

CRYSTAL SINGING BOWLS: TOOLS OF MANIFESTATION

By Sarah Rose

CRYSTAL

The creators of our planet were very innovative in caring for our well being. They prepared 28% of the planet with silica sand, the stuff from which crystals are created. Who would have guessed that a small sliver of crystal with etching on its surface would transform our reality? Microchips awaken us, heat our food, change our channels, and keep us healthy. Over the past 3 decades, quartz crystal has become embedded into every face of our lives. Excluding computers, we use about 70 microprocessors every day before lunch!

“Krystallos” is a Greek word for crystal, meaning frozen light. Possibly light is stepped down through many levels of density before the physical form of the crystal manifests. A crystal is a systematic, orderly and repetitious patterning of molecules or energies that is enlivened with our own energy. Beginning deep in the earth from a hot vapor, a solution of silicon dioxide forms a quartz seed cell, similar to a pearl formed by the oyster to combat an irritant. This primary unit cell attracts other silicon dioxide molecules. Over time, trillions of these cells link together, and through a spiraling motion, layer upon layer of quartz is put down until the crystal is complete. Herein is the information needed to generate the ultimate form—the hexagonal or six-sided form we know as a quartz crystal.

The mystique of crystal has been explored since long before recorded history. From healing talismans, to elixirs, to the creation of underwater acoustic waves in the first sonar detector, crystal links all civilizations across space and time. Quartz vibrates at precise rates and transforms electricity into waves, which can be broadcast, as in radio and TV signals. Its precision makes it valuable in the use of extremely accurate timepieces. And that’s just the beginning! Crystals have no intrinsic power. They are very sensitive and precise tools that will accumulate a charge from an individual using the crystal amplify that charge and transmit it through the crystal to a designated destination via intent. In this case the crystal functions as a bio-energetic template, transducer and transmitter.

Quartz has 6 primary qualities. It can structure, amplify, store, focus, transmit and transform energy, including thoughts and information. The natural tendency of quartz is towards harmony and perfection. Every molecule vibrates perfectly. “The quartz crystal is the connection between the physical dimension and the dimensions of the mind. It can be used to communicate with minerals, plants, animals, and intelligent forces outside the physical dimension. In early times, when all things were thought to be parts of a greater living consciousness, the quartz crystal was believed to synchronize the individual and total consciousness with that of the heavens and advanced life-forms.” Quote from “Love Is in the Earth”, by Melody, used with permission of Earth-Love Publishing House LTD.

Crystals are such powerful tools for self-healing because of their inherent neatness. Crystals are a metaphor for perfect order and balance. They represent the equilibrium we seek to achieve in our lives, which results in good health, spiritually and physically. Crystals are as effective on thoughts and mental energy as on physical energy, creating clarity of thought. They are alive and powerful. They emit ancient

frequencies give by the great teacher we call earth and attune us to the frequency of earth itself.

SOUND

All traditions, East and West, reveal that the key to unlocking the mysteries of the Universe is sound. Sound is the organizing and integrating impulse behind everything. Some cultures and religions revere sound so deeply as to believe it is called the Universe into being. For the Hindus, all was dark and quiet until the first movement in the Universe created the sound “AUM.” It is considered the mother tone, containing the frequencies of all other sounds.

PHYSICS OF SOUND

Step 1: How Sound is Created

Sound is created by quickly changing air pressure that creates waves. A vibrating object exciting the air around it causes the change in air pressure.

Step 2: Sound Travels Through Thin Air

The next step is the movement of sound. The sound waves move through the air until they are completely dispersed. The level of intensity and frequency will dictate how far the sound travels. Low level sounds, such as foghorns, are heard farther away than higher pitched sounds of the same frequency.

Step 3: No Sound Until It is Heard

The last step in the sound process is that of hearing. Our ears have a membrane that vibrates according to the frequency and intensity of the sound. Those vibrations are then transmitted to our brain and perceived as sound.

Step 4: How Does Sound Frequency Work?

The frequency of sound is the cycles per second of a sound wave. The form of measurement used to indicate the frequency is called a Hertz (Hz) meaning cycles per second. High frequencies are expressed in KiloHertz (kHz), which is a thousand cycles per second.

Sound can produce changes in the autonomic, immune, endocrine, and neuropeptide systems. Every atom, molecule, cell, gland, and organ of the human body absorbs and emits sound. The entire body, as well as our brain waves in a relaxed state, vibrates at a fundamental frequency of about 8 cycles per second, literally entraining and attuning us to the basic electromagnetic field of the earth itself!

Sound works directly on the nervous system, which is likened to an ocean, through the meridians, likened to rivers and lakes, and into the electromagnetic energy areas of the body (chakras), which are likened to geysers and volcanoes. Sound radiates energy, creating specific effects according to frequency and intensity. The human ear can only hear sound vibrations between 0 and 20,000 Hz, although we also perceive sound by skin and bone conduction, ingesting and consuming it with the whole body.

