

Intuitively Choosing and Playing Your Crystal Singing Bowl



How to use crystalline sound to express your authentic soul, and call in the ideal bowl for your healing and transformation.

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Introduction:

My Awakening to Crystal Singing Bowls



The first time I played a crystal singing bowl, I felt an incredible awakening, as the vibration connected with the innermost essence of my being.

This gorgeous emerald and platinum F note singing bowl encompassed me in her sound, and I felt I had entered into the secret garden of Mother Earth. I felt the living Earth pulsing with sound. I felt called into the green vibrance of the forest, as the trees resonated their songs. I felt my heart sing. The shimmering bowl invited me into extraordinary realms, and I had the distinct impression that she was created especially for me!

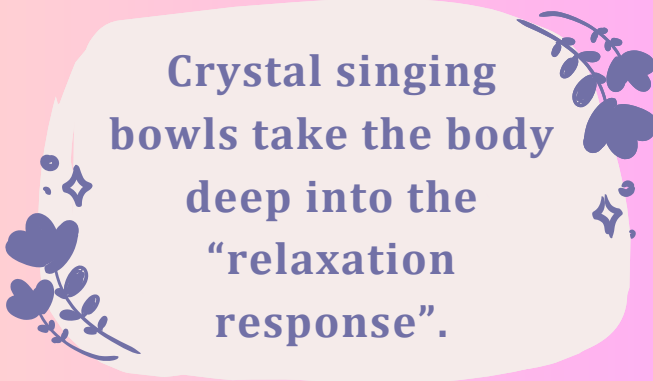
Since our initial introduction, I have played her often, and shared her deeply healing sound with many others. I've found the amazing consciousness of the gemstone-infused crystal singing bowls to interact knowingly and uniquely with every soul. As I play them with the intention of high level healing for every client, they work their magic as if they know each person intimately. As the intelligence of each person's body, heart, mind, and soul begins to resonate with the bowl, they merge to become one in the purpose of clearing, transforming, and healing.

Benefits of Crystal Singing Bowls

Gemstone or mineral infused crystal singing bowls are medical as well as musical instruments.

As you play a crystal singing bowl, your body moves into the relaxation response, Your blood pressure equalizes, your heart rate slows, and your activating neurotransmitters, such as cortisol and adrenaline, decrease. Crystal singing bowls exude the vibrating frequencies of health. Each bowl and gemstone or mineral infusion, has a unique influence on certain areas of the body, human energy field and soul. They emit a soothing vibration that informs cells and tissues of their healthy flow. As you relax into restorative sound, your organs and cells communicate more clearly, and function more smoothly and coherently.

Beyond the beneficial physical effects, playing a crystal singing bowl is deeply therapeutic. This is because **the high-vibrational quartz sound resonates and connects you with your authentic, infinite soul.**



**Crystal singing
bowls take the body
deep into the
“relaxation
response”.**

As the crystal vibrations expand your being to connect with your soul, you feel more closely aligned with your purpose. You gain a keener sense of your soul gifts and eternal nature. Many crystal gemstones bowl frequencies resonate with elemental earth beings, angels, guides, and cosmic star family who carry similar vibrations. It is a surreal experience of ascension to feel this connection to our eternal nature, our unlimited potential, and the Infinite. And our physical bodies can only heal in this divine energy!

How Crystal Singing Bowls Do Their Healing Work

🎵 Purification

Purification is vital to quickening your healing process. Crystal singing bowl sound is a purifying sound that expands outwardly. Its pure vibrations bump into any denser vibrations we carry, or in the environment, and cause them to release and dissipate. When you are in a room where a crystal singing bowl is being played, you can intuitively feel the uplifting shift in the room's vibrations. The purifying vibrations **activate transformation**. It is said that the ancient societies of Egypt, Atlantis and Lemuria advanced by focusing their healing work on purification.

