

Energy and Crystal Singing Bowls

Just like the sun, crystal singing bowls emit photons (life force energy). This energy activates light in the body, and from this light, our consciousness is enhanced and expanded, allowing for personal awakening at the DNA level. Use crystal singing bowls to help accelerate you to your higher consciousness, deepen your understandings, and enhance your personal mastery.

The quartz crystals in every bowl are able to amplify, store, focus, transfer, and most importantly transmute energy. Our bodies are also crystalline in structure so when you work with crystals, you may discover it has profound effects on you all the way down to your very cells.

Energy is simply a vibration. Everything from the atomic level to the farthest reaches of the galaxy has a vibration. This means your organs, muscles, and all the cells in your body create vibrations too. When the vibration of a body part is in harmony with the rest of the body, it will be healthy. Sound vibrations are a great tool to use to help your body vibrate in harmony and maintain alignment.

The most important aspect of working with crystal singing bowls is you. Your intention as you approach using these sound tools is of the utmost importance. You will receive in direct proportion to what you give and what you are willing to release to the divine. Intention is a clearly formed thought, a prayer of sorts. An intention that is clear and pure will create a high frequency and the environment required for a shift of consciousness.

There are many different ways people throughout time have discovered to use sound to work with energy and help heal our bodies. We encourage you to do your own research and continue expanding your knowledge of this unique area of expertise. Understanding vibrations, frequencies, sound, and energy more will not only help you become your best self, but also help you work with clients and provide the best service possible to them.

Following is some information to give you a foundational understanding of Crystal Tones Alchemy Crystal Singing Bowls, and of some of the more common ways people use sound for energy work. You may already be familiar with some of it. This information is simply to offer guidance as you navigate and discover the best ways to use the crystal singing bowls for yourself and introduce and sell them to your clients.



Solfeggio Frequencies

Solfeggio is derived from the word “solfège” which means music theory. An Italian Benedictine monk, Guido of Arezzo, developed the scale to teach melodies and harmonies to monastic choirs back in the 11th century. Gregorian chants have a documented effect on human psychology and physiology. The Solfeggio frequencies were used in the creation of religious music until the 16th century. That’s when civilization switched to the now established 12 tone tuning method that all instruments are tuned to today. Solfeggio frequencies are defined by hertz.

You can download a digital tuner app on your phone to measure the frequencies of the Crystal Singing Bowls. As noted previously, we cannot guarantee a bowl in a certain frequency, but it is fun to check and see if one you’ve acquired happens to hit those specific frequencies.

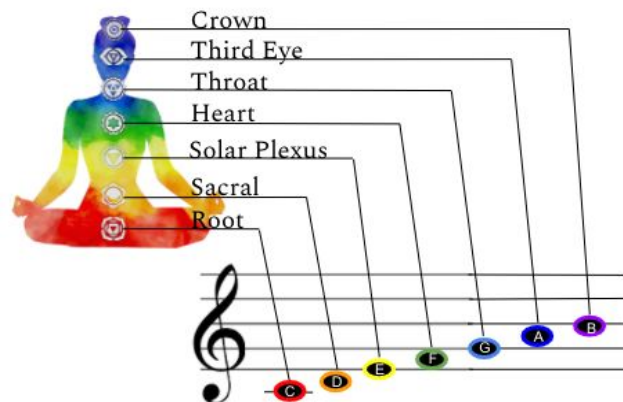
The original 6 Solfeggio Frequencies:

SOLFEGGIO FREQUENCY CHARACTERISTICS

396 Hz	Release Fear
417 Hz	Eases and Initiates Change
528 Hz	Healing and DNA Repair
639 Hz	Heals Relationships
741 Hz	Finding Creative Expression and Solutions
852 Hz	Spiritual Homecoming

Chakras

- The word “chakra” is a Sanskrit word that means “disk” or “wheel” and represents spinning energy points within our bodies.
- The most common energy points people work with are the ones identified along the spine, going from the base, or bottom, of the spine up to the top of the head.
- Each chakra point has a corresponding color and musical note that can be used to connect and work with the energy located at that point.
- Many believe that keeping these energy points open, flowing, and balanced helps one live a happy, healthy, and connected life.

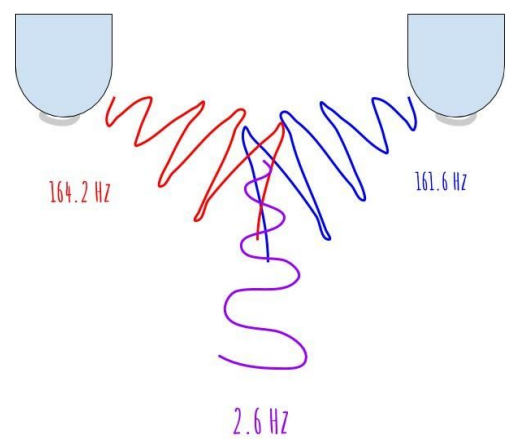


Here is some more information about Chakras that you may find interesting and fun:

