



Reiki and Solfeggio Sound Healing

BY DAVID PATRICK THOMAS

I BELIEVE THAT ALL OF US who are combining different healing modalities are finding that Reiki works well with them all, enhancing the overall outcome of the healing and contributing in many beautiful ways towards healing humanity. For the past two years, I have been using the healing modalities of Reiki and Solfeggio sounds together, with incredibly positive results. In this article I will discuss what Solfeggio healing frequencies are, how particular tuning forks can transmit Solfeggio sound vibration healing even to the DNA/RNA level, how I was introduced to the Solfeggio frequencies and then began combining the healing sounds and vibrations of the tuning forks with the power of Holy Fire® Reiki energy and achieving amazing results.

Solfeggio Healing Frequencies

Solfeggio frequencies make up the ancient, 6-tone scale thought to have been used in sacred music, including the Gregorian Chants. The chants and their unique tones were believed to impart spiritual blessings when sung in harmony. According to Professor Willi Apel, a German-American musicologist and noted author of several books devoted to music, the origin of the ancient Solfeggio scale can be traced back to a Medieval hymn to John the Baptist. Because the music held mathematic resonance, the original frequencies were capable of spiritually inspiring mankind to be more “god-kind.”¹

David Hulse, a sound therapy pioneer with over 40 years of experience, describes the main six Solfeggio frequencies, UT, RE, MI, FA, SOL and LA as the following:

- UT 396 Hz—Turning grief into joy, liberating guilt and fear
- RE 417 Hz—Undoing situations and facilitating change
- MI 528 Hz—Transformation and miracles (DNA repair)
- FA 639 Hz—Connecting/Relationships
- SOL 741 Hz—Expression/Solutions
- LA 852 Hz—Returning to spiritual order²

Each Solfeggio tone is comprised of a frequency required to balance energy and keep body, mind and spirit in perfect harmony. I use programmed tuning forks to strengthen and heal damage to the aura through sound healing. “The weighted forks called Osteophonic tuning forks are specially designed with weights placed on the prongs. This creates a stronger vibration which is transferred through the tuning forks stem directly into the tissue, using vibrations to spike nitric oxide, which increases cell vitality, vascular flow and heart healing, enhances our immune system, helps sharpen mental clarity and diminish states of depression,” states John Beaulieu, ND, Ph.D.³ I feel they work very well together with Holy Fire® Reiki because both are working to bring about perfect harmony.

To hear each of these sound frequencies, created with tuning forks, use this link for my YouTube video—www.youtube.com/watch?v=OU0HdeJUxQA.

My Training in Solfeggio Tuning Forks

In 2017, I attended a crystal healing class with Joe, “The Rock Guy,” at the recommendation of a friend and student Suzanne Haag, a Holy Fire® III Reiki Master in Black River Falls, Wisconsin. On the second day of class, a fellow student, Mandie Ontko—a massage therapist, sound therapy and Reiki practitioner—brought a tuning fork to class. Curious, I asked about it, and she explained how it was used and let me try it with her during one of our practice healing sessions. I found it to have incredible healing effects while used with the crystals and the Reiki energy. Along with the crystal healing I was learning in the class, sound healing was on its way to becoming another healing arts passion for me.

Mandie recommended a tuning fork source, SomaEnergetics, an energy healing and vibrational sound tools company. After research, I chose to go with them as the developer of the company, David Hulse, was also a Reiki Master. The company also offered vibrational sound training courses, developed by David Hulse and Hanna Simmons, and I began a course of study.

I recently completed, *Phase 3 - Vibrational Sound Course*, in Sedona, Arizona, with Lori Lané, a certified Vibrational Sound Master Teacher, Reiki practitioner, and massage therapist. We learned how to use DNA/RNA tuning forks with specific techniques to address ancestral imprints as parts of our DNA are from our ancestors. Other parts of our DNA are determined from our current environment, how we live, our diet, stress, toxins, and so forth. As some current theories state that vibration and intention influence our DNA, I look forward to learning more and practicing the healing effects of this sound therapy in combination with Reiki.

Letting Reiki Energy Flow Through the Forks

I have found that setting the intention of allowing Reiki to flow through the tuning forks has added a beautiful healing effect to the sessions. With the combination of Reiki, sounds, and vibrations, it helps the body to accept the healing of the aura and the physical body. I believe these sounds are like the healing sounds of the Karuna Reiki® symbols when toning or chanting them during a session and which “creates profound shifts in the vibrational frequency of the healing energy.” You can work with the sounds of Karuna Reiki® to match them up to the different tones of the tuning forks, which can help amplify the effects of the healing session.

I’ll never forget my 2015 Holy Fire® Karuna Reiki® class with William Rand, in Michigan. He was demonstrating chanting Iava, one of the Karuna Reiki® symbols, with one of the students and the sound was so intense it felt like sounds for the soul. While he was demonstrating it, there was a beautiful green aura surrounding him—amazing and like nothing I had ever seen before. It’s a constant reminder that one can never underestimate the power of sound and vibration for healing our auras, soul, spirit and physical bodies while also creating a subtle shift in self-awareness and self-love.

