

A woman with brown hair tied back, wearing a light-colored V-neck shirt, is holding a silver tuning fork with both hands. She has her eyes closed and a serene expression, suggesting she is listening intently. The background is a soft-focus indoor setting with a window on the left and a wooden table in the foreground. A small potted plant is visible on the right side of the table.

The Art of Tuning Forks

Getting Started: A Beginner's Guide

 Kalohe

KALOHE is an invitation to pause, listen, and return to simplicity
through a sound practice you can choose again and again.

Contents

Welcome to Your Journey with Sound	1
Introduction	2
The KALOHU System	2
How to Use This Guide	2
What to Expect from a Tuning Fork Practice	3
Important Wellness and Responsible Use Notice	4
Chapter 1. Safety and Best Practices	5
Basic Guidelines for Use	5
Sensitivity to Sound and Vibration	5
When to Consult a Healthcare Professional	6
Recommended Practice Length	6
Chapter 2. Foundations of Sound and Sound Practice	7
Sound as a Contemporary Wellness Practice	7
A Brief History of the Tuning Fork	7
What Is a Tuning Fork and How Does It Work?	8
Experiencing Sound in Practice	9
Sound as an Anchor for Calm and Focus	9
Chapter 3. Get to Know Your Tuning Fork Set	10
What Is Included in Your Set	10
The Voice of Each Tuning Fork	11
Benefits of Exploring Sound Combinations	12
Anatomical Structure: Weighted vs. Unweighted Tuning Forks	13
Activation and Care Accessories	14
Printed Resources and Digital Library	15
Chapter 4. How to Hold and Activate Your Tuning Forks	16
How to Activate Weighted Tuning Forks - Otto 128 Hz and Om 136.1 Hz	16

How to Activate Unweighted Tuning Forks - Yin 256 Hz and Yang 384 Hz	18
Chapter 5. Ways to Explore Your Tuning Forks	20
Contact Mode: Physical Vibration	20
Field Mode: A Sound Embrace - Stillness	20
Sweep Mode: Movement Through the Air - The Path	20
How to Choose the Right Experience	21
Chapter 6. Sensitivity Guide	22
Lower Sensitivity	22
Moderate Sensitivity	23
Higher Sensitivity	24
Adjust Your Sound Experience	25
When to Pause	26
Chapter 7. The Art of Creating Your Own Practice	27
The Structure of a KALOHU Ritual	27
The Art of Combining	29
The Practice Journal: A Mirror for Your Experience	29
Quick Reference Matrix	30
Chapter 8. Guided Wellness Experiences	31
1. Calm Reset - The Moment of a Gentle Pause	31
2. Recovery Pause - Freedom for the Body	33
3. Nightly Closing Ritual - The Transition into Rest	35
4. Focus and Clarity – Clarity of Thoughts	38
5. Space Harmony - An Atmosphere of Intention	40
6. Balance Attunement - The Bridge Between Mind and Body	43
7. Neck and Shoulder Relief – A Moment of Physical Release	45
8. Holding and Breath - The Inner Refuge	47
9. Sensory Clarity - A Post-Screen Pause	49
10. The Gentle Practice - For Higher Sensitivity	51
11. Opening to Creativity - Awakening Inspiration	53
12. Surrounding Clarity - Refreshing the Mental Space	56
Chapter 9. Your Practice Journal - The Reflection of Your Journey	58
The Heart of Your Journal	59
The Art of Observation	59

Recognizing your Transformation	59
Chapter 10. Caring for Your Set	61
The Cleaning Ritual	61
Safe Storage	61
Checking the Sound and Vibration	62
Minor Adjustments for Your Weighted Tuning Forks	63
The Limits of At-Home Maintenance	64
Chapter 11. Frequently Asked Questions	65
Do I need to hold any particular belief to use my tuning forks?	65
If I am a beginner, which frequency is best to start with?	65
Why does it feel like my tuning fork stops vibrating quickly?	65
How do I know whether I am using my tuning forks correctly?	65
How many times a day is it recommended to practice?	66
Can I combine several frequencies in one session?	66
Is it normal for some tuning forks to sound louder than others?	66
What material are my tuning forks made of?	66
Can I share my tuning forks with other people?	66
What does it mean if I “do not feel anything” at first?	66
Is it normal to notice a slight variation in Hz tuning?	67
Chapter 12. Troubleshooting and Practice Clarity	68
The tuning fork stops vibrating or the tone fades too quickly	68
The sound is unusual or has a metallic buzz	68
The sound feels too intense or overwhelming	68
I do not feel any physical vibration in my body	69
The vibration feels different on each side of my body	69
I do not know which frequency to choose	69
A tip for simplifying your practice	69
Contact and Support: We care about your experience	70
Closing. Your path with sound	71
Final Appendix: Disclaimer and Intellectual Property	72
Health and Legal Disclaimer	72
Intellectual Property and Copyright	72

Welcome to Your Journey with Sound



We are delighted to accompany you as you take these first steps. What you hold in your hands is, above all, an open doorway into your own inner space, created especially for those who are just beginning this journey.

KALOHU™ was created to make your first experience with sound frequencies simple, intuitive, and easy to welcome into everyday life. It is not rooted in technical demands, rigid methods, or obligation, but in the gentle possibility of giving yourself a mindful pause, naturally and whenever you need it.

If you have never held a tuning fork before, you are in exactly the right place. You do not need previous experience or complex knowledge to begin; there is no single “right” way to start. Just a few minutes and attentive listening can give this set meaningful purpose in your daily life—whether you use it to begin the morning with clarity, return to center in the middle of a busy day, or settle into a deeper sense of calm at night.

We invite you to breathe, awaken the sound, and let yourself receive.

With love, Dylan and Dana

Introduction

🌿 The KALOHU System

KALOHU began as an invitation to weave sound, intention, and ritual into a personal wellness practice that is clear, accessible to beginners, and natural to integrate into everyday life.

Beyond the physical instruments, KALOHU is a thoughtfully designed ecosystem created to support your moments of mindfulness. Our deepest hope is that this set becomes a living companion rather than simply another tool—a complete support system that enriches your daily rituals.

With that intention in mind, we have created an exclusive gift for you:

- This expanded digital edition.
- Your Practice Journal.
- A thoughtfully curated series of complimentary videos.

These resources expand on what you will find in your printed guide, helping you observe and understand the beauty and flow of each practice with greater clarity.

You can access them anytime and move at your own pace. Simply scan the QR code included on your thank-you card and printed guide, or click the links thoughtfully placed throughout this eBook.

Here, frequencies are never imposed. Instead, they serve as vehicles for self-care, inviting you to reconnect with a sense of balance through attentive listening. For this reason, these pages combine clear, precise guidance with a deeply contemplative tone. Our hope is that reading this guide will feel like more than an instructional task—it will mark the beginning of your own space for inner connection.

🌿 How to Use This Guide

This guide was designed as a flexible map—a companion you can return to at your own pace. You do not need to read it from beginning to end in one sitting. To take your first steps with confidence, we suggest following this path:

- **Begin with Chapter 1, “Safety and Best Practices”:** This will help you start with safety, awareness, and confidence from the very beginning.
- **Review “Get to Know Your KALOHU Tuning Forks”:** This will introduce you to the voice, purpose, and personality of each of the four frequencies in your set.
- **Learn the activation techniques and practice modes:** Spend a few minutes becoming comfortable with the grip and the three practice modes—Contact Mode, Field Mode, and Sweep Mode—before you begin experimenting.
- **Begin with a brief practice:** We recommend starting with the “Calm Reset” ritual in Chapter 8 using your Om 136.1 Hz tuning fork, allowing yourself to experience your first pause without expectations.
- **Explore the rituals according to what you need:** Once you feel comfortable, browse the guided wellness experiences in Chapter 8 and choose the one that best supports your physical or emotional state that day.

Beyond this first journey, think of this guide as a living reference. Return to its pages whenever you need to review a technical detail, find an answer in the Frequently Asked Questions, or simply remember the value of keeping things simple.

🌿 What to Expect from a Tuning Fork Practice

We encourage you to begin with an open, curious, and realistic outlook. Exploring sound-based wellness is a deeply personal and gradual experience. KALOHU tuning forks do not impose a particular outcome; above all, they invite you to slow down.

As you integrate these tools into your routine, you may experience the practice in several dimensions:

- **Attention:** Sound can serve as a gentle anchor, helping organize your thoughts, soften mental noise, and strengthen your ability to return to the present moment.
- **Body:** Vibration adds a tactile dimension to brief rest rituals, helping create a subtle sense of ease and relaxation.
- **Inner space:** Some people notice clear changes from their first few sessions, while others experience subtler shifts—such as finding it easier to pause, breathe, and return to center.

Every experience is unique. We are clear and careful in our approach: we do not claim that any frequency has healing properties or that a brief practice can replace professional care. What we do believe is that sound and vibration, when used with intention, respect, and sensitivity, can be meaningful tools for cultivating presence and mindful self-care in everyday life.

