

Healing Qualities of Sound Using Tuning Forks

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About Applied Physiology

In the middle 1980's, Applied Physiology (AP) was developed by Richard D. Utt, L.Ac., in Tucson, Arizona. Modern physiology, natural healing science, the meridian system of traditional Chinese medicine as well as the methods of applied Kinesiology are integrated in AP and build a holistic method of examination and treatment.

Nearly every body function or circuit may be activated energetically and influenced positively. This may be done by many different correction methods and every practitioner may include the whole range of systems familiar to him/her.

AP utilizes a very different way of muscle monitoring in that muscles are tested in different states of contraction and extension, the extension of the five-element system into the seven-element system, the extraordinary use of the pause lock as well as the "hologram" and the "setup."

Practitioners in health services as well as in learning enhancement can benefit from the use of AP.

Overall, AP is a holistic treatment and observation model with a systematic overall concept. As a symbol, we primarily use the hologram. It conveys the procedure of creating three-dimensional pictures with the use of laser light. An essential feature of a hologram is the entire body of information contained in a picture, even the details. You may have seen an exhibition of holograms. The visitor walks into a dark room and can observe various objects that consist merely of light but that you can walk around.

The essential parts that are necessary in order

to create such images offer a good analogy to what is used in AP. First, there is the light, divided into an object ray and a reference ray. AP also requires an image carrier, the original hologram. When, for instance, one looks at a slide, one can recognize the object directly. In contrast to normal photographs, a holographic image carrier (if we were to inspect it closely) would reveal only a wave pattern resembling the wave pattern you might see in a full bathtub into which drops of water are falling. This causes wave valleys and wave peaks. There are reflections on the circumference and interference patterns with placid zones. You can picture a holographic image carrier as being similar to this. Perhaps you can picture a tub of bath water with such wave patterns. Imagine that water drops are falling constantly from the faucet on the left-hand side, dropping constantly on the same spot. Imagine that on the right-hand side there is a wet washcloth hanging from a rack above the tub and that drops of water keep falling from it, too. If you now focus your attention solely on the center of the tub, you will see a static wave pattern there without seeing the originating causes of it. But, by observing the waves, the reflection, the distances between the wave valleys and wave peaks, you can approximate the origins of these waves. In every detailed section of the bathtub, you thus have all the information on the wave pattern. The case of the holographic image carrier is similar. Using only a section of this image carrier, one can still receive the whole picture.

Let us use this image of the wave patterns now as a description of that which occurs and is present in a living organism in a state of constant flux. Let us take a look at the human organism in its entirety, beginning in the

physical area of the hardest material, the teeth and bones, and proceeding to softer material such as the muscles and connective tissue, and on to the liquid tissues such as blood or lymph, and then on to the energetic areas. There we can take, for example, the neurophysiological activities with the various electrical charge patterns; then the mental areas, the attitudes and beliefs, emotions and thoughts, the entire mental spectrum. We can also take the external areas, for example, the chi of the mountains and landscapes, houses and apartments. All of these areas interact and are intrinsically entwined with each other like the molecules in the various layers of a body of water. They vibrate parallel to each other.

In AP we assume that when we observe just one individual section of the whole, we can receive information about all the other areas as in the example with the bathtub. We can also assume that single level also portrays all other levels. We can, therefore, determine stress patterns via these coordinates; the point on the surface plus the depth level. This is the purpose of our work in the healing professions or in learning enhancement. The object is to determine where the drops of water are falling into the tub and how deep and with what degree of force. Is the surface in motion or does the stress agent cause stronger movement? Does that impact the emotional area or the physical area? What does the stress pattern look like? On what place can it be influenced most easily, simply, quickly and least expensively? We have all had the experience in Kinesiology, regardless of the methods we practice, that things aren't always the way they first seem to be when clients come to us with a particular symptom of problem. Frequently we discover in working with these patients that the originally described symptom was just a final expression of a particular stress pattern. It may be that we first have to start working around the problem, releasing other stress patterns. It is a developmental process that is continually exciting and interesting for both the client and the therapist.

In the practice of AP, we use the muscle meridian relationships from the Touch-for-Health system. Through the muscle meridian relationships alone, the client can receive a

great deal of information - you know that from your daily work. An essential feature of AP is that we now observe the interrelationships of the meridians. We know from Chinese medicine that all five elements are present on each of the meridians. In Touch-for-Health, we also work with these innerconnectivities when we inspect the reactive meridian relationships. Basically, that is the starting point of AP.

