

Tibetan Singing Bowls Therapy



One of the most powerful sound healing modalities is the use of Singing Bowls. Singing bowls produce multiphonic and polyharmonic overtones that are unique, subtle, and complex. These sounds are both captivating and calming and seem to instantly create a sense of trance-like calm. The tones that they produce are pure, naturally harmonious, and resonant with each other. The soothing vibration from the bowls radiates out negative energy and lower frequencies of emotion such as fear, anger, and resentment. With lower frequencies removed, practitioners can facilitate deep healing through the intentional use of the bowls' frequencies.

About One-on-One Sessions: Sessions which are comprised of the sound modality of Tibetan Singing Bowls start with discussion and clarity around intention and follow with the immersion of the vibrational sound experience. To experience a session, clients rest comfortably lying down. The bowls are struck in deliberate sequences on or around the body, depending on identified goals and needs expressed. Tones are felt throughout the body providing opportunity for stress reduction and alleviation of symptoms. The sound of the bowls is both captivating and calming.

Benefits: Healing with singing bowls has been known to reduce stress, aid in depression and insomnia, reduce pain and discomfort in the body, regulate blood pressure, help ADHD and PTSD, improve concentration, support and strengthen the immune system, heal the effects of chemotherapy, aid in chronic fatigue syndrome, increase vitality and energy, facilitate meditation and deep relaxation, heighten intuition and perception, synchronize the brain hemispheres, and enhance creativity. Some people experience increased energy, heightened awareness, and promoting and overall sense of well-being. Persons who are seeking creative breakthrough or spiritual guidance may also find great support.

This powerful and rejuvenating experience brings about many healing effects on the body, mind and spirit. Heightened awareness and a deep sense of peace and well-being are common during and after Tibetan Singing Bowls sessions.

Call **Quantum Health** for your individual Sound Therapy Experience with Linda Benkowski, Certificate in Sound Therapy, Atma Buti Sound & Vibration School, Boulder CO