

Questions and Answers

What is a therapy session like?

Our individual therapy session takes place in a very comfortable and casual atmosphere. The first session can last up to one hour, but the subsequent ones may be shorter depending on the type of disorder being treated. During the session, the person receiving treatment can sit in a chair or lie down. One does not need to undress during the healing process but removing their coat and shoes will be more comfortable. The sound healing properties work with direct contact on the skin or through clothes.

Sound therapy is usually performed at a close distance to the body, sometimes even touching the client as in the case of acupressure or acupuncture techniques. The client should try to relax and close their eyes. An experience of many pleasant sensations such as warmth or cold, tickling, tingling, calmness, etc. may be felt. People with cancerous cells describe the distinct feeling of the expansion and bursting of their tumors. It is common that one may feel a temporary increase in pain, which then vanishes as the sound waves work on the body, but it is also possible that one does not feel anything at all, though the process is equally effective. After therapy, clients are encouraged to drink a lot of warm water and rest.

In what ways can sound help?

Sound can help with a great range of physical and mental disorders, often to an amazing extent. It is the process of revitalization, relaxation, and freeing on a very deep level, which helps to regulate, tune, and spontaneously heal the body at its own pace and in its own way. This process seeks to alleviate both the cause and visible symptoms as well. You can experience a spontaneous health recovery immediately or gradual improve throughout a longer period of time. Sometimes the results of therapy are very apparent, sometimes more subtle, but it always helps. Tune & Heal™ therapies lead to harmonic balance in regards to feelings and relationships with other people. They can initiate life changes, help you regain control over your life, and help you see things in balanced proportions.

Sound is particularly helpful in crisis situations and for incurable illnesses. Cellular music therapy, by means of tuning forks, used as a main approach of therapy is very beneficial. There are no side effects, and it cooperates well with other methods of treatment. It is recommended for the treatment of tumors in particular, but also for other disorders and general strengthening of the body.

How much therapy is needed?

In most cases, only one session with a therapist is needed. During this session, you can obtain detailed instructions of what techniques to employ in each situation specific to their needs and obtain the suitable tuning forks and a manual or verbal instructions. In this way, you can heal yourself.

This idea of self-treatment has been proven very effective. The length of treatment, however, can vary greatly. You may need several sessions depending on the gravity of the problem. For example, one client with a 15 cm (6") tumor got rid of it in half a year performing the therapy three times per day¹. Another person needed three months of daily therapy only to stop the uncontrolled growth of a brain tumor, which is also a great success. Therefore, the time needed to heal is an individual matter depending on a body's sensitivity to the sound wave. It is also an option to follow up with a therapist to discuss progress.

What illnesses do sounds affect?

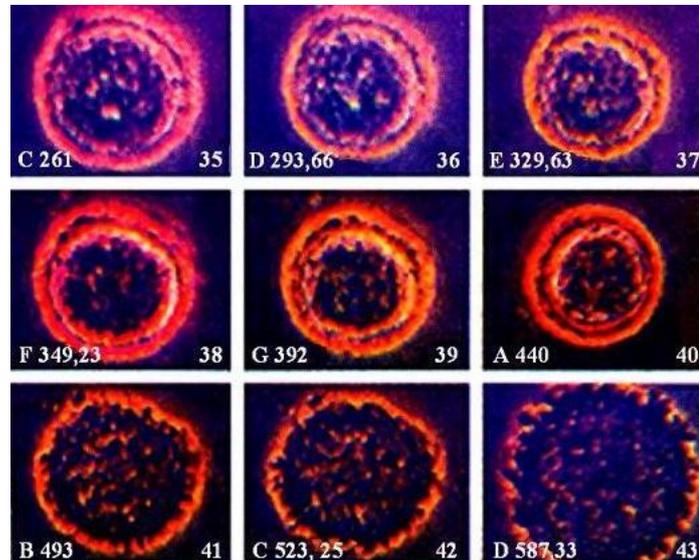
Sound waves produced by tuning forks reach the body's cells, which naturally tune to them with renewed, nourished, and strengthened immunity properties. The appropriately chosen sound causes healthy cells to be strengthened and unhealthy cells to regenerate very quickly. However, in the case of cancer cells, particular frequencies can cause their disintegration due to their inability to bear quick vibration changes. Because they cannot tune to these types of vibrations, they burst.

