



Spirit Bowl Healing



Pamela Selkin

Vibrational Sound Therapy Certified Practitioner

"Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything." – Plato

Himalayan Singing Bowls-history: In ancient times, healing incorporated sound-based rituals and music. Used worldwide, Himalayan Singing Bowls are the simplest, and among the oldest, healing instruments. By inducing harmonic vibrations in human cells and fluids, sound waves produce their beneficial effects. For centuries, Himalayan Singing Bowls have been used effectively for meditation, music, deep relaxation, and to decrease stress and promote personal well-being.

Himalayan Singing Bowls-now: People world-wide are instinctively drawn to singing bowls and their seductive, meditative tones. And current scientific literature repeatedly confirms the positive effects that sound, vibrations, and music have on human development and behavior. Published examples include reduction of blood pressure, pain, stress, depression, and anxiety, and increased spiritual well-being.

Himalayan Singing Bowls-their use by Pamela Selkin: By skillfully and gently striking the bowls, she will create the harmonic tones and vibrations that promote your personal healing and well being. She will place the bowls on and around your fully-clothed body and the tones and vibrations will guide you to emotional, spiritual, and physical healing. This readily blends with the energy practice of Reiki, and when appropriate, she will utilize both modalities. These are not replacements for traditional Western medical practices—but are important complements to them.

About Pamela Selkin: A native Long-Islander, Pamela has taken many paths along her life's journey: from a youthful, abusive marriage, to motherhood, to divorce, to practicing attorney, to 20-year long re-marriage, to adventure kayaker, to medical practice manager, to loving grandmother, to certified Master Reiki Practitioner and Vibrational Sound Therapy Practitioner. The ups-and-downs that she has experienced along the way have been transformative for her. She has found peace in her heart, love in her soul, joy in her life, and compassion and empathy that she readily shares with those whom she meets.

She invites you to invest in yourself and receive Vibrational Sound Therapy. She is available for individual and for group sessions. Contact her for an appointment and for her fee schedule at:

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