

## What props are needed?

To set the tone for ultimate relaxation: **blankets, pillows, and your favorite essential oils** are recommended to enhance your sound bath experience. Rest in a comfortable posture, like goddess, for a luxurious chakra balancing session. You will be guided through a few pre-sound bath asana postures, designed to prepare the physical body for subtle energy body alignment.

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## What instruments are used?

An array of sound instruments may include crystal singing bowls, himalayan bowls, vocal tones, gongs, tingsa bells, tuning forks, drums and more. Sound baths aim to invoke a deep state of relaxation, between Alpha and Theta waves. Known as the hypnagogic state, this dreamlike state opens the doorway to pure consciousness and the path to self-healing. Crystal Singing Bowls tuned to the natural vibrational alignment of nature at 432 Hz are used in all sessions. Each bowl corresponds to a specific note (C, D, E, F, G, A, B) and is assigned a designated chakra (vortex of subtle body energy.)

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## The Science

Both sound and brain waves are measured in hertz (hz). Using the vibration of sound, through mantras and instruments, shifts brain waves from hyper-active states of thinking (Beta), to a calmer meditative states (Alpha), to

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deep relaxation states of conscious rest (Theta) and eventually to sleep (Delta).

Crystal bowls are made from a living material--quartz crystal. Crystals purify, balance, amplify and transform energy, making crystal bowls potent and beautiful. Quartz crystal bowls have a finer, lighter, vibrational sound, making its effects on the nervous system last for days, even weeks, after a session.

When brain waves adapt to match to the pace of sound, "entrainment" happens. The human body is made of a significant amount of water, an excellent conductor of sound. Since both humans and quartz crystal are comprised of living material, we are able to feel and experience sound using our skin as millions of tiny ears. Water is a conductor of energy; sound is energy in motion. Thus, sound impacts us on a cellular level.

Our cells change shapes and forms when they hear sound. Think of your cells having an inner dance party...and the speaker system is the skin----amplifying the music from outside in. Bones, muscles, tissues, ligaments, and joints are all made of cells. Sound travels to the area of the body which needs it most.

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### What Will I Experience?

The following experiences have been noted:

- Deep Relaxation
- Renewal
- Cleansing
- Feeling Lighter (less weight)
- Feeling Nourished (energized)

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- Safety
- Emotional Breakthroughs
- Rest - granted permission to deeply rest

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### Nurturing Sound Bath Aftercare:

Since effects can last for days even weeks after a session, hydrate with a lot of water. The tremendous effects of the sound bath affects our bodies inside and out. Think of this as **nature's detox**. You may notice the following after a Sound Bath experience:

- An increase in sleep quality
- Improved digestion
- Increased focus
- Calmness
- Decreased stressed
- Decreased anxiety
- Increased patience
- Greater ease and an effortlessness in daily life

There are innumerable health benefits to the healing power of quartz crystal sound bowl sessions. As always, please consult your health care provider before registering for any sessions. Sound Bath Healing is not meant to replace any medical treatments you are undergoing. Please consult your physician.

Healing sessions have been used to help with:

- personal development & growth
- cancer
- heart disease
- anxiety
- depression
- chronic pain
- infertility
- neurodegenerative disorders
- autism
- Crohn's disease
- chakra imbalances
- headaches
- fatigue
- lack of motivation
- anger
- childhood trauma
- animal trauma
- ancestral healing
- karmic clearing