Holy Fire® III Upgrade

The recent Holy Fire® III upgrade has me looking forward to the added effects of healing with both my clients and in my classes. Benefits I have noticed are the energy taking people into a deeper level of healing during sessions, a higher awareness from the Ignitions and Placements, and a different awareness of the sounds of the tuning forks as they add energy to what they both create while working together.

In the tuning fork class information, David Hulse talks about moving to the fifth dimension. I know that Holy Fire® III Reiki is working with 12 heavens or 12 levels of

consciousness. While these may be two different paths with different perspectives or interpretation, both are working towards the same goal of healing and a higher level of awareness and consciousness.

How I Use Both Modalities in My Practice

For the past two years, I have been using Solfeggio sound frequencies and Holy Fire® Reiki together with excellent results. The healing sounds and vibrations of the tuning forks, with the power of Reiki energy moving through them to the client, work to release blocked energy from the present and past. Then I ask Holy Fire® to come in to heal on all levels of the aura and physical body, all past life or Karmic issues on a cellular level, the shadow self, chakras, and to link the client to their higher self.

At holistic events, colleague Nicole and I do healing sessions that combine Karuna Reiki® with Solfeggio tuning forks. They go together so well that we have had only positive responses from the clients. I also use them at our Reiki shares, not to the extent I do in my practice or holistic events, but to expose others to the sounds and physical healing sensations of vibrations that blend so well with Reiki. I have also used my tuning forks when doing distant Reiki healing sessions.

One client, Jeana Murphy, said the following about her first Holy Fire® Reiki experience:

My first session with David and the Holy Fire® Reiki energy was life-changing. It unblocked and restored me from deep subconscious limiting beliefs, particularly in my heart and upper chakras. Physically during the session, I felt vibrational energy radiating through my body, removing the stagnant energy. Mentally, I felt out-of-body following a dreamlike experience and felt renewal in my soul as if being re-born as my heart was opening, energized new feeling running through me. Afterward, I felt the glowing love of life around me and flowing through all of me, and I saw life from the eyes of love.

Mandie Ontko, who originally introduced me to tuning forks, enjoyed a combination session and expressed the following:

Before my treatment, I was so exhausted and sore, my energy was beyond drained, and I felt scattered and ungrounded. As the session began with Reiki, my mind drifted away into another dimension, and I was no longer preoccupied with all of life’s worries. The crystals and grids used were like amplifiers of the energy. The tuning forks were the icing on the cake. I could already feel everything shifting within and around me as the forks directed the energy and intention of the treatment. By the end of the session, I



Left: Nicole and David at the Natural Healing Expo in Mankato, MN.

Right: Soma Energetic Tuning Forks: Otto Tuners (weighted), Energy Tuners (colored), DNA/RNA Tuning Forks (silver).

felt the best I have been in such a long time like I was waking up from a dream, although I remember being aware of most of the session. Physically, mentally, and spiritually I was back on track from an experience that was out of this world!

Intention

In his book, *The 7 Spiritual Laws of Success*, Deepak Chopra explains that to put “The Law of Intention and Desire” into effect, “Relinquish your attachment to the outcome. This means giving up your original attachments to a specific result and living in the wisdom of uncertainty and wonder.” If we follow this principle, we become more fully present for ourselves and others.

Setting an intention that matches the client’s intention can be powerful. With both healing practices, I am continually reminded that staying out of the way of the energy is of utmost importance, to not disturb the flow of the healing energy with our personal energy. It’s good to remember not to judge the outcome because what *we* believe is the best intention may not be what the client needs. So, as many of us continue combining different modalities with Holy Fire® Reiki, through intention we will all continue to realize how well Reiki works with them all, enhancing the overall effects of the healing.

Everyone is brought in to this world with a purpose, and I have many people to thank for this beautiful spiritual journey that I am on—my teachers and mentors and the students who always have new ways of looking at things. Blessings to you all! ✨

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Endnotes

- 1 “What Are the Solfeggio Frequencies?” Attuned Vibrations. <https://attuned-vibrations.com/solfeggio/>.
- 2 Hulse, David. *A Fork in the Road: An Inspiring Journey of How Ancient Solfeggio Frequencies Are Empowering Personal and Planetary Transformation!* Bloomington, IN: Authorhouse, 2009.
- 3 “Otto Tuning Forks.” Sound Wellness. <https://soundwellness.com/tuning-forks/otto-forks/>.
- 4 William Lee Rand, Registered Holy Fire® II Karuna Reiki® Master Training Manual. (Southfield, MI: Vision Publications, June 2016), 85.
- 5 Chopra, Deepak, and Deepak Chopra. *The Seven Spiritual Laws of Success: A Practical Guide to the Fulfilment of Your Dreams*. London: Bantam Press, 2011.