

Introduction into the practice of self & co regulation with tuning forks.  
Ultra Heaven & Ground Tactics – Human Tuning & psycho-acoustic arts.

Where to begin?

When beginning using tuning forks for one's daily practice to enhance presence, direct awareness and inform oneself, it is recommended to use one tuning fork at a time.

self regulation

It is also possible to start by using Harmonic interval They are always two different frequencies combined together to create a coherent state.

136.10Hz  
AUM

Harmonize with the world. Towards coherence, include "the other" resolve conflicts. Reduce judgmental awareness, enhance loving kindness & compassion.

Physical

★★★★

Emotional

★★★★★

Mental

★

Spiritual

★★★★

111Hz  
Unify & Connect

Grounding in oneself. Gain self confidence, self esteem, enhance intuition and trust our inner knowing. Be less influenced by external factors. Enhance your own voice, path & soul purpose. Unity consciousness.

Physical

★★★★★

Emotional

★

Mental

★★★★★

Spiritual

★★★★★

108Hz  
Universal Wisdom Activation

Align with cosmic order. Access states of wholeness, one with all. Enter in sympathetic resonance with Universal Wisdom. Channel higher consciousness.

Physical

★★★★

Emotional

★

Mental

★★★★★

Spiritual

★★★★★

128Hz  
Flow

Support the structural integrity of the body, stimulate the production of nitric oxide, immune regulation, inflammation reduction, deep relaxation. Enhance self regeneration capacity.

Physical

★★★★★

Emotional

★

Mental

★

Spiritual

★

99Hz  
Mirror

Enter deep state of focused, calm concentration. Grounding, clearing, entrancing.

Physical

★★★★★

Emotional

★★

Mental

★★★

Spiritual

★

44Hz  
Purr

Activate self regenerative capacity, deep states of relaxation and rest.

Physical

★★

Emotional

★★★

Mental

★★★★★

Spiritual

★★

I am not experienced with self regulation.

I am experienced with self regulation.

Enter in contact to join State of the Art (workshop)

co-regulation

Ask for a personalized set fit for purpose.

Delta Binaural Beats

125.28Hz & 126.22Hz  
Schumann x Sun  
0.94Hz Binaural b.

221.23Hz & 222Hz  
Venus x Remember  
0.77Hz Binaural b.

62.64Hz & 64Hz  
Schumann x Flow  
1.36Hz Binaural b.

Induce hypnotic states, bridges into dreaming. Direct slow oscillations within the body to unlock, and create movement, balancing polarities. Enhances hypnagogic & lucid dreaming.

Physical

★★★★★

Emotional

★★★

Mental

★★★★★

Spiritual

★★★

Physical

★★★★

Emotional

★★

Mental

★★★★★

Spiritual

★★★★★

Physical

★★★★★

Emotional

★★

Mental

★★★★★

Spiritual

★

Harmonic Intervals

108Hz & 144Hz  
Perfect 4th

108Hz & 162Hz  
Perfect 5th

147.85Hz & 222Hz  
Perfect 5th

Generate instantaneous coherent physical, emotional & mental states. Enhance self esteem, worthiness, reconciliation & harmonious relationships.

Physical

★★★★

Emotional

★★★★★

Mental

★★

Spiritual

★★★

Physical

★★★★★

Emotional

★★★★★

Mental

★★★★★

Spiritual

★★★★★

Physical

★★★★

Emotional

★★★★★

Mental

★★★★★

Spiritual

★★★★★

Delta Binaural Beat

108Hz & 111Hz  
Cosmic Wisdom x Connect (Unify) 3Hz Binaural b.

Induce hypnotic states, bridges into dreaming. Rousing – Activating oscillation that unlocks, and move energy, balancing polarities. Enhances hypnagogic states & lucid dreaming.

Physical

★★★★★

Emotional

★★

Mental

★★★★★

Spiritual

★★★★★

Alpha Binaural beats

99Hz & 108Hz  
Mirror & Activation  
9Hz Binaural b.

Induce hypnotic states, bridges into meditation. Stimulating – Exciting oscillation that enhances relaxed awareness and calm discerning presence. Creative – inspiration, problem solving state.

Physical

★★★★★

Emotional

★

Mental

★★★★★

Spiritual

★★★★★

