

Introducing healing frequencies with the Otto Tuner

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By Deborah Mayaan

The vibration moves deep, deep into my body, through the skin, fat and fascia into the muscles and bones. The slow frequency helps replace remnants of trauma held within my bones, so that I can experience a sense of safety that fits my current reality.

While I've found higher frequency tuning forks helpful for working with the aura, this weighted tuning fork, or Otto Tuner, also penetrates dense levels of the body, introducing a 64 Hz C. As well as healing issues of safety, the Otto Tuner brings about a quick shift in pain when applied to a specific area of the body, said sound healer Tryshe Dhevney.

Debra Cunningham first experienced the Otto Tuner at one of Dhevney's workshops this fall, when she observed that she was experiencing lower back pain. "It just disappeared, and it hasn't been back," said Cunningham. After she received a neck injury in a car accident in October, Cunningham began a program of chiropractic care and physical therapy. She also scheduled a session with Dhevney. "I got more relief from that than from anything else I had been doing," said Cunningham, explaining that the diminishment of pain lasted for a week.

"Things really shifted as she worked [with the Otto Tuner] in that area," said another client, who wishes to remain anonymous. "One session resolved it," she said of the pain in her liver area she had experienced for several weeks.

Dhevney has also gotten good results when working on a client with tendonitis, and in healing wrist inflammation she had developed herself. She applies the Otto Tuner to the meridians too. The only place she avoids is the head, because the head bones are delicate, and brain is close to surface.



Tryshe Dhevney applies the Otto Tuner to Debra Cunningham's back. Photo by Deborah Mayaan.

People are not the only beings who benefit. "My cats love it," said Dhevney.

While she can start with an area that is painful, Dhevney also works intuitively, asking where the body needs help, and of what type. Sometimes she holds the Otto Tuner in place until the fork has stopped vibrating; at other times she will remove it, strike it again against her palm, and reapply it to that same area.

Dhevney also values working with higher frequency unweighted tuning forks, Tibetan bowls and crystal bowls. But she emphasizes that the effects from all tools are "accelerated by using the voice. There is more integrity in the sound because you're bringing it about in your own body."

Adding the voice also brings about a more sustained shift, said Dhevney. She loves sound healing "because it's so expedient. It cuts to the chase and shifts the energy." Then a person can choose to stay at that new frequency or go back to the old.

But the more a person practices generating healing sounds, the more their basic frequency shifts. They also become more aware of when they are out of balance and can shift things quickly, said Dhevney.

Dhevney introduced the Otto Tuner into her practice in Tucson after experiencing it at a workshop lead by Jonathan Goldman in 2001. But her work with healing sound began much earlier. She first learned about toning, or working with making extended sounds to promote healing, while involved in a Sufi order in the 1970's.

When she developed an acting company for young people in recovery from addiction in the mid 1980's in San Francisco, she introduced toning to the members of the company. Amazing things happened, says Dhevney. The young actors became more confident in their bodies, and developed better social skills and problem-solving capacities.

She continued to focus on the arts until 1996. Then in one of many synchronicities, Dhevney was asked to teach toning for clearing and balancing the chakras, or energy centers of the body, at Miraval Resort in Tucson, and in that same year was diagnosed with the hepatitis C and liver disease that compelled her to focus on using sound for her own healing.

Dhevney's viral load had spiked to such a high level that two doctors thought she could not recover. When conventional treatments did not help, she turned to working with healing sound. A week later, there was no trace of the virus in her body.

In complete health now, Dhevney continues to teach workshops on sound healing, and also works with clients individually to help them find the specific frequencies needed for their healing.

"When the proper frequency is introduced into an organ, the aberrant frequency can't exist," said Dhevney, referring to a wealth of evidence on the healing effects of sound.