Acutonics: Tuning Forks and Vibrational Healing

By Donna Nesteruk, LAc

What Is Acutonics?

Acutonics is a system of vibrational sound healing rooted in Oriental Medicine which uses tuning forks and/or symphonic gongs tuned to the planets to help heal the body.

Interestingly, we use terms all the time in common conversation to describe one’s wellbeing with words such as: “in tune”, “good vibe”, “high strung”. These all relate to the vibration a person transcends out from their energy field. When we feel just right, we may even say “being in tune”. Athletes may refer to it as “being in the zone”. Acutonics is a method can truly help bring someone in tune, both with themselves, and our universe.

Our Universe: A Cosmic Orchestra

Music of the spheres are the sounds of the planets as they travel around the Sun. First century Greek mathematician Pythagoras believed that sound was the generator of the universe. Planetary orbital velocities were calculated by the famous 17th century German astronomer and mathematician Johannes Kepler. These orbital velocities were transposed to musical frequency in the 20th century by Hans Cousto, a Swiss mathematician and music theorist.

Our universe is a cosmic orchestra. For millions of years the planets have been resonating sound waves and we are immersed in their vibrations. All living beings and creatures on Earth are tuned into the movement of the planets.

The human hearing range is 16 cps to 20,000 cycles per second (cps). Although the frequency of the planets in inaudible, these tones exist whether we hear them or not. Our unconscious mind knows them, and their sound waves unconsciously affect our behavior and our health.
The Tuning Fork

A tuning fork is designed to emit a single frequency, which creates a pure sound. Their precision makes them ideal for use in sound therapy because of the body's innate capacity to resonate with pure sound. For years, the tuning fork was only thought of as a tool for tuning instruments and orchestras, as a part in timepieces, in the medical profession for hearing tests, and is even used in police radar guns. But acutonics can also use the tuning fork to help heal and balance the body.

Acutonics Tuning Forks are custom calibrated to the frequencies of the Earth, Moon, Sun and Planets. Sound travels four times faster through water than air. Since our bodies are approximately 70% water, using tuning forks to apply these planetary frequencies along the meridians or acupuncture points allow for a sonic healing massage down to the cellular level.

Therapeutically, vibrations emitted from the tuning fork induce the resonance in fibrous connective tissues, as well as along the network of nerves within the human body. Following the meridian system of Oriental Medicine, the tuning forks are applied to and worked over acupuncture points, trigger points, and points of pain. By simply placing the tuning forks on the surface of the skin, the vibrations are sent throughout the body sending messages to the nervous system and cells. Tuning forks may also be used above or around the body to clear the auric field to bring balance and a sense of stillness.

The Perfect Fifth Interval

The Perfect Fifth Interval sound wave (such as the notes C & G) is an important element in our everyday environment, appearing frequently in the natural harmonic spectrum of the voice. It is also the most important interval in sound healing. It produces an organized wave of expansion and contraction throughout the body, allowing the body to deeply relax which helps our body to balance and regenerate.
Using the Perfect Fifth can tune the nervous system, spike nitric oxide (which relaxes blood vessels), stimulate the release of free radicals (to help detoxify the body), and encourages antibacterial and antiviral actions in the body. Using tuning forks can ‘tune’ the nervous system and help create a perfect balance to relax the body by balancing the stress and relaxation arms of the nervous system (known as the sympathetic and parasympathetic nervous system). Besides C and G other intervals also have healing effects, and are chosen according to the desired therapeutic results.

Our deep connections to the Earth combined with the recognition that illness of the planet manifests in personal illness is a driving force to focus on how each one of us can work toward living in harmony to create a Sustainable future.

This approach to wellness is rooted in the spiritual and the wisdom of Oriental Medicine, which recognizes that most diseases arise from a core blockage in our energy.

Acupuncture points provide noninvasive access to the core energetic systems within the body. The planets provide musical intervals, archetypes, and correspondences that help us to fine-tune the therapeutic frequency that is applied to the body with tuning forks.

We are rooted, sustained, eternally fed, and nourished by the healing powers of the Earth, and it is our access to cosmological wisdom, the heavens, and the microcosm that sets us on a journey of transformation. This enables us to reach beyond the self or the macrocosm, as above so below, as within so without.

**Conclusion**

Acutonics treatment can be a powerful support to assist in connecting the body, mind, and soul in the journey toward optimal health, harmonic attunement or ‘at-one-ment’ with all things in the Universe.

In practice since 1999, Donna Nesteruk, LAc is a Licensed Acupuncturist and is nationally board certified by the NCCAOM (the National Certification Commission for Acupuncture and Oriental Medicine). Ms. Nesteruk is a graduate of the New York College of Holistic Professions in Syosset, where she earned her Masters Degree in Traditional Chinese Medicine (TCM). Certified in Sound Healing by both Dr. John Beaulieu and Jonathan Goldman, Ms. Nesteruk will soon be one of the elite practitioners who will be qualified teach acutonics and vibrational therapy. Learn more about Donna by clicking [here](#). For a visit with Donna in our Huntington office, please call 631.421.1848 or email us at [info@InnerSourceHealth.com](mailto:info@InnerSourceHealth.com).