



Tibetan Singing Bowls – The ancient brain entrainment methodology for healing and meditation

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Tibetan Singing Bowls have been used for centuries for healing and meditation purposes. They create a range of sounds to restore the normal vibratory frequencies of diseased and out-of-harmony parts of the body, mind, and soul.

The sounds generated by Tibetan Singing Bowls are a type of energy medicine that promote healing from stress disorders, pain, depression, and most forms of dis-ease.

Healing processes are initiated through entraining our brainwaves to synchronise with the perfect resonance of the bowls. Unique tones create the perfect state for deep meditation, creative thinking, and intuitive messages.

The pure sonic waves that ring from Tibetan Singing Bowls wake up our ability to hear with more than our ears. We feel the sound Tibetan Singing Bowls as much as we take it in with our ears.

“If we accept that sound is vibration and we know that vibration touches every part of our physical being, then we understand that sound is heard not only through our ears but through every cell in our bodies. One reason sound heals on a physical level is because it so deeply touches and transforms us on the emotional and spiritual planes. Sound can redress imbalances on every level of physiologic functioning and can play a positive role in the treatment of virtually any medical disorder.”

Dr. Mitchell Gaynor, director of Medical Oncology and Integrative Medicine, the Cornell Cancer Prevention Center in New York

Sound Healing expert, Diâne Mandle states that Tibetan Singing Bowls don't only affect a great deal of physical healing but also have far-reaching implications that occur on emotional and spiritual levels. It is a regenerative process married to a spiritual awakening that can have profound consequences on illness, disease, and all aspects of our lives.

In fact, mainstream medical teaching facilities like Duke University and the University of North Carolina have added programs that link body, mind, and spirit to the treatment of cancer. Cancer prevention centers are utilizing sound as a vital part of the healing process for patients with astounding results.

Dr. Mitchell Gaynor has been using sound, including Tibetan Singing Bowls and chanting in work with cancer patients for many years. The medical director of the Deepak Chopra center in California, Dr. David Simon, found that the sound from Tibetan Singing Bowls as well as chanting are chemically metabolized into 'endogenous opiates', that act on the body as internal painkillers and healing agents.



How do Tibetan Singing Bowls help in the healing process?

It can be said that illness is a manifestation of dis-harmony within the body—an imbalance in the cells or a given organ. Since all matter is energy vibrating at different rates, by altering the rate of vibration we can change the structure of matter. Sound from Tibetan Singing Bowls entrain the brain to move into the Theta brain wave frequencies that induce deep meditative and peaceful states, clarity of mind, and intuition. The sound vibrations impact our nervous system, engaging our relaxation reflex and inhibiting the stress or pain response.

Through listening to Tibetan Singing Bowls one's internal dialogue, the 'inner critic' is quietened. Their sound synchronizes brain waves and enhances awareness of the mind/body connection.

All parts of your body possess a different resonant frequency. When an organ, or another part of the body, is vibrating "out of tune" or non-harmoniously, it is called "dis-ease". A body is in a healthy state when each cell and each organ resonate in harmony with the whole being.

Using Tibetan Singing Bowls for healing is based on the idea that all illness or disease is characterized by a hindrance to the flow of energy in the body. When energy flow is hindered, the organ or tissue in question stops vibrating at a healthy frequency, and thus it results in some kind of weakness or illness. The sound frequencies created by Tibetan Singing Bowls restore and optimise the flow of energy in the parts of the body where this is required.

In the words of the great Tibetan master/Bodhisattva Gwalwa Karmapa, the Singing Bowls of Tibet emit the "Sound of the Void", the sound of the universe manifesting. They are a symbol of the 'unknowable' and as an alloy, date back to the Buddha, Shakyamni (560-480 B.C.). Their origins and detailed histories are shrouded in the distant past and are surely a gift from the shamanistic 'Bon' religion which precedes Buddhism in Tibet by centuries. For centuries they have been utilized for healing and consciousness transformation. We are now discovering the science behind this powerful ancient modality which is so effective for healing today. Modern medicine can now measure and thus confirm the practice of sound as a means to heal.

Tibetan Singing Bowls and Brainwave Entrainment

The Tibetan Singing Bowls are an ancient technology, about 2500 years old, for stimulating our brainwaves. Just like the new technologies of Brainwave Entrainment, Binaural Beats & Isochronic Tones, Tibetan Singing Bowl create a pulsation of sound to entrain our brain.

Tibetan Singing Bowls create a pulsating tone, that feels good and helps you to relax. The more you listen the deeper you relax, as your brainwaves begin to entrain with the Tibetan Singing Bowl's tone. The benefit of this entrainment is that your brain waves can be "toned" so that you can deliberately experience pleasant and/or productive mental/emotional states.