CHAKRAS	SANSKRIT NAME	COLOR	LOCATION	REPRESENTS	SIGNS OF FLOW AND BALANCE	SIGNS OF BLOCKAGE OR IMBALANCE	ASTROLOGY ASSOCIATIONS	ELEMENTS AND RULING PLANETS
crown	"Sahasrara" meaning "Thousandfold"	white or violet	top of the head	states of higher consciousness and divine connection	open minded, inspired, spiritually connected	Hopelessness, depression, alienation	Aquarius	Thought/Cosmic energy, Uranus
third eye	"Anja" meaning "to perceive"	purple or indigo	forehead between eyebrows	intuition, foresight, openness, imagination	intuitive, imaginative, visual, insightful	lack of vision, nightmares, migraines	Sagittarius, Pisces	Light/Telepathic energy, Neptune, Jupiter
throat	"Vishuddha" meaning "Purification"	blue or turquoise	center of neck	communication	self-expression, creative, honest, communicative	sore throats, lack of creativity, indecision	Gemini, Virgo	Ether, Mercury
heart	"Anahata" meaning "Unstruck"	green or pink	center of chest	love, self-love, governs relationships	compassionate, forgiving, understanding	heart issues, despair, isolation	Libra, Taurus	Air, Venus
solar plexus	"Manipura" meaning "Lustrous gem"	yellow	below the chest	self-esteem, pleasure, will-power, personal responsibility	confident, warm, empowered, energenic	powerless, stomach issues, anger	Aries, Leo	Fire, Mars, Sun
sacral	"Svadhithana" meaning "Sweetness"	orange	below the naval	creative and sexual energies, emotional balance	spontaneous, social, passionate, trusting	lethargy, rigid beliefs, stuck in a rut, sexual issues	Cancer, Scorpio	Water, Pluto
root	"Muladhara" meaning "Root" or "Support"	red or black	base of spine	safety, security, stability, survival, physical needs	grounded, healthy, safe, patient	money issues, addictions, low self-esteem	Capricorn	Earth, Saturn

Binaural Sets

Two bowls that are the same note can sing different frequencies. When they are played together, an audible pulsing beat can be detected in the sound vibrations. That pulse is actually your brain recognizing the difference between the two frequencies causing you to actually *hear* that low frequency vibration that is the mathematical difference between the frequencies the two bowls sing. The image below is to demonstrate what happens within your brain.



You can measure the frequency of each bowl and figure out the difference fairly easily with a digital tuner app and a calculator. Once you know that number, you can reference the following chart to see the benefits of the beat you're hearing.

Brainwave states and hertz measurements	Associated Benefits
Delta 0.1 - 4 Hz	Deep Sleep, Pain Relief, Healing, Access to unconscious mind, Anti-aging, (cortisol reduces, DHEA increases).
Theta 4 - 8 Hz	REM Sleep, Pain relief, Deep relaxation, Inner Peace, Meditation, Hypnopompic and Hypnagogic State, Creativity
Alpha 8 - 14 Hz	Relaxed Focus, Positive Thinking, Accelerated Learning, Stress Reduction, Flow State (effortlessly engaged in an activity or environment)
Beta 14 - 30 Hz	Focused attention, High-Level cognition, Analytical Thinking, Problem Solving, Stimulates action and energy
Gamma 30 - 100 Hz	Memory recall, Peak Awareness, Cognitive Enhancement, Transcendental states, High-level information processing (be mindful this state burns a lot of energy)

With the continuous advancements of technology and the study of sound therapy, new understandings of the effects of vibrations on the body are constantly coming to light. One thing we know from our 25 years of experience with crystal singing bowls is that each bowl is born with its own unique voice, and somehow they always find the exact person that needs to hear and connect to its unique tone. As you work closely with these crystal singing bowls, you'll too discover the impact they can have on everyone who interacts with them.

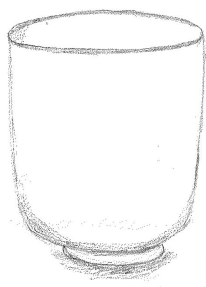
Different ways you can integrate your alchemy crystal singing bowls into your daily life and practices:

- Mindfulness and meditation practice
- Grounding and focus
- Family unity
- Emotional wellness and balance
- Sound bath ritual
- Massage music
- Musical accompaniment
- To begin the day
- To end the day
- With affirmations
- With prayer
- Before study
- Work breaks
- etc.

How to Play your Crystal Singing Bowls

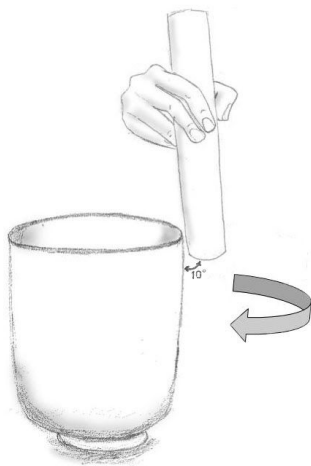
Bowls are amplifiers of intention. When you're preparing to play the bowls, you may take advantage of this attribute by saying a short affirmation before you begin.

There is no right or wrong way to play a bowl. These are self-teaching tools that will guide you to playing them in the way that's best for you. To get you started, you may follow these steps:



1. Place the bowl on its o-ring, or hold it in the palm of your hand.

2. Holding the mallet like a pencil and touch the mallet to the rim at about a 10° angle.



3. With pressure equal to writing with a pen, slowly run the mallet around the outside rim of the bowl.

4. Once the bowl has reached its ideal frequency (it will sound clear and smooth), pull the mallet away and allow the bowl to sing freely and enjoy the energy.

As long as you are mindful of your method, and take care of them, these crystal bowls will last forever.

How to Clean Your Crystal Singing Bowls

As amplifiers of energy, it's important to take care of your bowls so they can best take care of you. A clean bowl means clean energy. A soft rag with some dish soap that is ph balanced and distilled water works perfectly. For tougher an eraser sponge with distilled water usually does the trick.