

## **Tuning Forks - Yvonne Diment**

I started using tuning forks as a Kinesiologist before I did any other Sound training. The Chakra set devised by the late Alan Sales was developed for use within the emotional and energetic modes of the therapy. Within Kinesiology, we can address issues in four modes: physical, biochemical, emotional and energetic. Whilst I accept that supplements can be very powerful in their actions with physical symptoms, I feel that imbalances begin in the emotional and energetic areas, then create biochemical imbalances in the body which eventually materialise at a physical level. For me, therefore, tuning forks allowed me to work at much deeper levels. I very quickly found that these forks came up as a priority for many clients.

I wanted to expand my work in this area and found John Beaulieu and his Biosonics forks. His book and DVD gave me new insights and I expanded my work as well as starting to look at other aspects of Sound. I also have an osteopath friend who mentioned work on the spinal column with tuning forks with spectacular results. I began to muscle test to establish whether I needed to use the forks on the body – acupoints, neurolymphatics, areas of specific pain.... Sure enough these also tested well and I had some spectacular effects on a physical level.

All of the tuning forks, Alan Sales Kinesiology forks and the Biosonics forks, are aluminium. John Beaulieu specifically recommends some use on the body and clients have responded very positively to their use, given that I muscle test specifically to check the effectiveness for the individual.

When I became aware of steel tuning forks, I was interested in the possibility of finding an even more effective way ahead. I completely accept that these forks have a different action and take on board that the brass section of the orchestra does not make use of aluminium because steel will create a stronger vibration with more overtones.

Obviously it is recognised that aluminium has a toxic effect on the body at a biochemical level and is not naturally present in the body as one of the many trace elements that we need. However it is one of the two most common constituents of the rocks and soils of mother earth. As a crystal therapist, it is one of the major constituents of many of the crystals I use with my clients. Aluminium in crystals, like many other elements such as arsenic and mercury, contribute to the energies that my clients need. I use such crystals with awareness on the physical body and there are some that I would not use in prolonged contact with the skin. However the vibration can be very powerful in the energy field and contact with the physical level, through clothing, in a treatment.

With this in mind, and the positive experiences I've had, I am continuing to use my forks whilst beginning to look at some of the different steel forks that are around. I had a Tama Do taster session and am interested in other approaches but I don't feel that aluminium is an inferior material, just a different vibration. I am therefore at an early stage with comparing the effects.

As I develop my experience of the powerful effects of Sound Healing, I have been asked to provide some muscle testing training to non-Kinesiologists and have taught a

short course to facilitate it's use with tuning forks. Kinesiology can be a very valuable tool for establishing how the individual needs to proceed with a treatment, but if it is just being used as a 'dowsing' technique then a pendulum can be just as effective. Indeed, the power of Sound and Intention combined with the intuition of the individual therapist, is probably the most effective combination in our work. We are all unique in our needs and as individual as our fingerprints: far more complex in our needs than any rigid protocols can encompass.

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