🍃 Important Wellness and Responsible Use Notice

The content of this guide and the use of the KALOHU set are intended strictly for educational, informational, and general wellness purposes. These tools are designed to complement mindful lifestyles and self-care routines.

KALOHU tuning forks do not provide or replace a diagnosis, medical treatment, psychological therapy, or professional supervision under any circumstances.

None of the frequencies, instructions, or practices described in this document are intended to diagnose, cure, treat, or prevent any physical or mental health condition.

Use this system gently, thoughtfully, and with respect for your personal sensitivity. Listening inward is always your best guide.

Safety and Best Practices

🍃 Basic Guidelines for Use

To help ensure a safe, harmonious experience, please read and follow these essential guidelines before your first session:

- **Sensitive areas:** Never apply a tuning fork directly to the ear canal, eyes, open wounds, or areas of skin with severe irritation or inflammation.
- **Special considerations:** If you use a pacemaker or hearing aids, have a serious health condition, or are pregnant, consult your physician before using tuning forks—especially in Contact Mode.
- **Not a toy:** Tuning forks are precision metal instruments. Keep your set out of reach of young children and pets at all times.
- **Appropriate contact:** When placing a tuning fork on the body, use only the weighted models designed for this purpose: Otto 128 Hz and Om 136.1 Hz.
- **Listen to your body:** In sound-based wellness, greater force does not make a practice more effective. Always begin with a gentle activation, and stop immediately if you experience any physical or emotional discomfort.
- **Hydration:** Vibration can be a stimulating sensory experience. Drinking water before and after your practice can help you stay comfortable and support your body's natural response.

🍃 Sensitivity to Sound and Vibration

Sensitivity is not a problem; it is useful and valuable information from your body.

If you tend to respond strongly to sensory stimulation, use a gentle activation and adjust the pressure of the handle against your skin so the experience remains comfortable and reassuring. A helpful starting point is a brief pause with the following settings:

Frequency: Om 136.1 Hz.

Recommended use Field Mode (sound in the air, with no physical contact).

Position: Hold it in front of your chest and allow the sound wave to expand toward you.

Duration: A brief 20- to 30-second pause.

🍃 When to Consult a Healthcare Professional

Your well-being comes first. Consult a qualified healthcare professional before adding tuning forks to your routine if you are pregnant, have a preexisting health condition, significant sound sensitivity, or an implanted medical device such as a pacemaker, or if you have specific concerns about how your body may respond to sound and vibration.

🍃 Recommended Practice Length

There is no single required practice length in the KALOHU system. For most people, beginner sessions feel most comfortable and manageable when they last between 20 seconds and 3 minutes, depending on the selected frequency and how receptive you feel that day.

As you begin, we suggest this gentle rhythm:

- **Duration:** 20 to 30 seconds per round.
- **Suggested cycle:** Complete one to three rounds within a single session.
- **Focus:** Begin with one practice or ritual per session. Give yourself time to experience a single frequency before exploring more advanced combinations.

Foundations of Sound and Sound Practice

🍃 Sound as a Contemporary Wellness Practice



For centuries, sound has accompanied moments of contemplation, ceremony, and presence. In today's world, many people bring sound-based instruments into their routines as a way to return to themselves with greater clarity—not to do more, but to pause more intentionally.

This guide approaches sound from that perspective: as a personal, subtle practice that invites you to listen, pause, breathe, and observe.

🍃 A Brief History of the Tuning Fork

The modern tuning fork originated in England in the early eighteenth century and is attributed to musician John Shore in 1711. Its original purpose was to provide a stable reference tone so instruments could be tuned more consistently.

Over time, its tonal purity carried it beyond music. Tuning forks came to be used in acoustics, auditory exploration, and, later, contemporary listening and wellness practices. At KALOHU, we see the tuning fork as a subtle way to bring sound, attention, and intention together in everyday life.

🌿 What Is a Tuning Fork and How Does It Work?



A tuning fork is a metal instrument designed to vibrate at a specific frequency. When activated, its prongs move rapidly back and forth, creating a sound wave that travels through the air. This movement produces the clear, sustained tone you hear for several moments.

Frequency describes how many times the prongs vibrate each second, which determines the pitch of the sound. Depending on their design, some tuning forks emphasize tonal clarity, while others make the physical sensation of vibration more noticeable.

In wellness settings, tuning forks are used as supportive tools for breathing, relaxation, focus, body awareness, attentive listening, and presence-based rituals.

🍃 Experiencing Sound in Practice

The experience of sound involves more than hearing alone. It changes with distance, surroundings, attention, and the way the tuning fork is held. The same tone may feel close or expansive, defined or subtle, physical or spatial, depending on your intention and chosen practice mode.

As you explore, notice these differences:

- **With weighted tuning forks**, vibration tends to feel more physical, deep, and immersive when used in Contact Mode.
- **With unweighted tuning forks**, the tone often feels cleaner, lighter, and more oriented toward listening in the air through Field Mode and Sweep Mode.
- **With attentive listening**, sound reveals its nuances in three stages: the moment it begins, the way it lingers, and the way it fades.

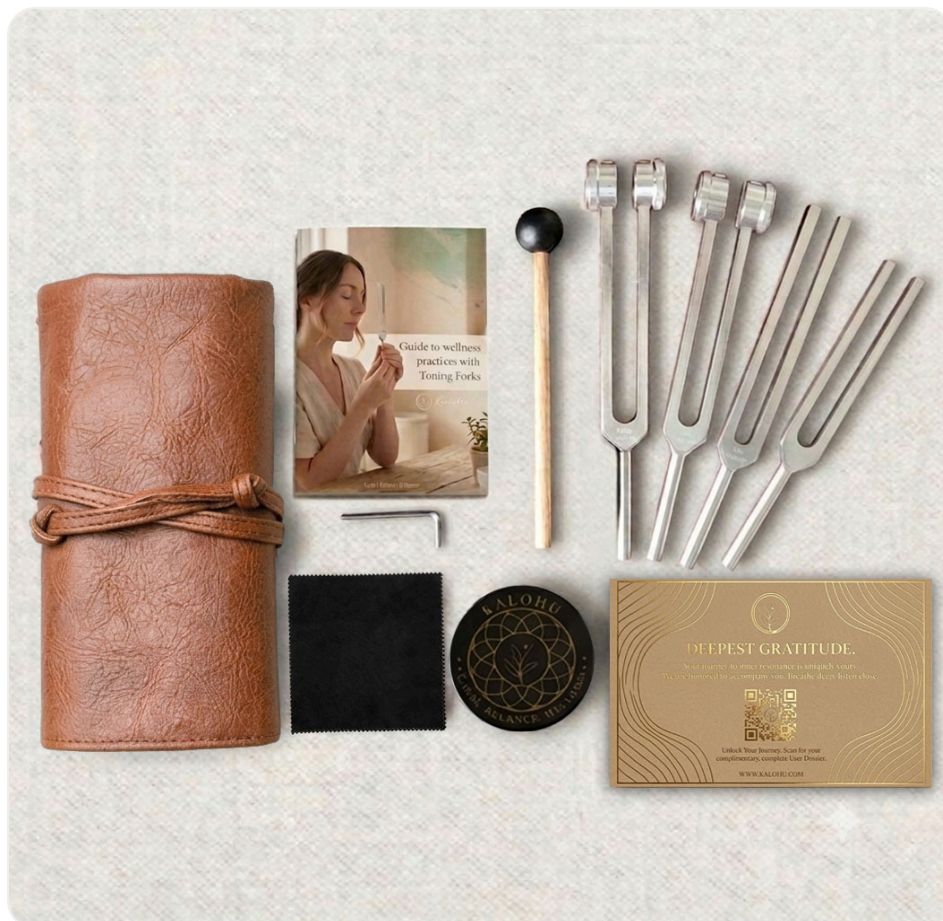
With practice, this experience can become a simple way to pause, listen, and return to the present moment.

🍃 Sound as an Anchor for Calm and Focus

When used consistently and mindfully, sound becomes a simple, predictable reference point for attention. In daily practice, this cue can help you:

- **Mark the beginning:** Use sound as a clear signal to open or close a moment of pause.
- **Filter your surroundings:** Gently shift attention away from competing stimuli that can make the mind feel overloaded.
- **Support the body:** Naturally accompany slower, deeper, more mindful breathing.
- **Cultivate observation:** Encourage a more neutral, attentive state of awareness.
- **Anchor the habit:** Reinforce the structure and consistency of your wellness routine.

