



## **OPTIONAL WAYS TO USE THE SOLFEGGIO FORKS**

- **1-Minute Introduction Technique**
- **Chakra Balancing Technique**
- **Introduction Technique**
- **Using “MI” on food and water**

### **1-Minute Introduction Technique**

(Note: This technique works best if the client is either sitting down, or lying on a massage table; however, even if they are standing, shifts can be experienced). **You can also perform this technique on yourself.**

Option A: The technique consists of first tapping the individual fork, (beginning with The UT Fork) and then moving it from the right to left sides of the client's head—passing it over the top of the head in the process—several times (3-6 times). After completing the passages over the head, stop the vibrating of the fork by touching the heart chakra.

Follow the same procedure with each of the remaining forks. After all six have individually been passed over the head, place all forks, except the UT fork, between the fingers, tap the 5 forks with the Ut Fork, (as in the “showering” technique used in the EVT) and move the vibrating forks from the right and left sides of the head the same way the single forks were done. End the Showering by tapping the Ut to the Heart.

Option B: You can also do this with combinations of forks. Start with UT alone. Then do UT & RE (one near each ear and then cross over) Repeat with UT & MI, UT & FA, UT & SOL, UT & LA.

### **Chakra Balancing Technique**

This simple technique can be performed on yourself or another. Remember to be mindful of where the forks are to avoid any issues with the forks tips physically touching you or the client.

- 1) Take the UT fork and sound it.
  - a. Hold it near 1 ear (Breath) then cross over to the other ear.
  - b. Then hold the UT for by the O-ring (or somaswivel) in front of the Root Chakra.
  - c. Let energy spin until balance (swinging back and forth) is achieved.
- 2) Repeat with each of the remaining forks in front of the corresponding chakra.
- 3) Finish by holding UT fork in one hand and the remaining 5 forks in the other.
  - a. Tap each of the 5 forks with the UT fork then hold all 6 near 1 ear (Breath) then cross over to the other ear.
  - b. Tap each of the 5 forks with the UT fork and move them in a spiral pattern parallel in front of your body smoothing out the etheric field.

# SomaEnergetics™ Introduction Technique

## (USE FOR 10 MINUTE MINI-TUNINGS)

Have Client sit on a stool or lie on couch or massage table. Start at the Client's back Coccyx area with UT fork, move energy up the spinal cord, left of the spinal cord, then right of the spinal cord to the top of head using each fork combination in a spiral motion. Visualize energy the color of the fork(s) flowing up through the body accomplishing the purpose of the forks being used. Start each combination by holding to Client's ears (1 in each hand), then cross hands over to change the sound in each ear.

1. UT (Liberate Guilt & Fear)
2. UT & RE (Undo Situations and Facilitate Change)
3. UT & MI (Transformation & Miracles/DNA Repair)
4. UT & FA (Connecting/Relationships)
5. UT & SOL (Awakening Intuition)
6. UT & LA (Returning to Spiritual Order)

Holding RE, MI, FA, SOL & LA in one hand strike each one with the UT Fork starting with RE and descending to LA). Finish the back by using a spiral motion (parallel with the back of the body) down the body using all tones together.

Move to front or have Client turn over. Start at top of head with LA fork, move energy down the front of the body in the middle, the right side, and then left side to the coccyx area using each fork combination in a spiral motion. Visualize energy the color of the fork(s) flowing down through the body accomplishing the purpose of the forks being used. Remember to start each combination by holding to Client's ears (1 in each hand), then cross hands over to change the sound in each ear.

1. LA (Returning to Spiritual Order)
2. LA & SOL (Awakening Intuition)
3. LA & FA (Connecting/Relationships)
4. LA & MI (Transformation & Miracles/DNA Repair)
5. LA & RE (Undo Situations and Facilitate Change)
6. LA & UT (Liberate Guilt & Fear)

Holding SOL, FA, MI, RE, UT in one hand tap each one with the LA fork (Starting with SOL and descending to UT). Finish by using a spiral motion (parallel with the front of the body) down the body using all tones together.

## Using the Mi Fork for Charging Food/Water/Yourself/The World by Margarete Brandenburg

I keep the MI fork and a puck on our kitchen counter in the area where we prepare food or beverages. I've found that using it greatly increases the amount of light and vibration of the food and beverages.

I tend to do the following 'incantation/prayer' when using it - but none of this has to be repeated to a "T" – use whatever words you feel comfortable with. As I strike the fork and spin it about 4 inches over the food/beverage, I'll often take the stem of the fork as it's vibrating and place it on the plate or glass to increase the sound/vibration. I say the following "Om, Om, Om. Bringing in the Christ light, and into the heart of the Christ light I bring in the permanent atom of Metatron. Around that, bringing in the octahedron and spin it until it is beyond the speed of light. Living food, living light, living love - and my body and cells are full of the same - along with the rest of the world. Gratitude, Gratitude, Gratitude."

You get the idea, saying Om or giving thanks to the Divine - it's all the same - but I like the idea of invoking sacred geometry along the way. It may seem like this takes a lot of time to say - but it really takes under 5 seconds - and not only does the food/beverage get energized, but so do I, and the sound travels to the whole world in a stream of vibrations.