

TIBETAN SOUND BOWLS



Sound healing is an effective and proven modality that uses vibrational sound to help reduce stress, alter consciousness and create a deep sense of peace, well-being and better health. Sound has also been shown to be a vital part of the healing process for cancer patients undergoing chemotherapy and its adverse effects, and it's especially effective for pain relief management.

During our waking state, the normal frequency of our brain waves is that of Beta. Sound tools entrain the brain to move into the deeper Alpha and Theta brain wave frequencies. These are the frequencies that induce deep meditative and peaceful states, clarity of mind and intuition.

Modern medicine can now measure and confirm the practice of sound as a means to promote healing. Thus, sound is a type of energy medicine that creates the sacred space in which people can heal from stress disorders, pain, depression, emotional roller coasters and more.



HOW DOES IT WORK?

Ancient instruments such as Tibetan singing bowls are “struck and sung” in specific rhythmic patterns to create vibrational sound harmonics at the frequency of "AUM" or "OM." This sound frequency known as “perfection” impacts the sympathetic nervous system as the brain waves synchronize to the vibrations of the bowls. The harmonic vibrations engage the relaxation reflex and

slow down respiration, brain and heart rate, and disrupt the pain reflex creating a deep sense of well-being.



WHAT ARE THE BENEFITS?

Among the many benefits are relief from pain, stress-related conditions and the ability to alter one's consciousness. It is an integral part of healing the negative effects of chemotherapy, reducing the pain and discomfort from fibromyalgia, chronic fatigue syndrome and depression. After sessions, clients experience improved memory, clarity, vitality and the ability to take action.

Many report out-of-body experiences, a deep sense of tranquility, sound sleep and continuing to feel the effects of the treatment for several days.



WHAT ARE THE SESSIONS LIKE?

A client's session lasts one hour, fully-clothed on a mat. Bowls are placed and then played all around the body, head and chakra areas (energy centers). Clients are asked to wear comfortable clothing without buttons, zippers or jewelry. Post session, clients receive a refreshing drink before leaving.

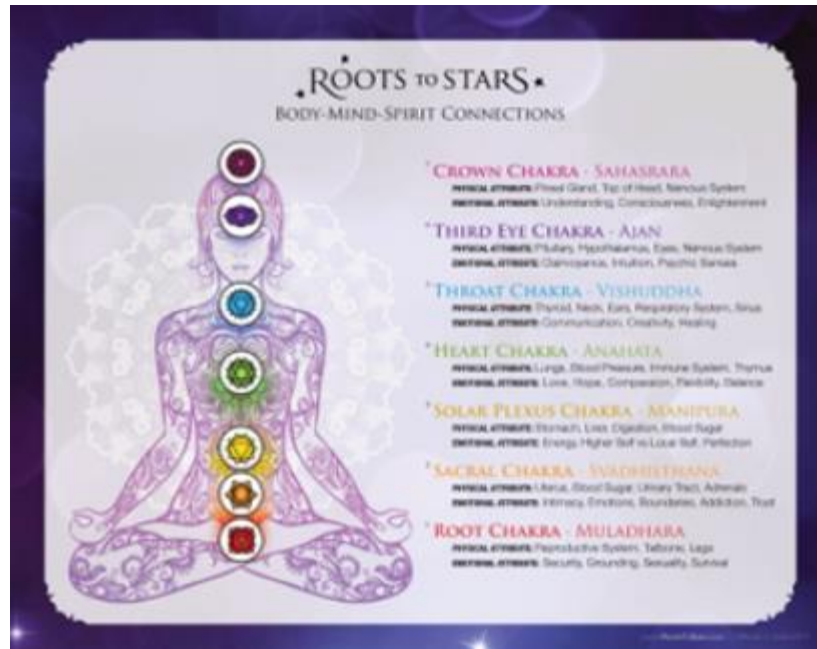


ANCIENT TIBETAN SINGING BOWLS

The power of sound healing using ancient Tibetan Singing Bowls is indescribably profound and alters the consciousness for positive transformation.

Not only can it penetrate at the body's cellular level, it can also alter the pain threshold by encouraging and opening the energetic body to healing, regeneration, and restoration to regain balance and harmony.





Google terms that can be queried . . .

Tibetan singing bowls | Body damage repair | 285hz |
Deep Meditation | Heal body organs