The upper end of the theta brainwave range is of great importance to healing the body, mind, and spirit. At 7-8 (Hertz) cycles per second our deeper intelligence, creativity and self-healing mechanisms of the body are activated. This is what is commonly referred to as "being in the zone". Tibetan Singing Bowls can be used to put you into this special brain wave state that supports the achievement of your unique goal toward better health.

Producing theta brainwaves through the use of Tibetan Singing Bowls in conjunction with sophisticated audio technologies is facilitated through listening to the **Healing Tance-Formations** recording.

Dr. Hans Selye, "the father of stress" was an endocrinologist in 1950's who did research on the response of organisms to stress. He determined that stress is the underlying cause of all illness and dis-ease. His research was taken a step further by Dr. Herbert Benson.

Dr. Herbert Benson of Harvard's Mind Body Institute, has studied stress reduction for 35 years. Dr. Benson found that stress causes physical or emotional blockages. Dr. Benson found that stress reduction was essential to the creation of health. He coined the phrase "relaxation response". He defines this as "a physical state of deep rest that changes the physical and emotional responses to stress – for example, decrease in heart rate, blood pressure and muscle tension." He also found that regular elicitation of the relaxation response has been scientifically proven to be an effective treatment for a wide range of stress-related disorders. In fact, to the extent that any disease is caused or made worse by stress, the relaxation response is essential to healing it.

Chakra Balancing

Chakras are energy vortices originating in the ancient Indian system of healing. Most literature discusses seven main chakras but there are literally hundreds of vortices of energy all over the body.

Chakras are the connection between the spiritual aspect of our being and the physical. There is an endocrine gland associated with 7 of the main chakras. In the Indian system of healing, when a physical dysfunction is in place, one or more chakras are considered to be blocked, dysfunctional or unbalanced. Unbalanced chakras are reflected in a whole range of mental, emotional and physiological dysfunctions.

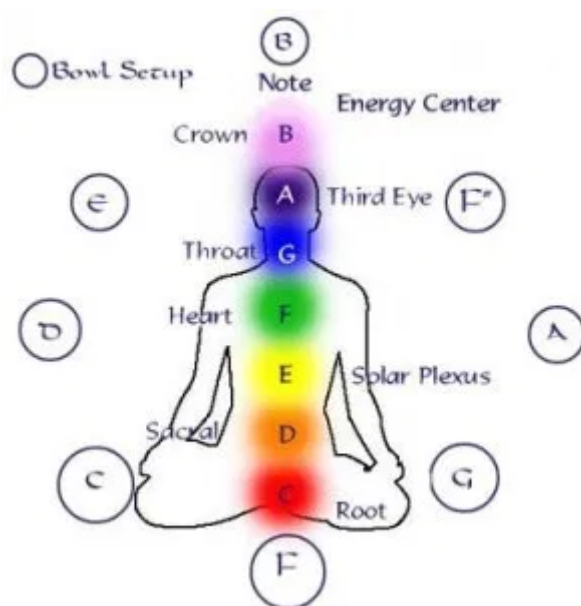
Chakra balancing is used to correct the chakra so that the endocrine gland and all the associated structures and organs effected by that gland balance and begin to function correctly. Historically, chakra balancing has been done in a number of ways but it has been most effectively done by someone who has the capability to either feel or see (or both) the chakras and their state of unbalance. They then use energy healing techniques to adjust and balance them.

Tibetan Singing Bowls naturally cause chakras to self-correct. The sound waves, in the form of sine waves, run correcting frequencies to the unbalanced chakras, bringing them back to normal functioning.

The overall balancing effect of the Tibetan Singing Bowls and theta brainwave entrainment combine to enhance and support the corrective rebalance of the sine waves effect on each chakra. The result is balanced chakras which then, in turn, enhance cellular and systemic healing throughout the body that is facilitated by the theta rhythms.

The Healing Trance-Formations recording includes the appropriately pitched tones for all seven of the major chakras, thereby providing each chakra with its specific key for optimal balancing:

- Root chakra – C
- Sacral chakra – D
- Solar Plexus chakra – E
- Heart chakra – F
- Throat chakra – G
- Third Eye chakra – A
- Crown chakra – B



Repeatedly listening to the Healing Trance-Formations recording over time can assist the body/mind to throw off toxicity and diseased states, while simultaneously retraining the chakras and physical body to remain in a state of balance. Increasingly over time, the body will return to a state of 'ease' or good health.

Though Chakras are far from a scientific fact, ancient literature suggests that their balancing was part of the whole process employed when healing any level of dysfunction. Balancing the body in the way ancient cultures have may be the missing link in health care today.

Now the benefits of Tibetan Singing Bowls for the purpose of cultivating and balancing energy flow in the chakras have been integrated into serene music that contains cutting edge brain entrainment technologies to produce a profound all-round sound healing experience called Healing Trance-Formations.

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