Let us summarize the hologram concepts that have just been described. We refer to the meridians that we run checks on, in analogy to the hologram, as object meridians. We then check its relationship to other meridians that we call reference meridians. We thus always look for both object and reference meridians. Then we look, as we did in the example of the bathtub, at various sections or "image carriers;" and we refer to these as holograms. Many of them are known in Kinesiology; for example, the neurolymphatic and neurovascular hologram.

In this context, we find the term "setup," as it is very important for the AP procedure. Setup refers to the process of exploring a stress pattern as comprehensively as necessary and a balance as exactly as possible. In this sense, the preliminary activities in edu-kinesthetics or a verbal statement of the goal would be a setup. But we can also activate a certain area through various acupuncture points and hand modes and make it receptive to balancing.

Thus, in AP we also have (in addition to the holograms already mentioned) setups for physical areas such as teeth and muscles, for the anatomy and physiology of the inner organs all the way down to individual types of cellular tissues. We have a hologram for blood chemistry and the hormonal system. We can address energetic areas, electro-magnetic fields, chi energy, the Figure Eights, and others.

In addition to the tried and proven methods of AK, other contemporary natural healing methods are used in AP. These include foot and hand reflexology or flower essences such as Back flowers, Australian Bush flowers, and Arizona Dessert essences. Affirmations are used for attitudes and beliefs and for emotional and thought forms. We use polarity

balances and, of course, a great number of acupressure points, crystals, and our newest method-sound.

To this purpose, Richard D. Utt developed a set of tuning forks that are represented in this course. This method readily lends itself to use in other kinesiological systems. Very good results can be achieved with sound, especially in solving problems in the neurological areas, in the motion areas, and everywhere else that has any connection to the nervous system. These tuning forks can also be used successfully when working with children and in the intermediary steps within the integration process.

In summary, Applied Physiology (AP) offers, especially to the professional practitioner, an elegant link between modern medical knowledge and many areas of natural medicine. It places all this in the framework of an overall concept that enables us to move from one world to the other smoothly and with no gaps, and allows us to apply all our knowledge and experience in the best interest of our patients and clients.

The effects of the Tuning Forks are based on the combination of three principles:

- The AP Tuning Fork set consists of 14 different tuning forks, each one referring to one meridian. Usually every tone made by musical instruments is accompanied by so-called harmonic overtones. The AP Tuning Forks harmonize the corresponding meridian by producing tones of an exact frequency without producing overtones.
- Due to the material used in the production of Tuning Forks, they produce (in terms of acoustics) disharmonic multiples of the root when struck or, sometimes, as they finish ringing. These secondary stresses convey a feeling of vibration similar to that of a gong. These vibrations cause a micro-massage of the nerve tissue via the bones as transmitting agents.
- The simultaneous striking of two tuning forks produces vibrations of a very low frequency that can be perceived only as volume fluctuations. Depending on the combination used, sounds and fluctuations can be produced that create an integration of

the brain and a harmonization of the two hemispheres of the brain.

Using the Tuning Forks

- The tuning forks have been used very successfully in kinesiological balances on stress reduction and in working with children.
- They are very effective in physiotherapy and in all issues involving body movement and coordination.
- Deep and light switching; pitch, roll, and yaw; centering; focusing; and neurophysiological coordination are all influenced positively by using the tuning forks.
- In therapeutic use, the tuning forks show positive effects on neurophysiological imbalances, diseases, and problems concerning coordination.
- Tuning forks often show up as intermediary steps within the AP integration process.
- As with orthomolecular supplements (vitamins, minerals, etc.), tuning forks may be used in therapeutic context as well as in learning enhancement, stress reduction, personal use, etc.

The Tuning Fork Set

The AP Tuning Fork set consists of 14 different tuning forks, each one referring to one meridian. Each fork produces a sound of a certain frequency, balancing exactly one of the meridians of the traditional Chinese Health System (TCHS).

Applied Physiology (AP) is based on the Seven-Element System in which the central vessel and the governing vessel are added to the five elements of the TCHS as the air element. The fire element is divided into "sovereign fire" (heart and small intestine meridian) and "ministerial fire" (pericardium and triple heater meridian). This leads to a slightly different assignment of colors and elements.

Each tuning fork is manufactured in the color of the corresponding meridian with the name of that meridian written on it.

COLOR	MERIDIAN	ELEMENT
Black	Central Vessel	Air
White	Governing Vessel	Air
Yellow	Stomach	Earth
Yellow	Spleen/Pancreas	Earth
Red	Heart	Sovereign Fire
Red	Small Intestine	Sovereign Fire
Violet	Bladder	Water
Violet	Kidney	Water
Orange	Pericardium	Ministerial Fire
Orange	Triple Heater	Ministerial Fire
Green	Gall Bladder	Wood
Green	Liver	Wood