🎵 Resonance

Resonance explains how crystal bowls heal. **The vibrations of crystal bowls carry pure frequencies of intelligence.** The crystal minerals in our bodies resonate with the frequencies. The water of our bodies resonates into beautiful crystalline formations, as demonstrated in Dr. Emoto's magnificent work, "Messages in Water". **The vibrations are felt throughout the body, by the cells, tissues and organs, and by the human energy field.** As the whole being feels the vibration, it begins to attune to that purer vibration. As our being attunes, we come into resonance with the purer frequency of the bowl. When we are resonating at the same frequency, we are in coherence.



🎵 Coherence

Coherence is a **consistent vibration of balance and equilibrium**. For example, when the heart is not in coherence, as occurs when we are stressed, the electromagnetic pattern appears jagged, with irregular ups and downs. When the heart is in coherence, the pattern appears as a steady wave of equal up and down proportions. This principle of heart coherence has been measured and documented by instruments developed by the HeartMath Institute.

🎵 Entrainment

Entrainment is a result of coherence. We are able to entrain because our bodies have various types of crystalline structures in them, from salt crystals to quartz crystals within the plasma or waters of our body. We also have natural elements of metals and minerals within our bones and tissues as well. **Our whole being listens** and hears the crystal singing bowls and comes into resonance and coherence, which then leads to entrainment.

When we entrain, we actually mimic the same frequency of the thing we are entraining with. As we entertain with the frequency of crystal singing bowls, we experience release of denser energies, and reconnection with our higher self and soul.

Our body, cells, organs and systems move into healthier frequencies and patterns.



Characteristics of Crystal Singing Bowls

CRYSTAL BOWLS STORE, AMPLIFY, and TRANSMIT ENERGY



1. **Theta-inducing:** this is related to the very slow oscillation that entrains you into theta, or significantly relaxed brainwave state. Lower-toned bowls have more of this effect.

2. **Phasing:** the sound seems to float around the room. This is related to the interaction of multiple frequencies, which creates an effect called phasing, and enables access to multi-dimensional reality.

3. **Creates a field of energy spaciousness:** this is like a protective bubble that allows you to feel safe and go within. When you complete playing the bowl(s), it gradually dissipates.



4. **Consistency:** the bowls produce a consistency that is akin to the consistency of Universal Love, Spirit and Source. This is what brings you into a state of deep relaxation, coherence and entrainment.

5. **Slow fades to silence:** you can continue to hear the sound even after the bowl has stopped vibrating. The space where you are still hearing the consistent sound can be the most profound state of peace.



6. **Singing or toning with the bowls:** It is spiritually activating to hear and feel how your voice interacts with the sound of the bowl. The bowl is a beautiful drone sound to sing with and around. This can transport you to other worlds of beauty, peace, and love.

7. **The consciousness:** internal and external awareness of the crystal singing bowl grows and expands in connection with your own, every time it is played with intention.

Calling Your Bowlmate

Once you feel you would like to be the caretaker of your special crystal singing bowl, what do you look for?



Relax, breathe deeply, close your eyes, and take yourself into quiet meditation. Ask your heart, body, mind and soul to connect you with the crystalline realm. Ask to receive guidance for your greatest good from the realm of crystal singing bowl sound healing. Listen to your intuition. Use your clairsenses. What do you see, feel, hear, or know about the crystal singing bowl waiting for you?

Is there a certain system or organ of your being calling to be tuned into health? For example, your heart or immune system? Is there a certain sound, tone, or gemstone alchemy that is calling to you? You may simply hear or see a bowl and just “know” by the excitement that bowl creates in your heart and soul!

To assist you in calling your bowl in, you can find beautiful gemstone/fusion crystal singing bowls to view and listen to on the silverskyimports.com website. Listen to the sound of the various notes and bowl gemstone fusions. For expert guidance, connect with me through my website or email as given at the end of this E-book. I can provide you with deep insight and a discount on any purchase.



Prayer to Call in Your Bowlmate

Change any words you wish so this prayer will align with your heart and soul.



Divine Light, Infinite Creator, Crystalline Consciousness, and all Enlightened Beings Who Support the Crystalline Consciousness,
I desire to call in the crystalline consciousness and divine cosmic light of pure organic healing.

I send pure love into these realms and unite with them through all levels of my being and divine soul. Activate the codes of crystalline consciousness within me, including those within my physical body, energy body and crystalline DNA.

