

Biofield Tuning is a sound therapy method that uses tuning forks to detect and shift patterns of disharmony in a person's biofield—the energy field that surrounds and interpenetrates the human body. Like an Aura. The practice is based on the understanding that physical, emotional, and mental experiences can create distortions or blockages in this field, which may correspond to stress, trauma, or imbalances in the body.

During a session:

- * The practitioner uses specially calibrated tuning forks, striking them and moving them slowly through the client's energy field.
- * The forks produce tones that may change in pitch, volume, or timbre when they encounter areas of tension or incoherence in the biofield.
- * By holding the tuning forks in those areas, the vibrations help the body and mind "retune," promoting relaxation, balance, and integration.

Reported benefits include:

- * Stress reduction and deep relaxation
- * Relief of tension or pain
- * Enhanced mental clarity and emotional release
- * A greater sense of groundedness and wellbeing

Unlike massage or acupuncture, Biofield Tuning doesn't require physical manipulation or needles - it works directly with sound and vibration. Sessions can be done in person or at a distance, since the method is based on the vibrational and informational aspects of the human energy system.