Get to Know Your Tuning Fork Set



🌿 What Is Included in Your Set

Your KALOHU ecosystem includes the following elements, thoughtfully designed and made with high-quality materials to work together as a complete system:

WEIGHTED TUNING FORKS (BODY-FOCUSED FREQUENCIES)

- 1 Otto 128 Hz tuning fork
- 1 Om 136.1 Hz tuning fork

UNWEIGHTED TUNING FORKS (ACOUSTIC FREQUENCIES)

- 1 Yin 256 Hz tuning fork
- 1 Yang 384 Hz tuning fork

ACTIVATION TOOLS

- 1 firm rubber activation puck (hockey-puck style)
- 1 rubber-headed activation mallet

CARE AND STORAGE

- 1 Allen key (for adjusting the weights)
- 1 microfiber cleaning cloth
- 1 protective vegan leather case

SUPPORT AND RESOURCES

- Printed Quick Start Guide
- Digital Library access credentials
- Instructional videos in English and Spanish

🌿 The Voice of Each Tuning Fork

Your set brings together an ecosystem of frequencies designed to support personal wellness and inner awareness. Each tuning fork has its own personality, a distinct voice that may interact with your body and attention in a different way.

We invite you to explore the character of each tool and allow your intuition to become familiar with the language of its vibration.

Otto 128 Hz (Weighted) - The Physical Anchor

Its voice is low, dense, and deeply tactile. The weights at the ends of the prongs concentrate vibration through the handle, making it especially suited to contact with external areas of the body. Otto is a foundational tool for grounding attention, reconnecting with physical presence, and inviting a greater sense of ease where the body feels tense or overworked.

Om 136.1 Hz (Weighted) - The Harmonic Center

Warm, steady, and rhythmic in character, Om offers a balanced and enveloping listening experience. Its weighted design makes it well suited to Contact Mode, while its resonance can also feel gentle and immersive in Field Mode or Sweep Mode. Many people choose it when they want to soften emotional noise and return to a calmer, more centered state.

Yin 256 Hz (Unweighted) - The Note of Introspection

Subtle, light, and clarifying, Yin produces a clean, crystalline tone that travels easily through the air. Its voice invites quiet reflection and focused listening, making it a natural choice when you want to gather your thoughts, soften mental fog, and prepare your inner space for silence.

Yang 384 Hz (Unweighted) - The Frequency of Vitality

Bright, active, and expansive, Yang represents energy in motion. Because it is unweighted, its clear tone travels quickly through the air and can bring a fresh, defined quality to your surroundings. It is well suited to active focus and to marking the opening or closing of a ritual with clarity.

🌀 Benefits of Exploring Sound Combinations

Using two frequencies together can enrich the experience by creating harmonious musical intervals and distinct listening qualities:

Grounding Synergy - Otto 128 Hz with Om 136.1 Hz:

This pairing brings together physical steadiness and mental calm: one frequency anchors attention in the body while the other invites a softer emotional atmosphere. It can be a supportive choice when you feel stressed, physically tired, tense, or scattered.

Perfect Fifth Synergy - Yin 256 Hz with Yang 384 Hz:

The mathematical and musical relationship between these two frequencies creates an interval of complementary qualities: clarity and expansion. This sequence can be useful when you feel creatively stuck, mentally tired, or overstimulated, beginning with a steadier point of attention and then introducing a brighter, more energizing tone.

🕒 Anatomical Structure: Weighted vs. Unweighted Tuning Forks

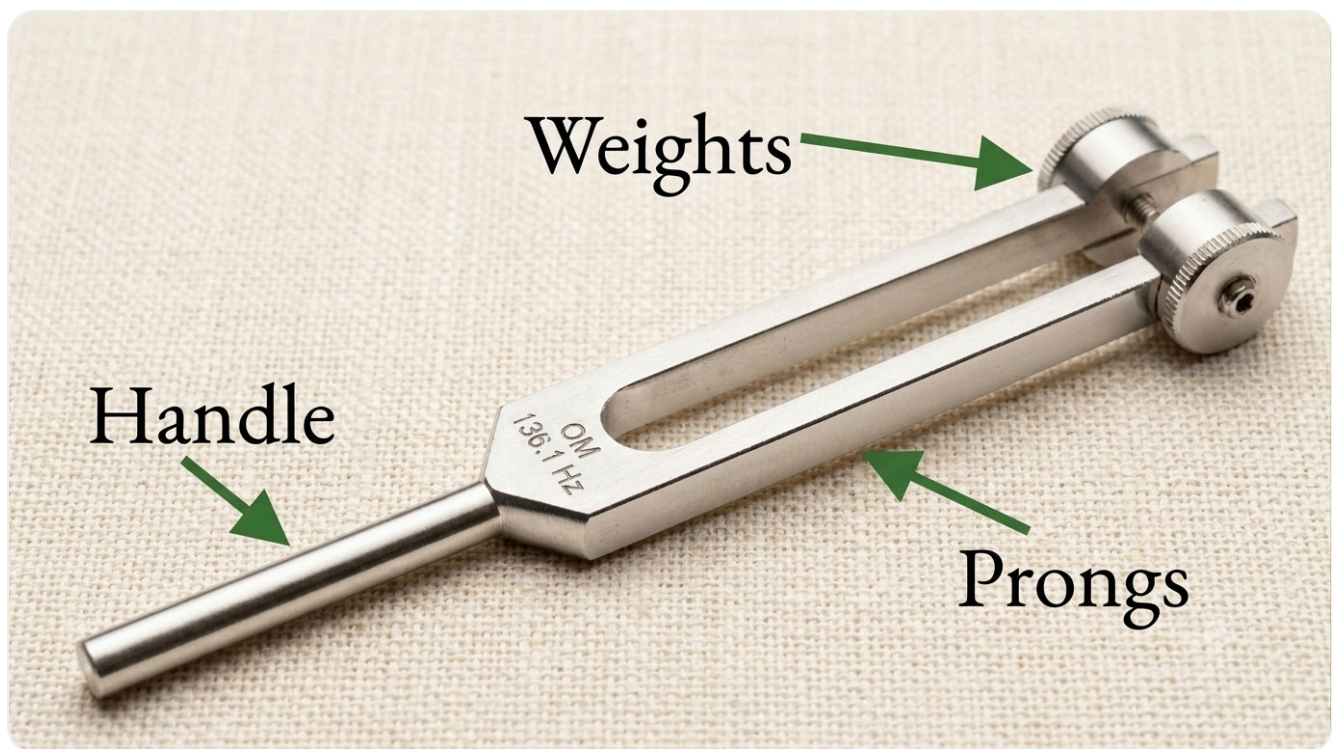
TUNING FORK ANATOMY & WEIGHT ADJUSTMENT

[CLICK HERE TO WATCH THE VIDEO OR GO TO YOUR VIRTUAL GALLERY](#)

Weighted Tuning Forks

Weighted tuning forks are easy to recognize by the metal cylinders attached to the ends of their prongs. They are designed to transmit a longer-lasting, denser, more tactile vibration through the handle. Their primary purpose is to support body awareness and a sense of physical ease through Contact Mode.

Maintenance note: Because of the intensity of their oscillation, the weights may loosen slightly after extended use. If you hear a light metallic rattle when activating a weighted tuning fork, use the included Allen key to gently and securely tighten the set screws.



Unweighted Tuning Forks

Unweighted tuning forks have smooth, uniform prongs from base to tip. They are noticeably lighter, and their oscillation emphasizes acoustic tonal clarity in the air more than physical vibration through the handle. They are ideal for attentive listening, refreshing the atmosphere of a space, and meditative sound practices.



∅ Activation and Care Accessories

Rubber Activation Puck

The rubber puck is the preferred activation surface for weighted tuning forks—Otto 128 Hz and Om 136.1 Hz. Because these instruments have greater mass, they respond well to a crisp, flat impact that produces a deep tactile resonance. The puck's density softens the mechanical sound of activation while transferring the energy needed to set the prongs in motion.

Expert tip: Avoid activating weighted tuning forks with the mallet. Its concentrated point of impact may create unwanted overtones, buzzing, or rattling.

Rubber-Headed Activation Mallet

The mallet is designed specifically for the unweighted Yin 256 Hz and Yang 384 Hz tuning forks. These lighter, higher frequencies respond best to a precise, gentle activation. A soft tap on the upper third of one prong releases a clear fundamental tone that is well suited to listening in the air at a comfortable distance from the ear.

Expert tip: Do not use force. A light tap is enough to produce the clearest, most balanced tone from your tuning forks.

Additional Tools

Allen key: Intended exclusively for preventive maintenance and minor adjustment of the weights.

Microfiber cloth: Designed to remove dust, fingerprints, and natural skin oils while helping preserve the polished metal finish.

Vegan leather case: Protects your instruments from dust and keeps the set organized at home or while traveling.

📖 Printed Resources and Digital Library

Included Printed Materials

Welcome Card + Bonus Access: Includes a QR code that takes you to the KALOHU landing page, where you can access the Digital Library and download your included bonus resources.

Quick Start Guide: A concise reference designed to help you begin using the set right away and quickly review the essential activation steps.

