

Crystal Singing Bowl Sound Healing

With Rachel Hanrahan

*'Chant AUM, the sacred syllable,
and manifest Divine grace.'*
(Yoga Sutras 1:22)

The ancients mystics and wise healers of old cultures knew as modern science knows the powerful healing modality of sound to heal and achieve balance from within. Crystal Singing Bowls emit pure tones that effects the body by creating a vibrational sound field which resonates the ethereal light body. Clear quartz contains the full spectrum of light that is related to the seven energy centres (chakras) found in the body. Crystal acts as an oscillator, magnifying and transmitting pure tone. This is why pure silicon crystal is found in advanced telecommunication systems. Like a powerful radio transmitter, the crystal bowls transmit energy into the atmosphere, filling a person's aura with vibrational radiance.

Through the pure crystal tones, the sound frequencies effects brain wave activity, creating an experience of deep relaxation and in this relaxed state deep healing can take place improving the body's own ability to heal itself.

Investment: \$20

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