SOUND = CRYSTAL = QUARTZ CRYSTAL SINGING BOWLS

These crystal tones bowls have accomplished an amazing task in this age of promoting a unique creation to the extent that it is the most sought “New Age” tool worldwide. In

addition, allopathic and complementary physicians, as well as Traditional Chinese Medicine doctors, experience crystal singing bowls and advocate their uses to their patients. Healers such as hospice workers, Reiki Masters, massage therapists, and energy practitioners utilize them. Feng Shui artists clamor for them. Various spiritual traditions, acknowledging the power of entrainment, use quartz crystal singing bowls to enhance sacred practices. Music groups now include them in performances. Hollywood, too, is paying attention.

Quartz crystal singing bowls are made from 99.992% pure crushed quartz and heated to a very high temperature in a centrifugal mold. They are available in clear, frosted, ultra light, and alchemy bowls in a variety of sizes, from 6 to 24 inches in diameter. Each bowl has a tone which, when sounded, corresponds with one's energy centers.

NOTE AND CHAKRA CORRESPONDENCE

NOTE	CHAKRA	SIGNIFICANCE	RIGHT	COLOR
C	Root	1 st : Element: Earth, physical body	To have	Red
D	Sacral	2 nd : Element: Water. Physical Vitality, sexual desire, earthly Emotions	To feel	Orange
E	Solar Plexus	3 rd : Element: Fire. Will, personal Power, perseverance emotions	To act	Yellow
F	Heart	4 th : Element: Air, Love, surrender balance, acceptance, devotion	To love	Green
G	Throat	5 th : Element: Ether. Communication, expression, Higher will	To speak	Blue
A	Third Eye	6 th : Subtle element: Mind. Seeing, inner vision, intuition, Comprehension	To see	Indigo
B	Crown	7 th : Subtle element. Intelligence. God consciousness, spiritual Intelligence	To know	Violet

One will intuit which tone “feels” most congruent with individual needs or desires. With so many choices, one must tune in to the inner knower. Sometimes the bowl chooses its owner! To create a synergy greater than the sum of the parts, the bowls may be played in harmonic fifths:

- C and G
- D and A
- B and E

There is no dogma to crystal bowls, although many religious and spiritual groups use them in their practices. Everyone uses the bowls in his own unique way. The intentions of the practitioner are amplified.

INTENTION

Realize that EVERY thought is truly an intention. Every thought! If you are in doubt as to your worthiness or ability to make a situation so, you may manifest conflict in your life because your thoughts are in conflict. You must rid your consciousness of words like “hopefully”, “possibly”, “I wonder if”, etc. This takes mindfulness, but it is the essence of learning to use your consciousness to create your true desires. When you are clear in your thoughts, your goal will manifest with ease.

Watch for synchronicities, which may occur, realizations of steps necessary to manifest the goal. For example, if you declare your goal to have more wealth, within a few days you might see all sorts of synchronicities related to spirituality. They may seem to have nothing to do with wealth whatsoever. So you figure it’s just a coincidence, and the approach isn’t working. But the approach is sound, and it is working. Most likely, it’s a signal that the path to wealth first requires you to improve your consciousness. This is especially true if your intention was for the highest good of all. If you become wealthy before your energy and consciousness have reached a certain level, then greater material wealth may only feed your problems—your goal cannot yet manifest for the greatest good of all. But if you first learn to use your energy and consciousness positively, then the greater resources that wealth provides you will be a positive manifestation instead of a negative one.

BE A DELIBERATE VIBRATION SELECTOR

Every thought, feeling, word and action carries a vibration. It attracts other like vibrations. This is known as the *Law of Attraction*. Be a deliberate selector of the vibrations you wish to emit. This enables you to break free from the attraction patterns that may have been set into motion in the past and aligns you with more desirable future outcomes.

ENTRAINMENT

Entrainment is the process whereby two connected systems become synchronized. The system with the greater frequency slows down, and the other accelerates. We are conditioned—entrained—by habits, sounds, smells, etc. Energy is transferred between the two systems. Quartz crystal singing bowls are tools of entrainment.

Studies have shown that vibrations from rhythmic sounds have a profound effect on brain activity. In shamanic traditions, drums were used in periodic rhythm to transport the shaman into other realms of reality. The vibrations from this constant rhythm affected the brain in a very specific manner, allowing the shaman to achieve an altered state of mind and journey out of his or her body. Brain pattern studies conducted by researcher Melinda Maxfield into the (SSC) Shamanic State of Consciousness found that the steady rhythmic beat of the drum struck four and one half times per second was the key to transporting a shaman into the deepest part of his shamanic state of consciousness. It is no coincidence that 4.5 beats, or cycles per second correspond to the trance like state of theta brain wave activity. In direct correlation, we see similar effects brought on by the constant and rhythmic drone of Tibetan Buddhist chants, which transport the monks and even other listeners into realms of blissful meditation.