Digital Library (Downloadable Bonus Resources)

Beginner's Tuning Fork eBook: A detailed guide for expanding your understanding, exploring practices step by step, and finding answers to frequently asked questions.

Practice Journal: A tool for recording your day-to-day observations so you can notice patterns and changes in your personal wellness practice over time.

How to Hold and Activate Your Tuning Forks



TUNING FORK ACTIVATION

[CLICK HERE TO WATCH THE VIDEO OR GO TO YOUR VIRTUAL GALLERY](#)

The way you hold a tuning fork determines how freely it can sing. To allow the frequency to flow without restriction, follow these guidelines:

- **Find the balance point:** Always hold the tuning fork by its handle, or base. This is the point where your hand supports the instrument while allowing the upper section to vibrate freely.
- **Keep the prongs free:** Keep your fingers away from the metal prongs. Leaving them unobstructed prevents you from interrupting their movement and allows the sound to unfold from beginning to end.
- **Relax your wrist:** A relaxed wrist allows for a quick, controlled activation and a steady vibration. Your hand should feel like a natural extension of the instrument.
- **Create space:** Give the tuning fork room to resonate. Keeping the area around it free of physical obstructions allows the sound wave to expand fully through the air.

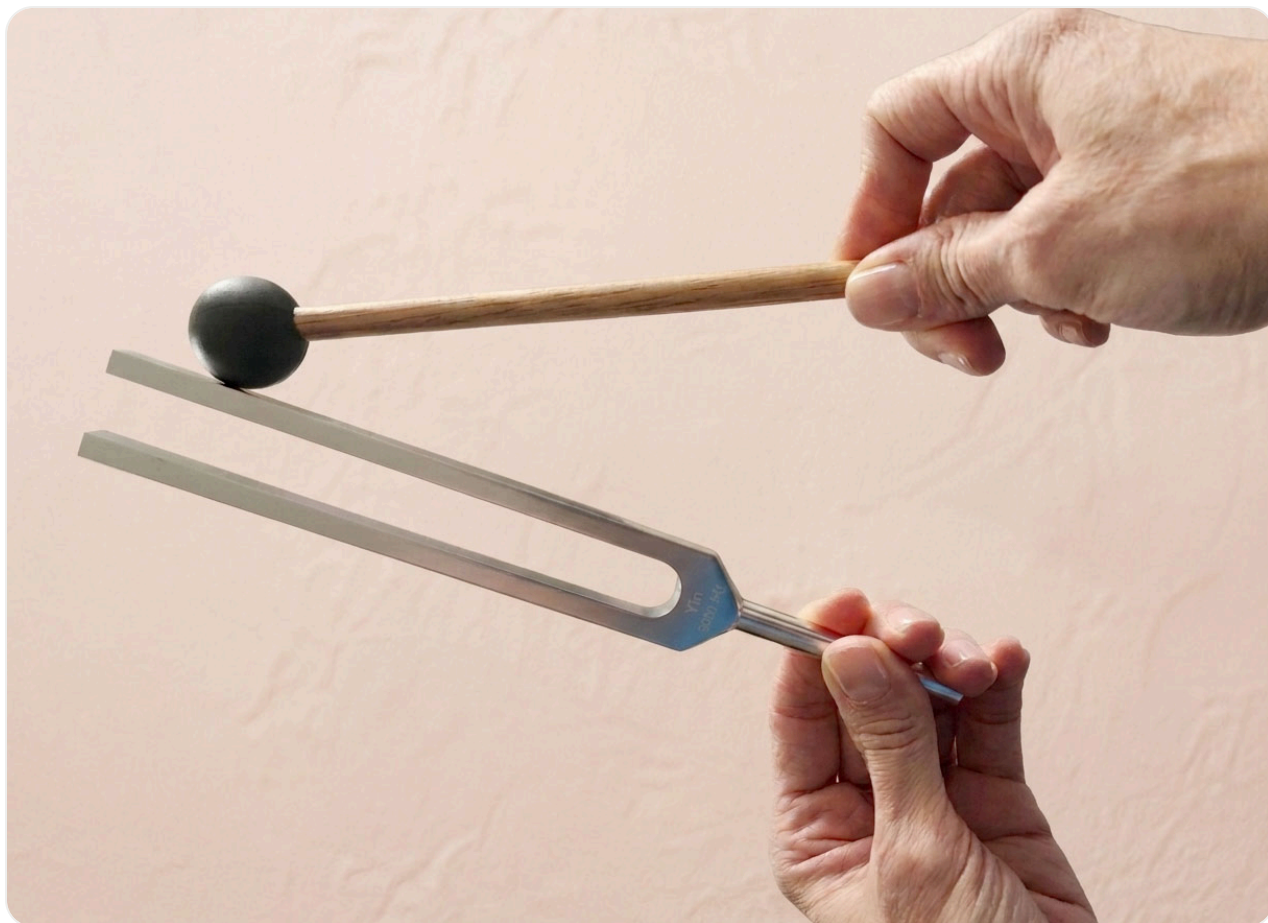
How to Activate Weighted Tuning Forks - Otto 128 Hz and Om 136.1 Hz



Activating a weighted tuning fork is the first step toward a more body-centered experience. For these deeper frequencies, the rubber activation puck is the ideal tool, helping create a clear, strong vibration with a controlled motion.

- **Grip:** Hold the tuning fork firmly by the handle without tensing your hand. Keep your wrist flexible and relaxed.
- **Activation:** Tap one prong firmly but gently against the rubber puck with a quick, controlled motion. Think of it as a brief “bounce” that allows the metal to vibrate freely. If the puck is not available, you may use the padded base of your palm or the side of your knee as a cushioned surface.
- **Application:** Once you feel the vibration come alive in your hand, place the base of the handle on an appropriate external area of the body in Contact Mode, or hold it in front of you in Field Mode and allow the wave to unfold naturally.
- **Pause:** Notice the physical vibration as it gradually fades. Honor the silence at the end before beginning the next round.
- **A detail for your practice:** Using the rubber puck avoids a harsh metal impact and helps protect the instrument’s tuning. It is a simple way to respect the precision of your tuning fork while improving the overall sensory experience.

How to Activate Unweighted Tuning Forks - Yin 256 Hz and Yang 384 Hz



Activating an unweighted tuning fork is an invitation to clarity and focus. For these light, pure tones, the activation mallet is your best tool, allowing the note to emerge cleanly and expand gently through the air.

- **Grip:** Let the handle rest lightly between your fingers, using only enough pressure to hold it securely. A gentle, tension-free grip allows the metal to resonate more fully.
- **Activation:** Hold the mallet in your other hand and give the upper third of one prong a brief, light tap. A gentle touch is enough to awaken the sound.
- **Listening:** Raise the tuning fork and hold it at a comfortable distance near the side of your ear in Field Mode, or move it slowly through the space around you in Sweep Mode. Here, the clear tone takes center stage, creating an atmosphere of focus and openness.
- **Fade:** Follow the sound with your attention until it blends into silence. Notice how your sense of space expands as the note gradually disappears.
- **A detail for your practice:** Do not aim for force; aim for clarity. The activation mallet allows the metal's natural acoustics to emerge without unnecessary tension or mechanical noise.

CARE AND FLOW DURING YOUR SESSION

How long the vibration and sound last depends on both the design of the tuning fork and your technique. It is completely natural—and an integral part of the ritual—to reactivate the instrument several times during a session whenever the intensity begins to fade.

Ways to Explore Your Tuning Forks



WAYS TO EXPLORE TUNING FORKS

[CLICK HERE TO WATCH THE VIDEO OR GO TO YOUR VIRTUAL GALLERY](#)

The beauty of the tuning fork lies in its versatility. Depending on your intention and what feels supportive in the moment, you can engage with its frequency in three different ways:

🌿 **Contact Mode: Physical Vibration**

This is direct contact between the instrument and your body. When the flat base of the handle rests gently against the skin, the experience moves beyond sound and becomes tactile, deep, and grounding. Contact Mode is for weighted tuning forks only.

Ideal for: Appropriate external areas such as the shoulders, legs, or other places where you want to focus attention through gentle tactile sensation. Always follow the safety guidelines in Chapter 1.

🌿 **Field Mode: A Sound Embrace - Stillness**

Activate the tuning fork and hold it completely still at a fixed point near the body—for example, in front of the chest—without making physical contact. The sound radiates from a steady point and surrounds you gently. This is the gentlest and most subtle way to interact with sound, and is especially suitable when you seek an experience of pause, comforting containment, and absolute serenity.

Ideal for: Practices centered on calm, people with greater sensory sensitivity, or brief pauses for presence.

🌿 **Sweep Mode: Movement Through the Air - The Path**

Sweep Mode uses continuous, slow, mindful movement around the outline of your body or through a physical space. Your hand remains in motion as the sound travels with you, tracing a gentle path through the air.

