



Otto Tuner Uses

Each otto tuner is an octave of the key of C: 32, 64, and 128 hertz. Historically 128 hertz has been used to detect the presence of a broken bone as it triggers muscle movement in injured areas, creating intense pain at the break.

My use for the long 32 hertz placed on the breastbone is to refresh thymus energies for calcium use. The 64 hertz refreshes energies in tendons, ligaments, and discs to allow the body to remobilize calcium for healing or to release the calcium after healing has finished. The 128 hertz refreshes use of calcium in muscles for rapid healing of sports injuries. 128 hertz will also encourage fully recovered muscles to discharge the sharp calcium crystals back to bone marrow and bones.



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Otto Tuner Bones, Tendons, & Muscle Calcium Balancing Intention & Method

**Self-Care Tuning Methods
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Recommended OTTO tuner uses

The three forks have specific tones in the key of C.

I use the long 32 hertz tuner to refresh the energies of the thymus gland. Gently touching the **skin over breastbone** encourages the body to use calcium in healing and mobilizing it after healing is completed. The calcium crystals are sharp, and the body embeds the crystals for pain reminders to not use the area after injury. The use of pain medications dulls the body's ability to remobilize the calcium once healing is completed. The result is inflammation and reinjury from the sharp edges of the calcium crystals.

I use the 64 hertz in areas of the **neck, back, knees, wrists, and ankles** where the body is armoring soft tissue with pain and where memories of injuries can be cleared.

I use the 128 hertz in areas where **muscles are clicking, swollen, hot or cold.** The toner encourages the body to mobilize calcium before exercise, during healing, and after healing when the calcium can be recirculated to bone marrow and bones.

Each of the tuners is presented to the body in a three step process:

1. Shake hands and become acquainted;
2. Listening to the tones with one ear then passing the tuner over the top of the head to listen with the other ear;
3. Touching the skin.

SHAKE HANDS WITH THE TUNER

Holding the tuning fork by the stem (handle end), tone the fork and touch the end of the stem to the center of the palm of each hand. This gives the body notice to listen to this tone and the healing intention accompanying the tone.

LISTENING & APPLYING TO SKIN

Toning the tuner, listen to the weighted tongs tone near one ear and then near the other ear. Pass the weighted tongs over the top of the head when moving from ear to ear to allow both halves of your brain to be engaged.

Apply the stem end of the tuner to the skin with a gentle touch. Repeat as often as you feel benefits you. Listen to your body, and apply the tones in areas of pain or where there is clicking or jerky movement.

ON HEALING INTENTION

Please be very specific. I find this works for me: "I am calling for the most benevolent healing outcome so that the body is free to heal completely here and now.

Listening to the tones and to the noises of the body will guide you in applying the tones. Presenting the tones to the ears encourages the body to store the potentiated energy (chi) of the tuner in the spinal fluid as well as to transfer the energy quickly wherever it is needed.

