

## More info about the Tuning Fork Workshops

### Level 1 - 10am to 4pm The Basics

This covers safety, some basic theory, and hands-on learning using weighted forks on body (for aches, pains, inflammation, fascia restrictions, swellings, first aid uses).

We also introduce some unweighted forks – types of forks, uses and first steps using them in the energy field (biofield).

### Level 2 - 10am to 4pm 'On the body' or 'In the field' (choice of two workshops). Prerequisite: Level 1

At Level 2, we explore more forks which can be used in the field and/or on the body (Solfeggio, Fibonacci, Schumann Resonance, and Rife frequencies), and additional techniques to support health & wellbeing.

We split the focus here into two different workshops, either focusing on weighted forks (body work), or working in the energy field using unweighted forks.

You can borrow my forks during the workshops and, if you like them, you can buy whichever ones you choose, but no pressure to buy any.

### Limitations / becoming a therapist

“After the workshops, am I now qualified as a Sound Healer or a Biofield Tuning practitioner? And can I use tuning forks on people and get paid for it?”

The simple answer is NO.

These workshops are designed to support personal learning to help with wellbeing for you and your family. They are not an accredited course or pegged to the National Qualifications Framework / National Occupational Standards.

### If you are already a qualified complementary therapist:

Insurance companies will generally accept as CPD a certificate of attendance, which outlines course content and the number of hours.

Using weighted forks with paying clients, you would need some kind of qualification and insurance in body work already.

Unweighted forks in the energy field on clients should be ok if you already have insurance for Reiki, Sound Healing or any other subtle energy qualification.

### In both instances, you must check with your insurers.

If you want to become a qualified **Biofield Tuning Practitioner**, you need to complete both the Foundation Course (3 days) and Practitioner Course (5 days) with Eileen McKusick's organisation [www.biofieldtuning.com](http://www.biofieldtuning.com) – I highly recommend her courses.

I did both courses in 2018/2019 and I am a certified Biofield Tuning Practitioner, but I am not one of her trainers. I strongly recommend everyone reads her books “Tuning the Human Biofield’ and “Electric Body, Electric Health”. Both are available from Amazon or her website.

My workshops are about promoting tuning forks for self-care and wellbeing. They are not a replica of, or replacement for, anyone else's courses. As with all education, we take our solid foundations then adapt / modify / add to our practice as we ourselves learn more. This is reflected in my way of working on the body and in the energy field.

**Lorraine Lockyer, Sound Therapy Malvern, 2025**