Ideal for: Refreshing the atmosphere of a room, opening or closing rituals, or supporting transitions from one environment or activity to another.

🍃 How to Choose the Right Experience

Different moments of the day may call for different forms of interaction. Let your comfort and intuition guide you:

- **Choose Contact Mode** when you want to focus on a specific external area and anchor your attention through a direct tactile sensation.
- **Choose Field Mode** when you want a gentle, quiet, deeply calming experience without overstimulating your senses.
- **Choose Sweep Mode** when you want to incorporate fluid movement or refresh the atmosphere around you.
- **A beginner's tip:** If you are not sure where to begin, start with **Field Mode**. It is the most welcoming starting point for most people and a gentle way to become familiar with the voice of your tuning fork.

Sensitivity Guide

Sound is an intimate experience, and each person perceives vibration differently. Your sensitivity may change from one day to the next depending on your surroundings or state of mind. Listen to the wisdom of your own body and adjust the intensity so your practice always feels safe and comfortable.



🍃 Lower Sensitivity

In this state, the body may comfortably welcome more direct and sustained physical stimulation.

Ideal tuning forks Otto 128 Hz and Om 136.1 Hz.

Recommended uses Contact Mode with gentle pressure, or Field Mode at a closer but comfortable distance.

Suggested cycle: Three 30-second rounds.



🍃 **Moderate Sensitivity**

This is the balanced range in which many people find their most comfortable and relaxing experience.

- Ideal tuning forks** Gentle sound combinations using different frequencies.
- Recommended use** Field Mode.

Suggested cycle: Two 20-second rounds.



🍃 Higher Sensitivity

If you are highly responsive to stimulation in your surroundings, subtlety will be your primary language and your most helpful guide.

Ideal tuning fork Om 136.1 Hz, chosen for its warm, steady, calming character.

Recommended use Field Mode, leaving a little more space between the instrument and your body.

Suggested cycle: One brief 20-second round may be enough to begin your practice comfortably.



🍃 Adjust Your Sound Experience

You are the guide of your own process. If your body asks for a gentler session at any point, honor that response by reducing:

- The length of each application
- The total number of rounds
- How close the tuning fork is to your body
- The number of different frequencies used in one session

🍃 When to Pause

Sound should always feel like a gentle companion, never a demand or an effort. Reduce the intensity, move the instrument farther away, or simply honor the silence by taking a pause if you notice:

- A sense of overload or heaviness
- An instinctive desire to move away
- Irritation in response to the tone or a feeling of excessive nervous-system activation
- Any difficulty remaining fully comfortable and at ease with the experience



The Art of Creating Your Own Practice

The heart of KALOHU comes alive when sound becomes part of your personal story. This chapter invites you to make the practice your own by learning how to shape meaningful moments of wellness using the structure behind every ritual in this guide.

🌿 The Structure of a KALOHU Ritual

To create a practice with meaning, follow this simple sequence. It turns a mechanical action into an intentional space for connection:

Settle into Your Space



Choose a quiet corner and reduce external distractions. Warm lighting or the simple act of lighting a candle can become a cue that tells your mind the ritual has begun.

Listen to Your Current State

Close your eyes and sense where your need resides. Is it physical heaviness in the body, persistent noise in the mind, or emotional overload?

Define Your Purpose and Intention

Once you have identified your current state, name your purpose—for example, “Release tension”—and anchor the practice with a brief intention statement written in the present tense and meaningful to you.

Choose Your Frequency and Practice Mode

Select a tuning fork according to the character of its voice:

Body and Physical Ease: Otto 128 Hz in Contact Mode is your primary tool when you want to soften the perception of muscular stiffness and reconnect with physical presence.

Calm and Emotional Centering: Use Om 136.1 Hz in Field Mode for a gentle sense of emotional support, or in Contact Mode for a more tactile grounding experience. Choose it when you feel scattered and want to return to center.

Focus and Mental Clarity: Use Yin 256 Hz in Field Mode in front of the face, at a comfortable distance. Its clear tone supports introspection, attentive listening, and a quieter mental space.

Opening and Refreshing a Space: Use Yang 384 Hz in Sweep Mode. Its bright, defined tone and fluid movement make it well suited to marking the beginning of an intention, closing a ritual, or refreshing the atmosphere around you.

Breathe and Activate

Take three slow, mindful breaths, inhaling through your nose and exhaling fully through your mouth. Activate the tuning fork with the appropriate tool and continue breathing naturally as you follow the vibration. Let each exhale become a bridge that allows the sound to settle inward.

Rest in the Silence

When you complete your rounds, lower the tuning fork gently. Remain still and observe the echo of the vibration in your sensations and thoughts.

🍃 **The Art of Combining**

Once you feel comfortable with individual frequencies, you can bring two of them together to create a more layered experience:

Earth and Heart: Begin with Otto 128 Hz in Contact Mode to invite physical ease, then close with Om 136.1 Hz in Field Mode to support a quieter emotional atmosphere.

Harmony of Hemispheres: Alternate Yin 256 Hz and Yang 384 Hz to find balance between mental structure and creative expansion.

🍃 **The Practice Journal: A Mirror for Your Experience**



Keep your Practice Journal nearby whenever possible. Briefly recording how you felt before a practice and what you noticed afterward can help you identify subtle patterns and become more aware of how your personal wellness routine evolves over time.

Remember: The goal is not perfect technique, but gentle presence. Less is often more when every movement is intentional.

🍃 Quick Reference Matrix

Tuning Fork	Type	Ideal Activator	Practice Focus	Suggested Modes
Otto128 Hz	Weighted	Rubber puck	Physical / Skeletal	Contact
Om136.1 Hz	Weighted	Rubber puck	Physical / Emotional	Contact / Field
Yin256 Hz	Unweighted	Rubber mallet	Mental / Auditory	Sweep / Field
Yang384 Hz	Unweighted	Rubber mallet	Energetic / Spatial	Sweep / Field

Guided Wellness Experiences

Now it is time to let sound speak through your own experience. These rituals are small ceremonies designed to turn your routine into a space for reconnection. Move naturally through each step, make the practices your own, and allow the frequency to meet you where you are today.

1. Calm Reset - The Moment of a Gentle Pause



Its purpose is to soften the rush of the outside world and create space for inner quiet.

INTENTION STATEMENT

I inhale serenity; I exhale the noise of the world.

Ideal tuning fork Om 136.1 Hz for emotional balance

Activator Rubber puck

Recommended use Contact Mode

STEPS FOR YOUR RITUAL

- ① Sit comfortably in a quiet place. Hold your tuning fork and awaken its vibration with a firm, controlled tap on the rubber puck.
- ② Place the base of the handle gently on the center of your chest, over the sternum. Close your eyes and allow the physical vibration to become a deep sensory experience that helps quiet your inner rhythm.



- ③ Maintain gentle pressure for as long as the resonance lasts, allowing the physical contact to anchor you in the present moment.
- ④ Complete three 30-second rounds. If the vibration fades, gently reactivate your tuning fork.
- ⑤ Lower the tuning fork and rest in silence for three slow breaths, noticing the echo of the vibration in your chest.
- ⑥ Take a moment to record your experience in your Practice Journal.

SIGNS OF HARMONY

A greater sense of inner space, calmer breathing, and softer mental noise.

SHORT VERSION

Complete one 30-second round in Contact Mode at the center of the chest.

2. Recovery Pause - Freedom for the Body



Its purpose is to dissolve accumulated stiffness and restore mobility, allowing the deep vibration to release tension from tissues and pressure points.

INTENTION STATEMENT

I release physical heaviness; my body returns to fluidity and space.

Ideal tuning fork Otto 128 Hz for physical ease

Activator Rubber puck

Recommended use Contact Mode

STEPS FOR YOUR RITUAL

- ① Identify an appropriate external area where you feel heaviness, soreness, or stiffness, such as the lower back muscles, knees, feet, trapezius muscles, shoulders, hands, or forearms. Avoid sensitive or restricted areas listed in Chapter 1.
- ② Awaken the Otto 128 Hz with a firm, crisp tap on the rubber puck to create a clear vibration.
- ③ Place the base of the handle gently on the selected area for 30 seconds and notice how the vibration travels through the surrounding tissues. You may move the contact point to other areas that feel tense or sore.



- ④ Close your eyes and visualize the tuning fork's dense wave softening areas of tension and inviting a greater sense of flexibility and ease.
- ⑤ Complete up to six rounds, resting in the silence and the sense of release that remains as the vibration fades.
- ⑥ Take a moment to record your experience in your Practice Journal.

SIGNS OF HARMONY

A reduced perception of stiffness, easier movement, and a more conscious sense of connection with your body.

SHORT VERSION

Complete three 30-second rounds in Contact Mode on the selected area.