The gentle pulsating rhythms (biannual beat) of our brain synchronization tapes act in a similar fashion, yet because the frequencies are computer generated, they are precise, consistent and can be targeted to induce highly specific and desired brain states. Much like tuning a radio to get a particular station, our brain synchronization tapes can induce a variety of

brain states affecting alertness, concentration, focus & cognition, relaxation, visualization, creativity, intuition, memory, meditation, vivid visual imagery, deep sleep, and detached awareness.

There are frequencies/rhythms, which when dominant in the brain, correlate with a specific state of mind. There are generally 4 groupings of brain waves:

1. Beta waves range between 14-20 Hz. The beta state is associated with peak concentration, heightened alertness and visual acuity. Nobel Price Winner, Sir Francis Crick and other scientists believe that the 40 Hz beta frequency used on many Brain Sync tapes may be key to the act of cognition.
2. Alpha waves range between 8-13 Hz. Theta is one of the more elusive and extraordinary realms we can explore. It is also known as the twilight state which we normally only experience fleetingly as we rise up and out of the depths of delta upon waking, or drifting off to sleep. In theta we are in a waking dream, vivid imagery flashes before the mind's eye and we are receptive to information beyond our normal conscious awareness. During the Theta state many find they are capable of comprehending advanced concepts and relationships that become incomprehensible when returning to Alpha or Beta states.
3. Theta waves range between 4-7 Hz. Theta is one of the more elusive and extraordinary realms we can explore. It is also known as the twilight state which we normally only experience fleetingly as we rise up out of the depths of delta upon waking, or drifting off to sleep. In theta we are in a waking dream, vivid imagery flashes before the mind's eye and we are receptive to information beyond our normal conscious awareness. During the Theta state many find they are capable of comprehending advanced concepts and relationships that become incomprehensible when returning to Alpha or Beta states. Theta has also been identified as the gateway to learning and memory. Theta meditation increases creativity, enhances learning, reduces stress and awakens intuition and other extrasensory perception skills. When the brain is in Theta it appears to balance sodium/potassium ratios that are responsible for the transport of chemicals through brain cell membranes. This appears to play a role in rejuvenating the fatigued brain.
4. Delta waves range between 0.5-3 Hz. Delta is associated with deep sleep. In addition, certain frequencies in the delta range trigger the release of Growth Hormone beneficial for healing and regeneration. This is why sleeping, deep restorative sleep is so essential to the healing process. See <http://www.web-us.com/primitivebeats.htm>

CRYSTAL + SOUND + INTENTION = RESULTS

Crystal singing bowls amplify what you already are. They morph us into dynamic new ways of thoughts, words, and actions. Our bodies are merely the material foundation and instrument of the other parts of the Soul. The body, the great attenuator, enables the Soul to perceive and act in the realm of material experience.

When you experience crystal singing bowls, you may notice some dissonance in the tones. Just observe it, embrace it and transmute it into harmony. We are the creators of disharmony. We can recreate it into harmony. We are at such choice!

FIRST THINGS FIRST

As you contemplate goals, explore the model of having, doing, and being. It is upside down. Sometimes when we consider wealth, we focus on things we have or want to have, such as cars, real estate, clothes, jewelry, art, _____ (fill in the noun). They don't make us wealthy any more than sleeping in the garage makes us a car. Possibly our focus is on what we want to be doing—traveling, golfing, playing the market, fishing, sleeping in, experiencing nature, flying, _____ (fill in the verb).

What do you want to be or are you being? Prosperous, generous, a catalyst for change, a co-creator with Divine Intelligence, fully awake and aware, _____ (fill in the adjective). What makes your heart sing? What makes your socks roll up and down? Having and doing flow along when we are enrolled in being. Being embraces our essence and is available merely by intention, with no trappings. The being energy you are sending out is a larger determinant of your state of prosperity. The time has come when the striving for new frontiers has carried us to the soul connection that brings us back to ourselves. There is no time to waste. Many who serendipitously enter the same space as a crystal singing bowl, find that, having heard that sound, they have just taken a major life shift. Others find them through friends or sacred gatherings. The human body, because it is crystalline in structure, as is our DNA, is aligned with quartz crystal. It speaks to us in such an intimate manner that we may not have words for what happens on a soul level.

ACKNOWLEDGE YOUR POWER

Your prosperity comes from the Power stored within, waiting for your command. In your true nature, you are a perfect individualization of Infinite Power. You are the Self-expression of the Infinite Power of the Universe. Because you are the manifestation of this Power—expressing Itself as you—it cannot leave or forsake Its own Self-expression. It is projecting Itself AS you. You and this Power are One and can never be separated. Likewise, it is in everyone and everything else on the planet and millions of other planets. The expression of this Power is CONSCIOUSNESS.

We find what we need when we're ready. We are always guided to that which we are seeking, for that which we are seeking is also seeking us. We will take direction from our own souls to inform us what to do with quartz crystal singing bowls. Could these tools be just the catalyst we've been seeking to open us to the infinite expression of multidimensional consciousness, an expansion of that which our own spiritual intelligence is seeping into physical wakefulness, which will once again shift our total reality? Join us in the morphing of the crystalline bridge, as we dream the universal vibration of the long-awaited new story into expression.