I offer myself as a divine conduit, as I open to the purity of Crystalline Source consciousness shining through me. Inform my being of the frequencies of the crystalline singing bowl(s) who is resonating with me in love and light. Who is unifying with me and offering me her crystalline assistance in accessing frequencies of divine healing and wholeness.

I call in and bless the crystal singing bowl who has been created to shine her light and wisdom into my life, and bless me with connection to the eternal realms. Thank you for removing any limitation to my receiving. Thank you for this true and sacred connection. I ordain this under all graces, forces and pure Source consciousness. So be it. And so it is.



This prayer is also appropriate with your current crystal singing bowls.

The Unique Qualities of Crystal Singing Bowls

CRYSTAL SINGING BOWLS ARE AVAILABLE
IN VARIOUS FORMS, INCLUDING:



Classic white frosted crystal singing bowls

generally stay on the level of the tone and uplift the density in a person's energetic field.



Smooth-finished white Empyrean crystal singing bowls have a clearer, smoother sound.



Clear quartz crystal singing bowls have a more specific, sharper focus to their sound.



Practitioner crystal singing bowl with a handle are easier to hold and direct the sound over the body, and often sustain their tone for longer periods.



Gemstone and metal-infused crystal singing bowls work on multiple levels and subtle dimensional realms, due to the frequency of the gemstone and/or metal included within.



If you choose a crystal singing bowl with **gemstones or minerals added**, the particular gemstone will have a strong impact on the energetic healing action of the bowl. Some gemstones and metals available in crystal singing bowls include rose quartz, amethyst, smoky quartz, emerald, kyanite, citrine, carnelian, gold, silver, platinum, black tourmaline, lapis lazuli, larimar, lepidolite, ruby, tanzanite and selenite.

Crystal Song Soul Medicine Card Deck

The **Crystal Song Soul Medicine Card Deck** shares the frequencies and messages of 44 unique gemstone fusion bowls.

Here is one example:



LIGHTENING TRANSFORMATION

This is a **fulgarite fusion D note 11" singing bowl**. Fulgarite is a stone created when lightening hits the ground. This stone has the qualities of purification, sudden awakening, manifesting higher purpose through the power of prayer.

Message:

I AM ENLIGHTENED, as I receive a download of intelligence to expand the power of my prayers, thoughts, and actions.



This inspiring card deck is available on my website, thesoundofhealing.net

Choosing Notes and Colors

Where a tone/bowl resonates in the body and energy field varies from person to person, and is strongly **directed by the intention of the healer and the client**. As a general guideline, it has been suggested the chakras of the human energy field may resonate with certain notes and colors. However, there is no history of this correlation being described in ancient texts, so this seems to be a way healers have attempted to organize the information by correlating it with the chakra system.

As noted sound healer Jonathan Goldman has shared,

Sound + Intention = Healing

If you are looking to support a certain chakra or body area, this may guide your bowl note choice. Just remember the most important guideline is **how the sound feels to you**, and where you feel the frequency and vibration. I have included this common reference for chakras and “possible” corresponding notes.

- **1st chakra** - note C, color red
- **2nd chakra** - note D, color orange
- **3rd chakra** - note E, color yellow
- **4th chakra** - note F, color green
- **5th chakra** - note G, color sky blue
- **6th chakra** - note A, color indigo blue
- **7th chakra** - note B, color purple or white

Bowl Colors

The colors of the gemstone infused bowls are very attractive, and another quality that may call you to certain bowls. You may find that the colors of the bowl do resonate with the corresponding chakra, or you may find the combination of the note and the color work in a different area of the body. This is where your intuition comes in and gives you feedback and direction. Keep listening and follow your heart and soul!



Trust Your Inner Guidance

The size of the bowl and thickness of the wall have an impact on the note, tone, and sustain (how long the note continues until it fades). Smaller bowls have higher tones/notes, and larger bowls have lower tones. A thicker wall raises the tone/note, and a thinner wall lowers the tone. **The higher tones are more activating, and the lower tones of larger 12+ inch bowls have a deeper, grounding frequency.**

Crystal singing bowls are an investment in your healing and ascension. As you acknowledge you have the desire for the gifts of a personal crystal singing bowl, focus your desire on earnestly seeking one with a high intent. **Within the mineral kingdom is the spark of Divinity and intelligence that is aware.** Connect with that divinity through the prayer provided previously.