🍃 3. Nightly Closing Ritual - The Transition into Rest



Its purpose is to support a gentle transition away from the day, using a clear tone to quiet mental activity and tactile vibration to help you let go of physical heaviness.

INTENTION STATEMENT

I quiet my thoughts, release my body, and surrender to rest.

Ideal tuning forks	Yin 256 Hz for mental quiet and Otto 128 Hz for deep relaxation
Activators	Rubber mallet for Yin and rubber puck for Otto
Recommended use	Sweep Mode for Yin and Contact Mode for Otto

STEPS FOR YOUR RITUAL

- 1 Soften the lighting in your room and sit or lie down in a comfortable resting position.
- 2 Gently activate the Yin 256 Hz and hold it in front of your body without contact. Make a slow downward sweep from above the head, moving in front of the chest, abdomen, pelvis, and legs.



- ③ Complete three rounds of this downward path without bringing the tuning fork close to your ears. Notice how its soft, crystalline note helps gather your thoughts and prepare your inner space for silence.
- ④ Awaken the Otto 128 Hz and gently place the base of the handle on an appropriate external contact point—such as the upper chest, lower abdomen, thighs, or soles of the feet—until the vibration fades, based on your comfort and the safety guidance in Chapter 1.



- ⑤ Let the dense vibration become a cue for calm and relaxation as you prepare for rest.
- ⑥ Remain completely still for one minute, noticing the lightness of your body and the serene stillness of your mind before turning off the light.
- ⑦ The next morning, take a moment to record your experience in your Practice Journal.

SIGNS OF HARMONY

Yawning, a comfortable sense of relaxation in the arms or legs, and a greater willingness to become still.

SHORT VERSION

Complete one 30-second round with Yin 256 Hz in Field Mode in front of the face, followed by one 30-second round with Otto 128 Hz in Contact Mode at a comfortable external contact point.

4. Focus and Clarity – Clarity of Thoughts



Its purpose is to organize attention and clear mental noise.

INTENTION STATEMENT

My mind is a clear sky; my attention is present and steady.

Ideal tuning fork	Yin 256 Hz for introspection and mental organization
Activator	Rubber mallet
Recommended use	Field Mode to prioritize the acoustic experience

STEPS FOR YOUR RITUAL

- 1 Sit upright in a relaxed, attentive posture.
- 2 Awaken the Yin 256 Hz with a precise, gentle tap from the rubber mallet.
- 3 Hold it vertically in front of your face without contact, at a comfortable distance, and allow its crystalline tone to become a clear point of focus.



- ④ After 20 seconds, lower the tuning fork and take a deep breath.
- ⑤ Complete five to six rounds and finish with a slow exhale.
- ⑥ At the end, silently name the one task that will receive your full attention today.
- ⑦ Take a moment to record your experience in your Practice Journal.

SIGNS OF HARMONY

A more organized state of mind and less urgency to multitask.

SHORT VERSION

Complete two 20-second rounds in Field Mode in front of the face.

5. Space Harmony - An Atmosphere of Intention



Its purpose is to refresh the atmosphere of a room or mark the beginning of an intention while bringing your attention into relationship with your surroundings.

INTENTION STATEMENT

This space is a sanctuary of light and harmony.

Ideal tuning forks	Yang 384 Hz for a bright, refreshing tone and Om 136.1 Hz for reconnecting your inner rhythm with the renewed atmosphere
Activators	Rubber mallet and rubber puck
Recommended use	Sweep Mode for Yang and Contact Mode for Om

STEPS FOR YOUR RITUAL

- 1 Take a deep breath in the quiet and allow your intention statement to settle within you.
- 2 Activate the Om 136.1 Hz and place the base of the handle gently on the sole of one foot for 30 seconds, then repeat on the other side. Notice the grounding sensation of the vibration.



- ③ Reactivate the tuning fork as needed while completing the same contact practice on the opposite foot.
- ④ Awaken the Yang 384 Hz and move mindfully through the room, making slow circular sweeps from the farthest corners toward the center. Visualize its clear tone refreshing the atmosphere.



- ⑤ To finish, activate the Om 136.1 Hz and use it in Field Mode in front of your chest, allowing your attention to settle into the atmosphere you have created.



- ⑥ Remain still for a moment, enjoy the renewed sense of clarity in the room, and record your experience in your Practice Journal.

SIGNS OF HARMONY

A greater sense of clarity, order, and presence in the room.

SHORT VERSION

Complete one Sweep Mode round with Yang 384 Hz through the corners and center of the room, then finish with a deep breath.

6. Balance Attunement - The Bridge Between Mind and Body



Its purpose is to harmonize the two brain hemispheres, allowing the Perfect Fifth interval to bring order to thought.

It's ideal when you feel your mind going one way and your body another.

INTENTION STATEMENT

I return to my center, in perfect balance with the whole.

Ideal tuning forks	Yin 256 Hz and Yang 384 Hz, a Perfect Fifth pairing for balance and harmony
Activator	Rubber mallet
Recommended use	Field Mode with two-sided listening

STEPS FOR YOUR RITUAL

- 1 Sit with your spine upright but relaxed and take a deep breath.
- 2 Hold one tuning fork in each hand—Yin in one and Yang in the other—gripping each one securely by the base of the handle.
- 3 To awaken both frequencies at the same time, gently tap the prongs against your knees simultaneously with a controlled motion.
- 4 Position one tuning fork on each side of your head at a comfortable distance from the ears, taking care never to touch or point directly into the ear canal.



- ⑤ Listen for 30 seconds, then gently switch sides to complete the round.
- ⑥ Complete two rounds. To finish, inhale through your nose for a count of four and exhale through your nose for a count of six.
- ⑦ Take a moment to record your experience in your Practice Journal.

SIGNS OF HARMONY

Softer mental noise and breathing that returns to a natural, steady rhythm.

SHORT VERSION

Complete one 20-second round with the tuning forks positioned on either side of your head without touching the ear canal.

7. Neck and Shoulder Relief – A Moment of Physical Release



Its purpose is to support a sense of release in areas that commonly feel tense or overworked through a deep tactile vibration.

INTENTION STATEMENT

I release the weight that is not mine; my shoulders are free to rest.

Ideal tuning fork	Otto 128 Hz for a deep tactile experience
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Activator	Rubber puck
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Recommended use	Contact Mode
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STEPS FOR YOUR RITUAL

- 1 Sit with both feet resting on the floor.
- 2 Awaken the Otto 128 Hz with a firm, controlled tap on the rubber puck.
- 3 Place the base of the handle gently on the left trapezius muscle and maintain light pressure for 30 seconds.



- ④ Feel how the physical vibration expands and dissolves the stiffness in your muscle fibers.
- ⑤ Complete three rounds, then repeat on the opposite side.
- ⑥ Lower the tuning fork and remain in silence for a few moments as you observe your physical sensations.
- ⑦ Take a moment to record your experience in your Practice Journal.

SIGNS OF HARMONY

A lighter feeling across the shoulders, subtle warmth, a softer sensation in areas that previously felt tight, or a spontaneous sigh as the nervous system releases its burden.

SHORT VERSION

Complete one 30-second round in Contact Mode on each side.

8. Holding and Breath - The Inner Refuge

CONTAINMENT & BREATH

[CLICK HERE TO WATCH THE VIDEO OR GO TO YOUR VIRTUAL GALLERY](#)

Its purpose is to gently accompany moments of emotional intensity.

INTENTION STATEMENT

I hold myself through the storm; I am my own refuge.

Ideal tuning fork Om 136.1 Hz for emotional balance

Activator Rubber puck

Recommended use Field Mode

STEPS FOR YOUR RITUAL

- 1 Before you begin, place your hands over your heart if that feels comforting.
- 2 Activate the Om 136.1 Hz and hold it still in Field Mode in front of your chest for 30 seconds. Allow its subtle vibration and warm tone to create a gentle, supportive space around you.



- ③ With each exhale, let your mind rest on the phrase: “I return to this moment. I am here.”
- ④ Reactivate the tuning fork and complete four to five rounds, allowing the sound to remain a steady point of support.
- ⑤ If the emotion becomes too intense, stop the practice and return to simple, natural breathing.
- ⑥ Take a moment to record your experience in your Practice Journal.

SIGNS OF HARMONY

Spontaneous sighs, a greater sense of safety, and emotions that feel easier to hold.

SHORT VERSION

Complete two 30-second rounds in Field Mode in front of the chest.

9. Sensory Clarity - A Post-Screen Pause



Its purpose is to give your eyes and attention a quiet break after extended use of electronic devices.

INTENTION STATEMENT

I return to the beauty of what is real; my eyes rest and my attention becomes clear.

Ideal tuning fork	Yin 256 Hz for a quiet, focused listening experience
Activator	Rubber mallet
Recommended use	Field Mode

STEPS FOR YOUR RITUAL

- 1 Look away from your electronic devices and allow your shoulders to relax.
- 2 Activate the Yin 256 Hz with a precise, gentle tap, listening for its clearest tone.
- 3 With your eyes closed, hold the tuning fork in front of you without contact and let the note become a calm alternative to the visual stimulation of the screen.



