Hz
Higher octave of Root Chakra	Gold	C	512.0 Hz

## Healing with Tuning Forks

Pythagoras was known more as a religious leader and healer than as a mathematician in the ancient Greek and Roman world. He developed a single stringed instrument called a monod. By dividing the string by simple ratios, such as 1 to 3, 2 to 5, or 3 to 5, the notes produced were harmonious to his patient. As the energy system of the patient resonated with these notes, he was able to facilitate healing.

Sound healing is well known in many cultures. Rattles and drumming in Africa, flute and stringed instruments in China and South East Asia, and the harp in Northern Europe until the late Middle Age are well known examples of using music for healing. In each case, the vibration of the sound creates a resonance in the body, improving the flow of energy in the patient's body. See <http://www.oursounduniverse.com/> for music which affects human DNA.

Nada yoga is the practice of working with sound in yoga, and is very ancient. Certain frequencies were found to be resonant with the chakras, and when toned with the voice, these frequencies helped the yogi to balance his energy in meditation. A good explanation is given at <http://www.spiritsound.com/nadayoga.html>.

Tuning forks are powerful tools for accurately resonating the chakras. The forks which I use and sell are accurate to better than 0.3%. I have tried different ways of using the forks, but the simplest and most powerful method is to strike each chakra tuning fork in turn, starting with the red root chakra fork, working in order up to the violet crown chakra fork.

Each fork is held over the corresponding chakra location, about 1 foot in front of the body. The receiver can be standing, sitting, or lying. I use a special striker to hit the fork on, to avoid detuning the fork, which can happen if the striking service is hard and inflexible. A striker comes with the complete set.



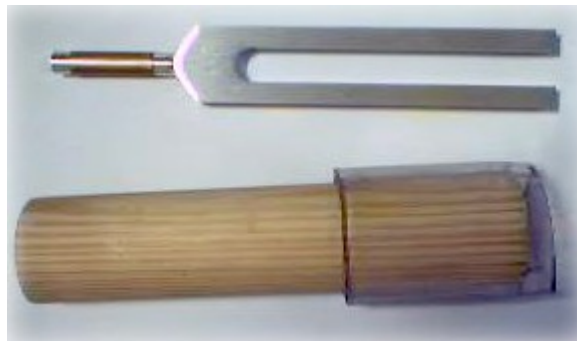
Seven Fork Chakra set with Pouch and Striker

After striking the fork, I hold it over the corresponding chakra area (anywhere around the area works equally well) until the resonance of the tuning fork has faded away. This slow decay in volume takes thirty seconds to a minute, depending on how hard the fork has been struck. As the receiver tunes into the note made by the fork, the receiver naturally comes into a meditative and peaceful state.

I often use the full set of forks at the beginning of a healing session, going from the root chakra up to the crown chakra. Then I do the energy work of the session (reiki, craniosacral, medical chi gong, shen, etc) as needed by the receiver. Finally, I repeat the entire sequence of toning the seven forks to close the session, again working from the root chakra up to the crown chakra. This process helps the receiver to balance and clear their energy system.

### **Color in the Tuning Fork Set**

These tuning forks are unusual because they have the colors of the chakras painted on the handles of each fork. This makes them easy to recognize, as the chakra colors naturally are identical to the colors of the rainbow, the chakra system being a rainbow within the body. Additionally the visual information of the color on the stem of each fork gives a visual clue to the healer, automatically moving the healer's unconscious focus to the chakra vibration of each fork in turn.



### **The Golden Tuning Fork**

The final member of the tuning fork family is the golden fork, tuned to 512 Hz. This fork is purchased separately. It can be used for tuning the whole of the receiver's body. It is helpful for quick and simple healings. Clients have told me that they find the golden tuning fork relaxing and peaceful.