As you acknowledge you are able to communicate and interact with mineral and crystalline beings, you will find them responding. Add a crystal singing bowl picture to your vision board and affirm every day, ‘I am receiving my crystal singing bowlmate with joy.’ Imagine the joy and enlightenment as you play your bowl, and imagine receiving the support and abundance you need to bring your bowl to you. You will find that sending out that acknowledgement to the mineral kingdom will lead to the manifestation of what you believe wholeheartedly is waiting to assist you. You always have what you need for the next step. See it and trust the process.

“Crystalline knowledge is key to the new energy shift moving through the earth. Although it feels new, it is an ancient knowledge. This knowledge leads to development of internal abilities within divine consciousness. This knowledge leads to activation in synergy with the Matrix of the Cosmos.” Archangel Metatron, channeled through Tyberonn.



How to Intuitively Play Your Crystal Singing Bowl

When you receive your crystal singing bowlmate, your first action will be to sit with it. Hold the bowl, feel its energy, its consciousness, its frequency. Set your intention to connect with your bowl. Introduce yourself, tell your bowl you wish to establish a healing relationship with it. Honor the consciousness of the crystal and its singing form. **After you feel a good connection and acknowledgment of your relationship, you'll want to take the following steps:**

Step 1:

Take your wand and gently strike the side of the bowl, about an inch under the rim. Listen to the sound. Take your time. Listen to the silence following the sound. **Feel the whole sound in your body, heart and soul.** Repeat this a few times.

Step 2:

Gently but firmly press the wand just under the rim and move it around in a clockwise motion. It may take a little practice to produce the sound. Press firmly and move the wand consistently in a circle. The right pressure and speed of movement around the rim will produce optimal sound. Smaller bowls need gentler pressure and movement; larger, thicker bowls can take more pressure.



Step 3:

Use your intuition and feel how the frequencies and vibrations are moving in the atmosphere and in your being. Play your bowl daily, for a few minutes to begin with, then as you become accustomed to the purifying sound, you may play for longer periods. Too much of the bowl sound initially can end up causing discomfort because of their great transformational potency. **Pay attention to your body as you play. Stop when you feel full!**

Step 4:

Allow your bowlmate to assist you in your healing intentions. Trust in the highest good. Bring clarity and faith to the power of your intentions. Speak or sing your intentions or prayers as you are playing your bowl. **Your bowl will amplify your desires and words and carry them outward along the sacred sound current in powerful ways.**



It is totally instinctive to sing or tone with a crystal singing bowl! Their sound calls us to sing with them, to harmonize with their tones. Even humming, or toning a vowel sound feels wonderful. **If you wish to free your voice, your crystal singing bowl would love to help you let go of inhibitions and old programming, and open up your true sound.** This is something I love guiding clients to do, to free their voice, and move through any stuck emotions that need to be expressed. Anger, sadness, frustration, depression, anxiety and grief can all be effectively released with SOUND!

Caring For Your Crystal Singing Bowl

In caring for your crystal singing bowl, make sure to place it in a protective case made to hold the bowl, or up on a table/shelf when not in use. **These bowls are breakable! They need your awareness and presence as you move them and move around them.**



Above all, may you find great joy and healing with your crystal singing bowl. She offers an incredible gift of friendship and guardianship for you to cherish for years to come!

Your Next Steps in Sound Healing

Are you ready to take the next step?

Not sure? Ask yourself the following questions:

- Do I feel a deeper healing awaiting my personal or professional practice?
- Do I feel a desire within to express my yet untapped healing gifts?
- Am I already enjoying the benefits of the wonderful crystalline sound healing regularly for my personal well-being?
- Am I a healer, therapist, nurse, or musician with an interest in sharing expert crystalline healing sounds with others?

