



The BioSonic Sound Healing Basics-Set

BioSonic Body Tuner + Otto 128 w/weights + Tuning fork Gem Foot 15mm Clear Quartz

The Body Tuners balance your nervous system and helps to manage stress, bringing out the qualities you need to meet the challenges in your life. The Body Tuners consist of two tuning forks, the C and the G, they create a ratio of 3/2. Body Tuners are a special interval known in music as a perfect fifth. Lao Tzu referred to this interval as the sound of universal harmony between the forces of Yin and Yang. In India, the fifth is believed to create a sound through which Shiva calls Shakti to the dance of life. Apollo, the Greek Sun God of Music and Healing plucked the fifth on his Sacred lyre to call dolphin messengers to Delphi. These are some of the reasons it has been called "perfect".

The Otto 128 works on the physical body and is to be placed directly on the bones to enhance mobility, pain reduction, and aids in the healing of injuries. The Otto tuners are used for relaxation, the sound vibrates into the bones for relaxation.



The Otto Tuners are tuned to the frequencies of 32cps, 64cps, and 128cps. They vibrate at a low pitch and due to their weighted ends, the sound lasts longer than that of regular tuning forks. Their frequencies are based on an 8 cps fundamental tone raised in octaves (i.e. 8 cps, 16 cps, 32 cps, 64 cps, 128 cps.) The 8 cps fundamental, which based on the pulsation of the planet earth, is the generating tone for all our tuning forks.

Our gem feet are hand crafted in West Germany. The clear crystal and rose quartz come from Madagascar. The base is made of non-magnetic stainless steel. The quality is exceptional. It is easy to attach a Gem Foot to fit on your Otto 128. Please know the Gem Feet are made to work with our Biosonic tuning forks. We can't guarantee they will work on other brands.

Clear quartz crystal gem foot: The universal healing stone, channels the energy of all stones through intention focused through the stone that sets it in oscillation. Place stone on your body, feel the vibration coming through the sound. Crystals are channels of light. Sound intensifies the light. Crystals are receptacles for healing.

To attach:

1. Place the Gem Foot to the base of the stem of the tuning fork.
2. Use the enclosed allen wrench to secure the Gem Foot to the tuning fork by tightening the tiny screw. Please do not over tighten or it is possible you will strip the tiny screw.
3. You do not have to use the back plastic screw also included in the package. The gem tip will fit securely on the stem, you don't have to tighten too hard, just enough so you can easily take it on and off. After the gem foot is attached, hold the stem of the fork and gem in your hand. You can also just hold the gem. Tap the tuning fork with the weighted end on your knee, outer palm of hand or any other similar semi-soft surface (an orange works great!).

Once the tuning fork is activated, place the gem on any part of your body that you would like to vibrate. Hold until the vibration stops, about 30 seconds. Don't place more than 2 times in one spot on the body. One spot on body is 3 inches apart from each point worked on. This action will vibrate bones, easing inflammation, stimulating the spiking of nitric oxide, jumpstarting your metabolism, reorganizing and rejuvenating the body.

BioSonic Crystal Feet:

The development of our new crystal feet by Klangschwingung® makes it very easy to integrate crystals with Biosonic tuning forks. Crystal feet, shown in photo, slide onto the stem of your Biosonic tuning fork and are tightened to fit for vibrational resonance. A crystal foot can be attached permanently to your tuning fork or you can slide different crystal feet on and off. Crystal feet are beautiful upgrades to your BioSonic tuning fork as they provide a very effective crystal interface with the added benefits of lengthening your tuning fork stem making it easier to hold.

Here is how it works:

The sound healing practitioner based on patient evaluation creates a focused healing intention. Using medical intuition methods, the healer learns to enter into the crystal and program it with their intention.



When the BioSonic Otto tuning fork is tapped, it activates the crystal foot programmed with specific healing information. The crystal foot is pressed to a point sending a wave of energy embedded with crystal clear healing intention to a specific area within the crystal matrix of the body. A crystal foot is the perfect interface of crystal and sound. A crystal foot is set into oscillation through the vibration of a BioSonic Otto tuning fork. When the crystal foot is pressed to a bone or connective tissue, it creates a sympathetic crystal resonance throughout your whole body. Bones are solid crystals that support an integrated system of liquid crystal connective tissue arrays that form a matrix in which every cell and organ in our body is embedded.

Body fluids such as blood, lymph, cerebrospinal fluid, and ground substance also have crystalline qualities. Water, which makes up over 65% of our body weight, has the ability to structure itself into all crystal forms. Crystals are semiconductors. This means that they can conduct electrical energy embedded with information, store energy, and move specific information rapidly in one direction. We believe that when an Otto tuning fork is sounded, the crystal foot oscillates with the vibrations of the tuning fork creating a slight piezoelectric current. When the crystal foot is pressed to a point, it sets the crystalline matrix of bone and connective tissue into resonant oscillation causing a subtle piezoelectric streaming effect.

The piezoelectric constant of connective tissue and quartz crystal are nearly the same. The result is a highly focused stream of energy that can be intuitively programmed with healing intention that will have a powerful effect on the cellular as well as the bodies molecular and energy levels. We believe that nitric oxide (NO) spiked by a BioSonic Otto 128 tuning fork is interconnected with our bodies crystal matrix system. We theorize that the 128 cps frequency sets the bodies crystal matrix into synchronous oscillation sending a signal for endothelial, neuronal, and immune cells to create and rhythmically release NO. The continual release of NO, called puffing, by these cells is the basis of well being, health and longevity.

We theorize that a subtle piezoelectric charge, transferred within the vibration of the crystal foot to the crystal matrix of our body positively stimulates cell mitochondria. Recent research suggests that NO flatlining and mitochondrial degradation are related. NO flatlining is indicated in Parkinson, Alzheimer, Amyotrophic Lateral Sclerosis (ALS), depression, and cancer. S-nitrosylation, a nitric oxide signaling group, regulates and repairs mitochondria in order to maintain NO puffing. Scientists hypothesize that S-nitrosylation is an ancient signaling system that has evolved from primordial Earth.