- ④ Reactivate it and slowly trace clockwise circles in the air at a comfortable distance from your closed eyes for 30 seconds.
- ⑤ Visualize the sense of heaviness around your eyes softening as your gaze is given time to rest.
- ⑥ Complete four to seven rounds only if the experience remains comfortable. Use fewer rounds if you are highly sensitive.
- ⑦ Finish by opening your eyes slowly and looking at a distant point, allowing your vision to readjust to the physical space around you.
- ⑧ Record your experience in your Practice Journal.

SIGNS OF HARMONY

A more rested feeling around the eyes and a broader awareness of your surroundings.

SHORT VERSION

Complete one 20-second round in front of your closed eyes, followed by one 30-second round tracing circles in the air.

10. The Gentle Practice - For Higher Sensitivity



Its purpose is to offer a very gentle, low-intensity experience for people who are highly responsive to sensory stimulation.

INTENTION STATEMENT

My sensitivity is my guide; I rest within my space in peace and safety.

Ideal tuning fork	Om 136.1 Hz for a warm, calming experience
Activator	Rubber puck
Recommended use	Field Mode

STEPS FOR YOUR RITUAL

- 1 Choose a place that feels sheltered from external noise.
- 2 Awaken the Om 136.1 Hz with a very gentle tap on the rubber puck.
- 3 Begin by holding the tuning fork completely still in front of your chest without contact until the vibration fades.



- ④ Reactivate the Om 136.1 Hz and move it very slowly through the air from shoulder to shoulder for 30 seconds, tracing an arc in front of you.
- ⑤ Imagine the subtle sound creating a soft boundary around you, helping reduce the impact of excessive stimulation.
- ⑥ Complete three full rounds of this slow, pendulum-like motion, or fewer if that feels more comfortable.
- ⑦ Finish with gentle breathing and recognize that you can return to calm within this space of silence and subtle sound.
- ⑧ Take a moment to record your experience in your Practice Journal.

SIGNS OF HARMONY

A sense of calm without sensory overload.

SHORT VERSION

Complete one slow 30-second round in Field Mode, tracing an arc between the face and chest.

11. Opening to Creativity - Awakening Inspiration



Its purpose is to soften mental noise and create space for new ideas.

INTENTION STATEMENT

My mind is fertile ground; I open my vision to new possibilities.

Ideal tuning forks	Yin 256 Hz for a quieter mental space and Yang 384 Hz for a brighter, more expansive listening experience
Activator	Rubber mallet
Recommended use	Sweep Mode

STEPS FOR YOUR RITUAL

- ① Find a comfortable posture and imagine your mind as a sky ready to release unnecessary clouds.
- ② Awaken the Yin 256 Hz and make slow circular sweeps in front of your upper chest and throat without touching the body. Notice how its crystalline tone supports your attention and brings order to your inner space.



- ③ Activate the Yang 384 Hz. Make gentle upward sweeps from throat level into the open space above and slightly in front of your head, keeping a safe distance from your body. Imagine the bright tone opening your thoughts to inspiration.



- ④ As the sound fades, remain in silence for one minute and rest in the sense of openness that remains.
- ⑤ Complete three rounds in this order: Yin first for steadiness, followed by Yang for brightness and expansion.
- ⑥ Take a moment to record your experience in your Practice Journal.

SIGNS OF HARMONY

A lighter feeling around the forehead, greater flow in your ideas, and renewed enthusiasm for your projects.

SHORT VERSION

Complete one Yin sweep in front of the heart area, followed by one gentle upward Yang sweep into the space above you.

12. Surrounding Clarity - Refreshing the Mental Space

ENVELOPING CLARITY

[CLICK HERE TO WATCH THE VIDEO OR GO TO YOUR VIRTUAL GALLERY](#)

Its purpose is to soften sensory overload and return to focus after a mentally demanding day.

INTENTION STATEMENT

I clear my mental space; I return to clarity and focus.

Ideal tuning fork Yang 384 Hz for a bright tone and renewed attention

Activator Rubber mallet

Recommended use Sweep Mode

STEPS FOR YOUR RITUAL

- 1 Sit in a relaxed posture and take a deep breath, letting your shoulders soften. Imagine a gentle thread of light lengthening your posture upward.
- 2 Awaken the Yang 384 Hz with a clean tap. Hold it in the air above and slightly in front of you, at a safe distance from your head, and trace slow horizontal circles.



- ③ Reactivate the tuning fork and trace a descending spiral through the air, beginning above and in front of your head, moving down in front of your face, and circling gently around the neck area without touching the body.
- ④ Imagine the frequency sweeping away the sense of mental heaviness and leaving a clearer path for your attention.
- ⑤ Finish by closing your eyes and allowing the final note to disappear into silence as you rest in this renewed sense of clarity.
- ⑥ Take a moment to record your experience in your Practice Journal.

SIGNS OF HARMONY

A lighter feeling around the forehead and a subtle sense of mental spaciousness.

SHORT VERSION

Complete one round of descending spiral sweeps from the space above your head toward the front of your face.

Your Practice Journal - The Reflection of Your Journey

Keeping a record is not a requirement; it is an invitation to observe yourself more deeply.

Writing down your experiences can help you notice subtle patterns, identify which frequencies feel most supportive at different times, and recognize changes that might otherwise go unnoticed in the pace of daily life. It is also a meaningful way to cultivate consistency in your self-care practice.



🍃 The Heart of Your Journal

Simplicity is key. After each ritual, take a moment to jot down what matters most. You don't need to fill entire pages—just a few brief lines are enough to ground the experience:

- The date and time of day
- The tuning fork and ritual you chose
- How you felt before you began
- How you felt when you finished

🍃 The Art of Observation

To nurture your Practice Journal, pay attention to small details during and after each session. True mastery lies in noticing what is subtle:

- The natural rhythm of your breathing
- A lighter feeling in your shoulders or greater ease in your jaw
- The pace of your thoughts or the level of mental quiet you notice
- Your desire for stillness, or the impulse to keep moving
- A wonderful sense of inner spaciousness and openness

🍃 Recognizing your Transformation

When you reread your notes several weeks later, do not look for perfect or immediate results. Instead, look for patterns and gradual signs of well-being. These are examples of observations you might find in your journal:

I transition into rest more easily when I use Yin 256 Hz for a quieter mind and Otto 128 Hz for a grounding tactile experience before bed.

My shoulders feel less stiff when I use Otto 128 Hz after a physically demanding day.

I feel more present and emotionally supported when I begin my pause with Om 136.1 Hz.



Caring for Your Set

Your KALOHU tuning forks are precision instruments created to accompany your personal wellness practice. Caring for them is a natural extension of that practice: a gesture of reciprocity that helps preserve their resonance, appearance, and performance over time.

🌿 The Cleaning Ritual

To preserve the clarity of their tone, gently wipe your tuning forks with the cloth included in your set after each session. You may also use a cotton swab or another soft, dry cloth. A light dry cleaning is usually enough to remove dust, fingerprints, and surface moisture.

For a deeper cleaning, use a small amount of mild soap diluted in water. Dry the tuning forks thoroughly to prevent moisture-related damage or oxidation. Because of the material and finish, never use alcohol, harsh chemicals, or corrosive cleaners that could alter the metal surface.



🌿 Safe Storage

When not in use, place your tuning forks in their vegan leather case. This helps protect them from excessive humidity, direct sunlight, dust, and sudden environmental changes. To preserve their tuning and physical integrity, do not strike them against hard surfaces, drop them, carry them loose where they can knock against one another, place heavy objects on top of them, or attempt to force or bend the prongs.



🍃 Checking the Sound and Vibration

The most practical way to monitor the condition of your tuning forks is to become familiar with how they normally sound and feel. A tuning fork in good condition should produce a clean vibration and a stable tone.

To check their response:

- Hold the tuning fork securely by the handle.
- Activate it with moderate intensity using a clear, precise tap and the recommended activator for that frequency.
- Listen for the instrument's usual clear tone and notice whether you hear any unusual metallic buzzing or rattling.
- Your perception, trained through your daily practice, is the most precise instrument for noticing whether your tuning fork needs readjustment. Trust what you hear.



🍃 Minor Adjustments for Your Weighted Tuning Forks

It's natural that, with regular use or transportation, the weights on the arms of your Otto 128 Hz and Om 136.1 Hz tuning forks may loosen slightly. If a weight feels loose, the tuning fork vibrates much less than before even with good technique, or you notice an unusual rattling sound when activating it, use the Allen key included in your set to restore its firmness. A subtle, gentle adjustment is enough for the vibration to regain its original stability, allowing the instrument to return to its state of technical harmony.