Destroying cancer cells has been proven by bio-energetic and musician Fabien Maman's & Hélène Grimal, a senior researcher at the National Centre for Scientific Research in Paris. This research was carried out at the University of Jussieu, in 1981.

Maman says, "I used the tempered scale and sounded the chromatic intervals one note at a time at a distance of 30 cm (12") from the cell. The experiment yielded the most dramatic results when I used the human voice and the musical scale. The combination of the human voice and the musical scale caused the Hela cancer cells to explode more rapidly and predictably."

Published from his book: "From Star to Cell: The Role of Music in the Twenty-First Century" CITY Tama-Do Press 1997, Maman, 1997, p61).

Hela cancer cells being broken up by the musical scale played on a xylophone. See photograph of an exploding cancer cell following.



Through this research, Tune & Heal™ developed one of our healing techniques called the **Anti-cancer Technique**. It was discovered that when increasing the frequency of sound from C 256 Hz to C 512 Hz, the cancer cells cannot stand the intensity of the vibrations and burst after only a couple of minutes while the good cells remain intact. Our anti-cancer technique uses the Pythagoras scale, not the scale from Maman's research but it is still the C diatonic scale. The results are an example of music therapy working at its best on the cellular level.

With the right techniques, sound can help heal a great range of physical, spiritual, and mental disorders – sometimes even to an amazingly great extent (it has been proven to cure more than 250 illnesses so far). It not only relieves pain and restores regular functioning of the organism, but it also generates a more positive attitude towards the world, clears one's mind, and improves one's quality of life.

How can we use tuning forks for In-Depth Cellular Music Therapy within the Tune & Heal™ mission?

Sound healing with tuning forks is a therapy aimed at improving mental and physical health. During each session, clients are tuned to a balanced frequency (the healthy frequency of internal organs and systems that brings them into a state of harmonic balance). Additionally, sound healing therapy operates on the level of the mind, resulting in calmness and a state of deep relaxation. In the sphere of the spirit, the process of tuning to wonderfully subtle, high tones results in a healthier, more joyful attitude and harmonic balance, which is so crucial in our lives. This form of non-tactile transmission of sound energy (music therapy) is performed on the cellular level. It is often conducted by a therapist on an individual basis, but it can also be successfully performed on yourself. The method is easy and anyone can learn how to use the tuning forks to receive positive benefits.

Working with sound frequencies that are audible to humans, and non-invasive, they are complementary to traditional western and eastern medicine. This therapy is an entirely natural process that contributes to good health. It induces the trans-mission of pure sound waves through an instrument to a person and will work with animals as well. This process supplies a large portion of the natural sound wave, which nourishes the cells and stimulates the body's natural reserves, making it possible for you to overcome disease or injury. This nourishing effect of sound is most visible in the case of cancer where people who have undergone radiation or

chemotherapy are strengthened due to Tune & Heal™ using sound waves as an In-Depth Cellular Music Therapy. Client's blood chemistry often changes after sound therapy, which enables the continuation of traditional treatments even when doctors have given up on radiation or chemotherapy due to the weak state of the client.

We can use tuning forks by tapping them gently to activate the sound waves; listen to the sound or focus appropriate tuning fork to a particularly inner organ which needs to be healed. We can use one or more tuning forks, but when we tap two or more together, the sound will create an interval. As we listen to the two different tones, our body will naturally adjust itself and come into balance. Also, we can sing and let our voice resonate with the sound of the interval.

With practice, you should eventually be able to feel like a musical instrument. Then your nervous system will respond so you can be tuned and manage life's difficult situations better.

Furthermore, you will be able to know through harmonic perception what the primary sound² of a person is to offer self-healing at home or define what "interval" of a person is tuned into – consonance (pleasant sounds, harmony) or dissonance (unpleasant, tension which must be resolved). Then you can help to heal one's life.