

HEALING SOUNDS

We are electrical beings, holding various electrical frequencies in our bodies.

Sound offers helpful electrical information to our system, which is always problems solving and searching for solutions to keep it running well.

When you offer your electrical or subtle body the vibration of sound holding specific harmonic data, the system takes notice and copies this data if it will serve your being.

When you experience any emotional, mental, spiritual or physical symptoms, it is an electrical roadblock in your system and once your system has the information it will repair or balance itself without our help.

Each of the body's centers are developed more fully during certain periods of physical maturation, so affirmations in align with each chakra along this timeline may serve to intensify the treatment.

The practice of using sound to heal and achieve balance has existed for centuries. The priests of ancient Egypt and African knew how to use sounds to resonate their energy centers. Australian Aboriginals and Native American shamans use vocal toning and repetitive sounds, along with instruments crafted from nature, in sacred ceremony to adjust imbalances of the spirit, emotions and body.

SOME HISTORY ON QUARTZ CRYSTAL SINGING BOWLS

The bowls that you will experience are made of quartz crystal. The sound blended with the energy of the player may induce relaxation and a sense of wellbeing. The bowls are played using a wooden dowel (covered with rubber or leather). To hear the pure sound of the note of the bowl, gently tap the outside top of the bowl and rub continuously, just below the outside rim. The sound will continue to build as you play, and will vibrate even after you stop. The sound appears to open the chakras and align them with other centers, forming a clear channel of communication and healing.

The Crystal or Quartz Singing Bowls are a by-product of the computer industry. The bowls are created by a high-temperature fusion procedure to form solid bowls from pure, powdered, crystal quartz. Perfect quartz crucibles (melted and refused silica or minerals from the earth's continental crust) are the prime growing environment for computer microchips. Previous to the start of interest in its use for sound healing, the rejected bowls were broken, re-powdered, and re-used to form another bowl. Gradually, as sound therapists became aware of the vibrational qualities of the bowls, they began to buy the "seconds" as tools for healing.

During an earlier period of history, crystal bowls were manufactured and used by the pharmaceutical industry for decades due the purity and non-transfer nature of quartz. Crystal Distributing Company went to a pharmaceutical equipment manufacturer and ordered them custom (thickness of walls by height) for sound.

History also notes that Ben Franklin invented an instrument called the glass harmonica, during Mozart's time. It is said that the instrument was rejected for use in Europe because the lead content of the glass caused nervous disorders in listeners. There is now a quartz version of the instrument, which may have been inspired by it.