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AS FEATURED IN  
**477**  
 MAGAZINE

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**Sharon Jackson, M.S., M.Msc.**  
 Metaphysician, Counseling Psychologist, Certified Clinical Hypnotherapist  
 Counseling, Hypnototherapy, Reiki & Energy Healing,  
 Essential Oils Scenar® Pain and Tuning Fork Therapy

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Volume II Second Edition

**Happy Valentines Day ! FEBRUARY 2013 MONTHLY NEWSLETTER**



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**GET A TUNE UP TODAY!!!  
 TUNING FORK THERAPY**

By Sharon Jackson, M.S., M.Msc.

Your Body is a Symphony of Frequencies. Each of us is a living symphony of frequencies! Science has proven that everything in the universe is made up of energy vibrating at different frequencies or "notes." All things in nature vibrate to sound, light and color. Each of the organs, glands, and cells in our bodies vibrate at their own specific frequency. These frequencies correspond with musical notes. For example, a healthy heart vibrates at the frequency of the F note. Sound frequencies affect everything about us. The correct vibrational frequencies can be used to heal and balance our bodies. When your body is in perfect health and all the parts are vibrating to the correct note, your body is like an orchestra playing beautiful music. Think of the different body parts as musical instruments all vibrating at their own unique frequency or pitch. When the body is in perfect health all parts are playing the right note at the correct tempo, and vibrating in harmony. Energy flows through your healthy body like a river, through a network of meridians and chakras. However stress, negative emotions and thoughts, even the foods we eat affect the flow of energy, causing energy blocks. When the energy gets blocked, the body part where the blockage is can no longer play the right note at the right tempo. When out of harmony the body plays more like the first day of a grade school band practice than a beautiful orchestra! Although we may not be able to hear the bodies inharmonious sounds, the body will display symptoms that let us know when something is wrong and it needs to be brought back in tune. The powerful sound vibrations of tuning forks can be used to clear the blockages that are impeding the body's flow of energy. The forks work in a similar manner to acupuncture, only without the use of needles. When the correct tuning fork is placed next to the organ or chakra that is out of harmony, that area will raise its vibration or "pitch" to that of the fork by the process of entrainment. Instead of masking the symptoms of the diseased organ with harmful drugs, or removing it from the body, we are able to correct the organs rate of vibration with sound waves

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 visit our web site for details

Article continued on other side of next page for eCopy

**FEATURED eBook**

**Soul Journey: The Greatest Secrets to Living the Life You Want** by Lisa Cherry ★★★★★

Soul Journey is a tapestry of poignant and enlightened moments drawing together a unique collection of real-life stories featuring extraordinary everyday women. The Author weaves in her own personal insight gained through being in care, homeless and a recovering alcoholic, and through her work as a Social Worker, an Educator and Holistic Therapist - every shared experience is rooted in naked truth. From gaining insight into other women's wisdom, explore how to find your own inner strength to conquer life's battles. Unlike other self-help books, the different journeys combine to show how connecting with your own healing can have an astonishing impact on how you bond with the world beyond.

**Order your FREE Copy**  
 (offer may expire March 1, 2013)  
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Continued...

# GET A TUNE UP TODAY!!! TUNING FORK THERAPY

BY SHARON JACKSON, MS, M.MSC

## How Can I Benefit From a Tune Up?

A tuning fork treatment is non-intrusive, there is no touching, no needles, no pain or manipulation involved. As the sounds flow through your body, every cell pulsates, resonates and interacts with the powerful vibrations, thus awakening the life energy of the cells and returning you to health and harmony.

### Benefits of Tuning Fork Therapy:

- Removes toxins
- Helps to heal soft tissue
- Increases physical energy
- Releases 'feel good' endorphins
- Provides deep states of relaxation
- Synchronizes mind-heart-body rhythms
- Opens the meridians and clears the chakras
- Expands creativity, clarity, and concentration
- Harmonizes the emotional and physical bodies
- Integrates the left and right brain thought patterns
- Supports healthy circulation and immune system function
- Induces the alpha-theta brain states associated with healing



allow you to fine-tune instruments to the proper pitch.

When you strike a tuning fork however, you'll notice how it causes the air around the fork to vibrate, sending out very strong vibrating impulses through the air. Because of this, they have been adopted by healers who use them to increase the amount of energy on parts of the body they are trying to heal.

All you do is strike a fork and place it near any body part you wish to heal. They are also used in energetic healing, for example, by putting them in the vicinity of the different chakras or energy centers located along the spine. These energy centers also just happen to be where the nerve centers are found along the spine that send impulses to the different organs, so by energizing these areas, you stimulate the organs into greater health-giving activity. For more information or questions please email: [powerofthemind@mail.com](mailto:powerofthemind@mail.com) or call (417) 773-2524



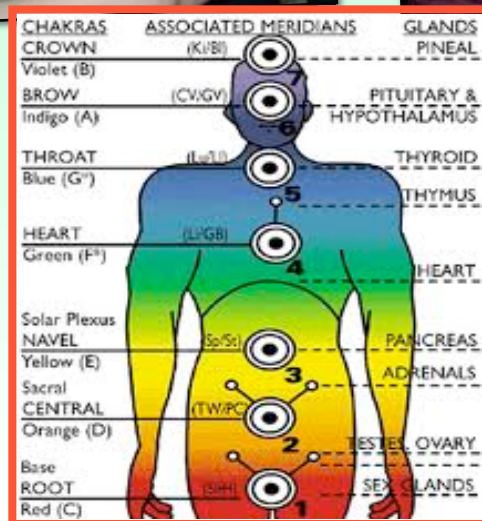
## EXCELLENT FOR ANIMAL THERAPY

Improves mental clarity - provides a deep state of relaxation  
Increases level of physical energy and mental concentration  
Relieves stress - Enhances massage, energy work, and meditation - balances the nervous system - penetrates muscle and fascia - helps to facilitate a release of congested energy - relieves tension - raises vibrational frequency

HELPS: COUGHS, MIGRAINES, HEADACHES, MOODS, ACHES AND PAINS, DIGESTIVE PROBLEMS (IBS), NAUSEA, MENSTRUAL PAINS, FATIGUE, COLDS, FLU, SINUSITIS, ALLERGIES, REPAIRS CELLS, REPAIRS DNA, and more...

### How Tuning Forks Are Used

Tuning forks were originally used to tune musical instruments because they emanate perfect sine wave sound patterns that



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# 50% OFF

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**ONLY \$15.00 WITH COUPON**

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### Power of the Mind Healing Center

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