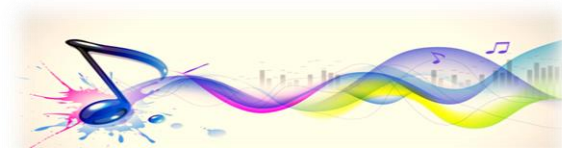




Part 3

Singing Bowls



Create a healing singing bowl sound bath

In this section you will learn:

- How to choose a singing bowl
- How to transform your bowl into a sacred sound healing instrument
- How to play your bowl and create a healing sound bath





Singing bowls

Strike the rim of a singing bowl and listen to its joyous response.

Singing bowls are wonderful instruments of healing. Their sounds are pure and clear and their vibrations can be felt throughout your mind, body and spirit.

A sound bath with singing bowls can help to:

1. induce deep relaxation
2. expand consciousness
3. heal and balance
4. release blocked energy
5. reach deeper states in meditation
6. cleanse and lighten up the energy of your home or workplace



Let your singing bowl take you on a magical journey as you explore its sacred and distinctive healing sounds.



Tibetan and crystal singing bowls:

There are two main types of singing bowls - Tibetan singing bowls and Crystal singing bowls, with many sizes, sounds and colours to choose from.

Tibetan singing bowls

As their name implies, these bowls originate from Tibet. They are made from a combination of different metals. The quality of the bowls depends on the metals they contain.

They vary in size from about 4 cm to 30 cm, though there are even larger bowls that you can stand in.



Crystal singing bowls



Crystal singing bowls are made by a delicate process of heating quartz crystals to a very high temperature.

Specialised bowls contain other crystals such as rose quartz or amethyst, along with precious metals.

Crystal singing bowls have a very special energy as they also hold the qualities of the crystals used to manufacture them. They are available in many sizes and colours and are quite delicate and expensive.



How to choose a singing bowl

The main advice I can give you when choosing your bowl is to choose the bowl that makes your heart sing.

You can buy bowls online, but if you can, it is a good idea to go to a shop that specialises in singing bowls. Take your time to play the bowls and hear their sounds. Be guided by the sensations you feel when you hear their music and the overall effect they have on you. You will know which bowl is for you.

Every singing bowl is a unique vibratory instrument, having its own distinctive sound. Just as we resonate with some sounds and not others, each person's experience with singing bowls will be different. Whether you choose a Tibetan or crystal singing bowl, the sounds are amazing, sacred and deeply healing.

How to transform your bowl into a sacred sound healing instrument

Your singing bowl may have been in a shop for quite some time, so it is important to cleanse it, and dedicate it for your healing work.

There are many ways to cleanse your bowl:

- Wash it gently in warm soapy water.
- Place crystals around it so that it is surrounded by a beautiful energy.
- Leave your bowl outside in moonlight so that it absorbs this wonderful energy.
- Smudge it with incense or sage sticks.



When it is cleansed, you can then transform it into your sacred sound healing instrument. You do this by dedicating your bowl for your healing work.

- Hold your bowl in your hands and dedicate it by saying special words such as:
"I dedicate this bowl to create healing sounds that will support my healing and transformation."
- Allow the energies from your heart and your hands to infuse the bowl with your loving energy. In this way you are forming a loving connection with your bowl, and you will know that the bowl is yours - it is your sacred sound healing instrument.

How to play your singing bowl

- Rest the bowl flat on the palm of your hand, or if larger, put it sitting on a cushion or on a flat surface. (Don't touch the sides of the bowl with your fingers as doing that will either dim the sound or prevent the bowl from vibrating, so no sound is produced.)
- Tap gently on the outside upper rim of the bowl to create a tone, allow the sound to fade, then tap again.
- A beautiful sound can also be created by tapping gently on the outside edge to produce a sound, then move the baton slowly and evenly around the outside edge of the bowl to maintain the sound. This creates a continuous singing bowl sound which gathers momentum.

Tibetan singing bowls, being made from metal, are quite robust and not easily damaged. Crystal singing bowls, on the other hand, are very delicate, so tap very gently on the outside edge.



Create a singing bowl sound bath

Creating a sound bath with your singing bowl is a very beautiful meditative experience, while being deeply healing and relaxing.

In all sound healing treatments, the most important step is to prepare yourself:

- ground yourself
- protect your aura in high frequency golden white light
- open to your highest source of love, wisdom and guidance
- and most important of all, set your intention for the healing sounds that you will be creating. Your intention as you play your bowl gives the sound its power, energy and direction, as your consciousness directs the sound to where it is needed.

A video of the steps for creating a healing singing bowl sound bath is included in part 3 of the course, along with a 10 minute sound bath.



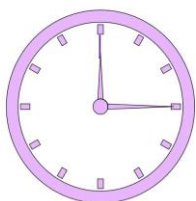
I also included beautiful images of nature in the video, so you have a choice to either close your eyes and receive the sounds, or relax and receive the sounds as you watch images of the beauty of Mother Nature.

The steps for creating a singing bowl sound bath are also summarised on the next page.



Steps for creating a singing bowl sound bath

An audio recording guiding you through these steps is included in the course



15 Minutes

Preparation

Create a sacred, peaceful and comfortable space. Surrounding yourself with colour, crystals and flowers is very nurturing and adds to the experience.

1. **Ground yourself:** imagine that there is a heavy book resting on your feet, giving you the sensation of being held solidly on the Earth.
2. **Protect your body and aura** by calling in a golden white protective light to totally surround you.
3. **Connect with your deepest love, wisdom and guidance** - tune into the loving energies of your heart, and the wisdom of your mind and higher mind or Higher Self. If you work with spiritual guides or beings of light, you can ask them to assist you to create the most appropriate sounds for your healing.
4. **Set your intention** for the healing sounds - hold the thought of a positive result or outcome, and feel all the good feelings associated with this. (Always ask that healing will happen in a way that is aligned with your highest good, and in perfect timing.)

Continued overleaf



5. Start to play your singing bowl

As a guideline, aim to play your bowl for about ten minutes.

Remember to hold a clear intention for the sound, and visualise the sound waves travelling to where they are needed.

Guided by your intuition, you will find that the sounds you create will flow, at times very gently, and at other times, with more volume.

Let the sound, your intention, intuition and deep wisdom be your guide.

If you wish, you can place your singing bowl on or near the part of your body you are focusing on.

6. Absorb your sound bath of healing sounds.
7. Rest for a few minutes in silence afterwards.
8. Finish by making sure that you are grounded again and protect your aura in golden white light.
9. Give thanks - to your own great wisdom, also to any spiritual guides or beings of light that you called in to assist you.



My experience of creating healing sounds with my bowls

When playing my singing bowls, I like to surround myself with my favourite coloured scarves and crystals, and hold in mind my intention for the sounds I will be creating. Then I play my bowls, and enjoy the healing frequencies that I create.

Sometimes I record the sounds so that at another time I can relax and listen as I receive healing. I find that the sounds I create for myself are always the most appropriate for me.



I recommend that you give yourself the gift of having a sound bath regularly. You will soon notice the benefits of giving yourself the gift of loving and restful time, nurtured by healing sounds.