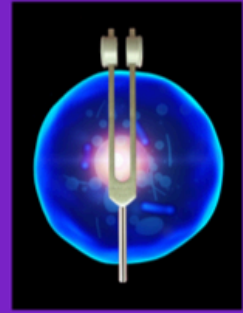


Cellular Sonics



Transforming the body with Sound & Bodywork at a Structural & Cellular Level

THE THERAPEUTIC USE OF TUNING FORKS
FOR OSTEOPATHY, PHYSIOTHERAPY, ACUPUNCTURE
CHIROPRACTIC, & OTHER THERAPEUTIC BODYWORK

FUNDAMENTALS on CELLULAR SONICS & TUNING FORKS

To enhance patient treatment and achieve more effective healing outcomes
e.g. to reduce inflammation & pain, repair ligaments, tendons, increase bone
density, promote injury repair and benefit healing



CELLULAR SONICS PRACTITIONER MANUAL

The therapeutic use of tuning forks for
Osteopathy, Physiotherapy, Acupuncture & other therapeutic bodywork

1. WELCOME	5
2. YOUR TEACHERS	6
2.1 Eeshi-Ra Hart	6
2.2 Rachel Ellery	6
3. WHY USE SOUND IN TREATMENT?	7
3.1 Sound treating on every level	7
3.2 Searching for the origin of the trauma	7
3.3 The importance of Patient Voice Release	8
3.4 The Benefits of Sound in Utero	9
3.5 The Benefits of Music Therapy in Healing	9
4. TUNING FORKS	11
4.1 The history	11
4.2 The difference between weighted and unweighted forks	11
4.3 Lower and higher harmonic tuning forks	12
4.4 Speed of sound & bone conduction	12
4.5 Sound at a cellular level	13
4.6 Difference and summation tones	13
4.7 Conscious 7-Layer Touch	14
5. MINDSET & INTENTION	15
5.1 Mastering your Mindset	15
5.2 Cellular Memory	16
5.3 Intention	16
5.4 The patient's intention	16
5.5 The practitioner's intention	16
6. HOW TO USE TUNING FORKS	18
6.1 How to strike a fork	18
6.2 Choosing the best location	18
6.3 Creating a circuit with a mothering hand	19
6.4 Auditory stimulation	19
6.5 Use on the body	20

6.6 Use in the aura/energy field	20
6.7 Pivoting and modulation	21
6.8 Using forks on meridian points	21
6.9 Locating the meridian points	23
6.10 Working with acupuncture needles	24
6.11 Use of sound for grounding, integration & completion	25
7. TUNING FORK ACCESSORIES	26
7.1 Leg Activator	26
7.2 Rubber spheres	26
7.3 Cellular Sonics practitioner pouch	27
7.4 Cellular Sonics table covers	27
8.0 THE IMPORTANCE OF THE BREATH	28
8.1 The Anatomy School's Breath Videos	29
9.0 THE FREQUENCIES	30
9.1 111Hz	30
9.2 136.1Hz	32
9.3 128Hz	33
9.4 50Hz - The Cat Purr frequency	36
9.5 64Hz	39
10. PATIENT CONSULTATION	42
10.1 Patient consent	42
10.2 Case History	42
10.3 Contra-Indications and Issues	43
10.4 Tell them what to expect	45
10.5 Care during a session	45
a) Energy Shifts	45
b) Burping	46
c) Nausea/Headaches	46
d) Keeping your patient warm	46
e) Turning the patient over	47
10.6 EMF Radiation Awareness	47
10.7 Music	47
10.8 Hydration	48
11. PEMF to optimise patient recovery	49
12. Essential oils to optimise patient recovery	51
13. Other helpful modalities	51

14. FREQUENCY RESEARCH GLOSSARY	52
14.1 111Hz	52
14.2 136.1Hz	57
14.3 128Hz	59
14.4 50Hz	59
14.5 64HZ	65
14.6 Music Therapy	66
15. AFFILIATE PROGRAM	67
16. PRACTITIONER FREEBIES	68
17. OTHER RESOURCES	69

© Eeshira Hart & Sonic Life Solutions 2021
© Rachel Ellery & The Anatomy School 2021

