**The sound of New Age**

As sound becomes the new modality, I've begun to review the Tibetan bowls as a new venue. With the history of the bowls as stated "the sound of the void", Bodhisattva Gwalawa Kamapa, the Tibetan bowls manifest the sound of the universe manifesting. The sound acts upon the physical while the sound is healing to the cellular level.

Dr. Gaynor, an oncologist, helped me remove my concern of treating cancer patients, due to a previous article I had read. Crystal bowls may not be good for cancer patients. I have had some success with patients in my class in yoga, but not till after they have told me they have had cancer and they had relief from it later. In that Dr. Gaynor use the crystal bowls for chemo treatment and he has seen an improved response to the chemo without side affect while documenting it.

The symbol of the" the unknowable" as dating back to Buddha (560-480 back.], otherwise known as the shamanic {bon}, which preceded Buddha as stated by Richard Rudis

In another related subject Duke University has added programs that link mind and body to the treatment.

Dr. David Simon realized that the sound of Tibetan Bowls and chanting chemically metabolized into endogenous opiates that act as pain killers and healing agents. The bowls in Sanskrit mean "Aum" the response of perfect pitch" thus entraining self's brain waves to sympathetic resonance. In that matter it can be altered, vibrating at different rates the structure can be changed. The fundamental status of the universe is absolute harmony; where by we can create harmony or discord - stress, anger, fear which removes us from the center to being outside of self or lost in consciousness. In playing the Tibetan bowls in accord with higher self and in the interest of the client's higher self would benefit them and would aid them in returning them to healing self at a core level.

T he difference in currying is of finite results .The difference in healing is in the process of nature.

The becoming of the whole; removal of trouble, grief, or evil [lived]. The healing is of a regenerative process marring of the spiritual awaking or a perspective shift and were each shift affects the whole.

The Tibetan bowls emit a quieting centering; the tingshas stimulate energy as do # in crystal bowls, the Ganta [bell) unifying and motivating. The Tibetan bowls initialize our parasympathetic nervous system supporting disease immune cells while reducing stress while creating a cardio-respiratory synchrony. [The flow of brain heart and respiratory waves.] The concordance is exactly achieved with the bowls and the placement on the body.

The harsh realities of cancer and chemo can be difficult to navigate, in that we can take time out in safe and harmonize place or sanctuary; we recalculate our return to center. The journey of getting back and beyond the condition may aid us seeking unconditional love of self and others and the process of love respect and honor. They may aid in the ongoing treatment after cancer has regressed, the fear of its return would concur with the old thinking or pattern so maintaining a practice of self love or discipline would also benefit the patient or client.

If look at cancer or any disease as a spiritual battle to return to homeostasis or return to ones own power, then we have gained the knowledge and wisdom of self at its greatest enemy or savior.

It is as the mirror that nothing out side of self is capable seeing that which our true nature or our ability of being. We can however take time to seek rest and seek the void, the silence, to be of oneness. There is no separation or division only as perceived by self, it is not them or they but about our willingness to return to that spiritual Om.

The crystal bowls, Tibetan bowls, tingshas and Gongs may all help on our journey.

It is our journey to walk each day as though it were a step toward our masters of self ,the path may be rocky or smooth yet knowing the path may twist or turn, we just need to return quietly and steadly .There is contance in the sound that it mirriors our journey neither in judgement or error do we venture only in the sound of love grace light