Imagine having the confidence to embrace your unique spiritual gifts—to release physical, mental, emotional, and spiritual illness and to bring through awakening and transformation.

I love to imagine that every being in the world is compassionately playing their crystal singing bowl sound daily! Can you imagine how that would **change the world?!**

Sound is at the essence of our being. There is so much healing power in crystal singing bowl sound. The crystalline sound takes us into expanded realms, into connection with our soul, higher self, angels, guides, teachers, and loved ones. In those expanded dimensions, we access the intelligence of the heart and soul.

If you answered, “yes” to any of the above questions, you are ready to take sound healing further and reach into dimensions of infinite potential!



It's my joy to help you create a clear plan for moving forward with your sound healing practice. I can support you in multiple ways to manifest your sound healing desires!

- Let me use my **“bowl whisperer”** skills to assist you in choosing your “bowlmate”, your ideal crystal singing bowl. Please contact me if you would like a free 20 minute personal consultation on choosing your crystal singing bowl. My email is kathleen@thesoundofhealing.net
- I am happy to offer you a 10-20% discount on any singing bowl or instrument from SilverSkyImports.com!
- Crystal Song Academy of Sound Healing Medicine is the program through which I teach Crystal Song Soul Medicine Levels 1-5, Sounding Into the Body course, and Cosmic Earthkeepers Sound course. Classes are ongoing, and online classes will begin in the fall.
- I offer 1:1 sound healing mentorship and VIP retreats for those who wish personalized guidance, in person and virtually.

You can find more information at my website thesoundofhealing.net. Feel free to ask me any questions. **Thank you for sharing in my love of sound healing!**



About the Author

Kathleen Anne Johnson is a highly skilled and experienced healer, teacher of sound and energy, and medical intuitive nurse practitioner. Since childhood, she has loved music and healing. At a young age, she taught herself piano, guitar, and any other instruments she could sing with, leading her to minor in vocal performance in college.

Kathleen has always been a proponent of natural healing, continuously studying functional medicine, nutrition, and energy medicine. She connected more deeply with her soul's gifts after taking her first Healing Touch course in 2000, and becoming certified as a Healing Touch Practitioner. She has been a nurse and nurse practitioner for over 30 years, helping hundreds of clients improve their health and wellbeing through compassionate care, sound and energy healing, and intuitive insight.

Kathleen is an innovator of medical intuitive sound healing, using crystal singing bowls, harp, tuning forks, and other instruments to work intimately with the body/mind/spirit, creating deep energetic, cellular, and DNA regeneration. Through her classically trained voice and powerful hands of light, she restores patterns of wholeness and organic flow in the body and human energy field. As an ambassador of crystalline sound endowment, she brings through guidance from the Universe and Source to provide all enlightened direction.



A Note From Kathleen

Many personal experiences created a desire to recognize and understand my soul's purpose, including a shared death experience during my newborn daughter's passing. As her soul left her body, I felt the greatest love imaginable as she merged with me and we became one in divine love. Her spirit has guided me since that time.

Following a personal healing crisis, I was faced with the decision to live my truth or transition out of this life. I realized the essence of my being was born to express my purpose and service on Earth as a sound/vibrational healer. I was introduced to alchemy crystal bowls, whose potent, loving sound vibrations deeply touched my heart and soul with the remembrance of my divine, multi-dimensional origins. I developed a new musical passion!

As a teacher of sound and energy, and medical/soul intuitive, I have developed my ability to sense the frequencies and interplay of healing sound/vibration within the body and human energy field. As I direct this healing gift, light moves through you on multi-dimensional levels, including physical, mental, emotional, and spiritual.

I tune into the frequency of all you are, which tells me the story of your lifetimes and soul purpose. I channel frequencies of healing sound throughout your body tissues and human energy field, stimulating deep healing. These frequencies of vibration create space for you to come into resonance with the truth of who you are, with your eternal soul. I feel the guidance of your soul, the elementals, the Angels, galactic guides, and multiple sources of Divine light and love, as we travel together on the sacred sound current.

Every healing session is filled with exquisite, personalized light and love, and I am blessed to participate in this amazing work!

