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QUARTZ SINGING BOWLS

The concept of sound as a medium which can transport the human spirit to a different state of consciousness is as old as mankind itself.

WHAT IS SOUND?

Sound is a form of **energy**. Sound is made when air molecules vibrate and move in a pattern called waves, or **sound waves**. Sound is motion. More specifically, sound is vibrational motion - produced when objects move to and fro, or **oscillate**, in the manner of a swinging pendulum. At a fundamental level, sound is the motion of atoms and molecules coming from objects. To produce sound, an object must vibrate, or move to and fro. Each complete to-and-fro movement - of a tuning fork, for example - is known as one cycle. The tuning fork vibrates at the rate of hundreds of cycles each second, the exact rate depending on the **musical note** of the fork. The number of to-and-fro cycles in one second is known as the **frequency**. Sound is measured in frequencies and the frequency is a major factor in determining their use in sound therapy.

Waves of sound travel from their source at a speed of about 339 metres per second (759 mph)

When we talk of hearing 'sound' we refer to a limited frequency range. Most people cannot detect sounds with frequencies of much less than 20 Hz. Below this the vibrations can be felt in the body, but not heard. Sounds with frequencies too low for us to detect are called infrasonic. Similarly, most people cannot detect sounds above 20,000 Hz.

Many of the sounds we consider sacred or healing on the planet are rich in high frequency sounds, called harmonics or overtones.

Quartz singing bowls are high quality state of the art clear quartz fused products.

Fused quartz (transparent) and fused silica (translucent) are amorphous products resulting from high temperature treatment of naturally occurring quartz crystals or sand (SiO₂).

Each bowl is hand tuned to the diatonic music scale.

When played the bowl sings (resonates) its particular note, opening, cleansing and balancing the corresponding chakra centre .

The note the bowl 'sings' at determines which chakra it will balance.

From root to crown they are: C, D, E, F, G, A, B

Sound therapy uses the principles of resonance, entrainment and vibration to effect changes in tissue, organs, bones and cells.

They can also balance the two hemispheres of the brain, create alignment with higher-self, rebuild higher bodies as well as the physical.

Quartz singing bowls are also a useful tool in the production of vibrational essences (colour, gem, flower, angel, channelled, etc).

There are two types of quartz bowls available - frosted and clear.

Each bowl plays a musical note and within each size there is generally a range of notes available.

The size of the bowl affects the pitch; an 8" bowl produces a much higher note than the same note in a 14".

Generally the higher the note the more effective they are at cleansing and raising the vibration.

Play **Higher** pitch to purify and clear unwanted energies and thought forms and **Lower** pitch to rebalance and ground auric field.

Within each note there is a range of octaves - sharp, flat, etc.

The recently created therapeutic bowls are clear quartz singing bowls with a quartz rod handle.

They have been specifically created for ease of use by sound healers and crystal therapists.

Therapeutic bowls are lightweight, portable and easy to use.

Clear quartz singing bowls hold the energy of white-light which ultimately refracts into the rainbow.

Place your bowl on a rubber O-ring or cushion.

Use a rubber ball mallet or wooden sued covered wand - this will depend on the bowl you choose to work with.

Always respect other people's crystal bowls they are sacred to them especially the therapeutic ones as they are often used as an extension of the therapists energy field (just like when you hold a Vogel crystal or 'Feather' Fan)

You must cleanse your bowl using whatever method you would use for clearing your other crystals (before and after use and between clients).

Always have a clear focused intent when you are playing your crystal singing bowl. You can dedicate your singing bowl, just like your other clear quartz crystals.

An invocation to the angel of sacred sound 'Shamael' (an aspect of Archangel Metatron) at the beginning of a session helps to affirm your intention.

Place the bowl symmetrically on its rubber O-ring. This keeps the bowl steady without dampening the vibration.

Larger bowls can be placed on special velvet cushions.

Run the sued wand or rubber mallet around the outside of the bowl of the rim gently.

Keep the pressure firm but even and your bowl will start to sing (resonate).

The optical clear **therapeutic** bowls are designed with handles, which makes them easy to hold and use.

Because of the ease of handing you can move around your client or space with the bowl in your hand thus allowing you to focus and direct the sound.

Each practitioner has a unique style of sounding the bowls.

Some will move the wand or mallet clockwise for specific intentions (male or yang energy), while others prefer a counter-clockwise motion (female or yin energy) or a combination of both.

Never reverse the direction while the bowl is being played.

Crystal bowls are fragile and care should be taken when playing or handling them.

If you are producing jarring or uneven tones you are probably moving the stick too quickly or using incorrect pressure against the rim.

Excessive speed or force produces unpleasant harsh sounds and could damage a bowl even to the point of shattering.

Never play a bowl so fast that the outer rim becomes blurred.....as on rare occasions and not always for any obvious reason quartz singing bowls have been known to shatter while they are being played.

All quartz bowls are susceptible to this therefore it is wise to insure the bowl on a household insurance.

Be aware of the volume in terms of shattering the bowl if it gets too loud (opera singer affect and all that) If the volume is too loud you can quieten (or dampen) the volume by holding the rubber wand against the bowl approximately half way down.

Never play the bowl with excessive force or speed.

Never hit the bowl with the sued covered wand or rubber ball mallet.

Tap very lightly if you need to. I have never had to tap mine and I would suggest it totally unnecessary!

Carry your singing bowl very carefully.

Store your singing bowl away from children and pets.

If you have more than one bowl keep them 30 cm apart from each other when playing.

Never play a very large bowl in a small room.

Always play on the outside of the rim and not on the inside. Playing on the inside increase the stress placed on the bowl.

Because shattering is a possibility never place your head in the bowl when it is resonating or place the bowl on top of someone when playing.

As with all crystal therapy treatments 20 minutes is normally the optimum time of a healing session.

You don't want to have your clients energy field open longer than this as it can cause harm and a massive healing crisis (or a energy shift of dramatic proportion that the body will have problems integrating).

Allow 20 minutes integration time after the session is finished and don't forget to centre and ground yourself and your client. (Integration means allowing feelings of anger, agitation, etc time to disperse)

Be aware of your clients sensitivity especially to the volume.

Commence by playing the bowl away from someone's ears first (at the feet and wide into the aura)

Large bowls are very, very heavy.....always buy the appropriate size for you to comfortably handle!

It is possible to 'nest' the bowls (like Russian dolls) but be aware of the weight in moving them!

Large frost bowls are more grounding and good for group sessions.

Frosted bowls are more feminine and yin in their energy signature.

Clear bowls are seen as masculine and more yang in energy signature.