🍃 The Limits of At-Home Maintenance

To protect your well-being and preserve the integrity of each frequency, never file the metal, force the weights, or alter the physical structure of the instrument. If you feel a tuning fork needs additional technical attention, contact us at support@kalohu.com and our support team will be happy to help you find the best solution.

Frequently Asked Questions

As you become familiar with your set, it is completely natural to have questions about the details of the practice or the way your senses respond. This section addresses the most common questions so you can better understand your instruments and continue exploring sound with confidence.

🍃 **Do I need to hold any particular belief to use my tuning forks?**

Not at all. Your set is designed to be open and accessible. You can approach the practice from a practical, sensory perspective and use it simply as a time to pause, listen, breathe, and observe how you feel. If you are also drawn to contemplative or meditative practices, the instruments can fit naturally into those rituals as well. No particular belief system is required.

🍃 **If I am a beginner, which frequency is best to start with?**

For many people, Om 136.1 Hz is a welcoming place to begin. We recommend using it in Field Mode, held gently in front of your chest, for a first experience that feels soft and immersive.

🍃 **Why does it feel like my tuning fork stops vibrating quickly?**

This is normal. The length of the resonance depends on several factors, especially a relaxed grip, appropriate activation strength, and the design of the instrument. Reactivating the tuning fork during your practice is a natural part of the ritual whenever the sound begins to fade.

🍃 **How do I know whether I am using my tuning forks correctly?**

You are following the basic technique when you hold the handle without squeezing it, use the recommended activator, and allow the sound or vibration to unfold without pointing the prongs into the ear canal.

Beyond technique, a helpful sign is that you feel calm, comfortable, and free from pressure to perform. If the practice creates a gentle pause, you are on the right path.

🍃 How many times a day is it recommended to practice?

One to three brief practices per day is a gentle, sustainable rhythm, provided each session remains comfortable and pleasant. In sound-based wellness, more is not always better. The quality of the pause and the presence you bring to it matter more than the amount of time you practice.

🍃 Can I combine several frequencies in one session?

Yes, you can. That said, we suggest beginning simply so you can learn to distinguish the voice of each frequency. Once you feel familiar with them, you can create your own combined rituals. For example, you might use the Otto 128 Hz to support bodily grounding and close with the Om 136.1 Hz to help settle calm into your emotions.

🍃 Is it normal for some tuning forks to sound louder than others?

It's completely natural—each instrument has a distinct purpose. The Yin 256 Hz and Yang 384 Hz carry a crystalline tone that unfolds easily through the air. Grounding frequencies like the Otto 128 Hz and Om 136.1 Hz, on the other hand, offer a subtle whisper, since their energy is designed to be felt as a deep vibration in the body rather than simply heard.

🍃 What material are my tuning forks made of?

Your instruments are crafted from a high-quality aluminum alloy. It is a lightweight and highly durable material, carefully chosen to promote clear resonance and sustain tuning during your wellness rituals.

🍃 Can I share my tuning forks with other people?

While your set is a tool for personal connection, you're welcome to share the experience of sound with others if you'd like. If you choose to do so, we suggest performing the small cleansing ritual with your microfiber cloth after each use, to prepare the instrument before it returns to your own practice.

🍃 What does it mean if I “do not feel anything” at first?

This is quite common. Sometimes the mind searches for overwhelming sensations, and we miss what is subtle. If this happens, we suggest shortening your practice time, pairing it with deep breaths, and choosing the simplest ritual to begin with. Perception is refined through consistency.

🍃 **Is it normal to notice a slight variation in Hz tuning?**

Yes, this is entirely natural. Metal is a living material that responds subtly to changes in temperature and altitude. A slight deviation is normal and does not affect the purity of your practice in any way, nor the sense of relief that the vibration and sound bring to your well-being.

Troubleshooting and Practice Clarity

Staying in tune with your tools sometimes calls for small adjustments in technique. This quick-reference guide is designed to help you easily resolve any practical issues, restoring the flow of your session and ensuring your set always responds with its usual clarity.

🍃 The tuning fork stops vibrating or the tone fades too quickly

What might be happening: A tap that's too soft, a rigid grip that blocks the metal, or unintentional contact with the upper prongs. When using contact mode, pressing the instrument too firmly against the body also slows its oscillation.

How to fix it: Hold the instrument firmly but without tensing your hand, always by the lower handle. Activate it with a clear strike using the appropriate accessory, and when placing it on the body, apply gentle pressure; remember that it's the vibration that should do the work, not your physical pressure.

🍃 The sound is unusual or has a metallic buzz

What might be happening: Activation on a surface that's too hard, or, in the case of the Otto 128 Hz and Om 136.1 Hz tuning forks, a weight that has subtly loosened due to use or transport.

How to fix it: Make sure you always activate the instrument on the recommended accessory. If the buzzing persists, use the Allen key included in your set to make a minimal, subtle, and gentle adjustment to the weight screws.

🍃 The sound feels too intense or overwhelming

What might be happening: You're holding the instrument too close to your ear canal, pointing the prongs directly toward you, or doing too many rounds in a row.

How to fix it: Increase the distance. Let the sound wave brush past you from the side, keeping the instrument a few inches from your head. If the intensity persists, reduce the number of rounds and take longer pauses between each cycle to allow your nervous system to process the stimulus.

🍃 I do not feel any physical vibration in my body

What might be happening: You're trying to use the Yin 256 Hz or Yang 384 Hz tuning forks in contact mode (these have no weights and are designed for the acoustic field), or you're applying so much pressure on the skin that you're dampening the movement.

How to fix it: For tactile vibration, use Otto 128 Hz or Om 136.1 Hz. Place the flat base of the handle gently but securely on an appropriate external area and allow the vibration to spread naturally.

🍃 The vibration feels different on each side of my body

What might be happening: This is a normal difference in perception. The body is not perfectly symmetrical, and sensation or tension may differ from one side to the other.

How to fix it: Do not try to force symmetry by striking harder. Repeat the practice calmly on both sides, observe the difference without judgment, and rest in the intensity that feels most comfortable and reassuring.

🍃 I do not know which frequency to choose

If you look at your set and feel there are too many options, ask yourself these questions before beginning:

- Does my body feel tense or in need of a grounding tactile experience? Choose Otto 128 Hz.
- Am I looking for emotional calm or a gentle sense of support? Choose Om 136.1 Hz.
- Do I want to focus my attention and quiet mental noise? Choose Yin 256 Hz.
- Do I want to refresh the atmosphere around me? Choose Yang 384 Hz.

🍃 A tip for simplifying your practice

If the ritual structures ever feel overwhelming, return to the heart of KALOHU. Clear the space and reduce your practice to its simplest form: one tuning fork, a single area of the body, one mindful breath, and no more than three rounds. Intention and presence will always be more powerful than complex technique.

🍃 **Contact and Support: We care about your experience**

At KALOHU, our relationship with you does not end when you open the box—it begins there. We deeply value the trust you have placed in us to accompany your moments of reflection, and we are committed to offering support that is as thoughtful and dependable as the instruments themselves.

If anything does not feel right or you experience a problem with your set, feel completely free to write to us at support@kalohu.com. We will be on the other side to read you with care and, when appropriate, send a replacement set or issue a refund. Your peace of mind is our priority, and we are here to help restore harmony to your practice.

Closing. Your path with sound

KALOHU tuning forks find their fullest purpose when they become more than external objects and grow into a living practice—a simple, personal, consistent space within your daily life. Remember that this journey is not about perfection. It is about meeting the moment with presence, gentleness, and clarity.

As you close this guide, carry these three intentions with you:

- **Gentleness:** Approach each session with subtlety, allowing your body and mind to settle before awakening the sound.
- **Simplicity:** Honor the value of keeping things simple by choosing one practice at a time and moving without haste.
- **Attentive listening:** Notice what changes within you and welcome even the subtlest shifts in your experience.

That small gesture sustained over time—the quiet pause you give yourself in the middle of a noisy day—can become a meaningful and lasting part of your personal wellness routine.

Thank you for allowing us to accompany your journey!

Final Appendix: Disclaimer and Intellectual Property

🍃 Health and Legal Disclaimer

This product is not a medical device. None of the items included in this set, nor the contents of this guide, have been evaluated by the U.S. Food and Drug Administration (FDA) or by any other national or international health regulatory agency.

KALOHU tuning forks are designed exclusively as supportive tools for personal wellness, relaxation, and introspection. They are not intended to diagnose, treat, cure, mitigate, or prevent any disease or medical condition, whether physical or mental.

Individual experiences vary, and no specific results are guaranteed. By using this set, the user accepts full responsibility for their practice. Listening inward, exercising sound judgment, and following the safety guidance in this document are essential.

If you have a preexisting health condition, are receiving medical treatment, are pregnant, or use an implanted medical device such as a pacemaker, consult a qualified healthcare professional before adding tuning forks to your routine.

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