

Crystal Bowl Healing
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"I just want to wrap my arms around that bowl and follow the sound as far as it takes me!" She was talking about "Big B", the 14" quartz crystal bowl we had just used during her Sound Healing session. "Big B" is a Crown chakra bowl and it really wanted to sing for my client so its tones were long and deep while she lay on the table. Our body knows the tone and frequency it needs to heal and will quickly soak up the bowl's sounds like a sponge. It can also sound in harmony with the person and sing like "Big B" did for Petra.

What is it about the crystal bowls that resonates with so many of us? It's all physics. Our bodies are 50-70% water and sound travels 5X faster through water than air so that makes us receptors. Quartz crystals are a mixture of silicon and oxygen. Quartz has the ability to produce a programmable electrical impulse known as piezoelectricity. Because of its ability to receive, store, amplify and transmit information it is used in electronic equipment such as watches, radios, televisions and computer chips. Those same properties are also what make quartz the quintessential crystal for healing. Our blood and bones are also crystalline in nature and we have an electromagnetic field. When the bowls are played there is a harmonization that happens between the energy of the sound waves, the healing properties of the quartz and our own unique vibrational frequency.

The frequencies of the crystal bowls effectively remove blocked energies that can cause physical or emotional pain. Sound healing with crystal bowls enhances well-being on all levels. On a physical level the sounds produce an alpha state that lowers heart rate, breath and blood pressure. Emotionally the sounds reduce stress and have a relaxing effect; mentally they calm the mind and bring clarity, and spiritually they open a gateway to expanded consciousness.

So when "Big B" sang, as it did for Petra, we know the resonating frequencies are flowing freely, that Petra's pain has been relieved, her chakras and aura are balanced and aligned and the sounds are tuning Petra's body as well as her soul.