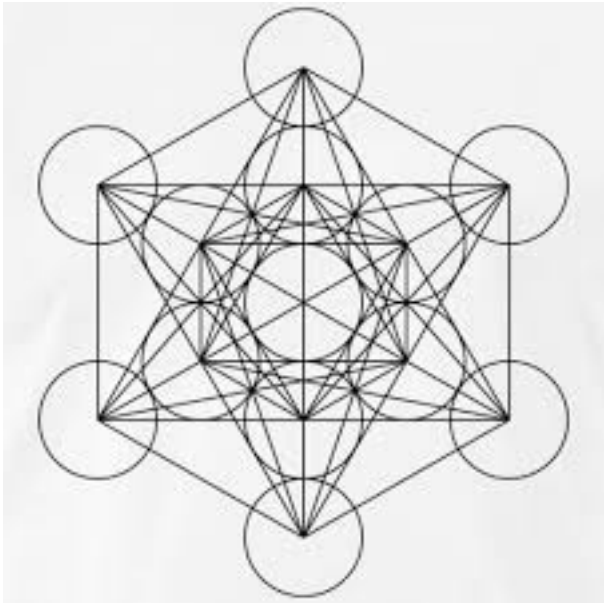
◆THE HEALING POWERS OF INTENTION◆



Introduction
I have been working with alchemy crystal bowls for a few years and my curiosity for how their sounds affect people and what they bring up in them is never-ending. In early 2018 I started experimenting when my then ten-year-old niece, who sees colors when she hears sounds (a form of Synesthesia), told me what she saw when I played the bowls. It amazed me. The colors were very specific and changed with the bowls and the intensity of the sound. Different bowls played at the same time would create a color different from when they were played individually. This excited my curious mind. I experimented further with my friends and family who are seeers, playing the bowls and asking them what they see. Everything they described was beautiful and unique to how they see the world. I made notes of all these experiments but didn't do anything further with it.

Fast-forward to June 2019 when I was participating in the first summer intensive at the Globe Institute. Every morning I would tone for each of my chakras, see what sounds wanted to come out and what messages came to me in the process. As I was toning for the crown chakra I received an idea. The idea was to explore what people with Synesthesia would see when I played the crystal bowls, with and without intention. And thus, this final project was born.

What is Synesthesia?
Synesthesia is a perceptual phenomenon in which stimulation of one sensory or cognitive pathway leads to automatic, involuntary experiences in a second sensory or cognitive pathway. People who report a lifelong history of such experiences are known as synesthetes. Awareness of synesthetic perceptions varies from person to person. The term is from the Ancient Greek σύν syn, "together", and αἴσθησις aisthēsis, "sensation".[1]

In this project I wanted the Synesthesia to be the red thread that connected the participants. Since we are all unique vibratory beings I assumed each person's experience would be unique but my hope was that once an intention was set the experience and colors would intensify and become more effective and prove the power of intention in sound healing.

The power of intention
Jonathan Goldman has a formula for sound healing: Frequency + Intent = Healing. He says that it is not only the frequency of the sound that creates its effect, but also the intention of the user. One person can make a sound with a certain intention and another person can make the same sound with a different intent, and it would have a different outcome. It's both the frequency and the intent: a 50/50 partnership between sound and consciousness, in an equal and balanced relationship to each other.[2]

This is what I wanted to look into, what does a person experience during a crystal bowl session without intention and then with intention. Synesthesia

[1] Wikipedia.com
[2] The 7 Secrets of Sound Healing, Jonathan Goldman, 2008

would be the key to figuring out if intention made a difference since measuring intent is hard to do. Thankfully I'm in Sound Healing School so I knew that I would be able to play with this and include intuitive messages and experiences to further support my findings.

Executing the experiment

To find participants for the project I posted in different Facebook groups and contacted people I know who are gifted with Synesthesia, including my niece. The final group of participants were six persons from age 11-67, five female and one male. Each of them had a private crystal bowl session ranging from 15-40 minutes.

I did not inform the participants of my plan to explore the power of intention. I simply told them that I would play the bowls for a few minutes, take a short break with silence and then start playing again. I have a healing room in my apartment and all sessions took place there. Participants would lay on a mat, under a blanket and experience the crystal bowls with eyes closed. I asked them questions along the way and stated in the beginning that if they found it difficult to answer questions while listening and experiencing to let me know and we would go over their experience after. I did not have a standard set of question and allowed my intuition and the energy in the room to guide me.

During the first part of the session, the part without intention, I would simply play the bowls. I wouldn't necessarily be thinking about what to have for dinner that night but focused on being present.

After the first part, during the silence, I would silently do a cleansing prayer for myself and the participant, and then start setting the intention. With the intention setting I would start inviting energies in, making sure that they were for the benefit of the participant and myself and in accordance with their soul's purpose and the highest good of all. I did not decide beforehand what energies to invite in. I let my intuition and healing gifts guide me in the moment. Different energies wanted to come in for different people.

Outcome and learnings

The overall and biggest learning from all these sessions is that intention plays an integral part in healing and allows energies that want to work with each person to create a space for a personalised healing experience, rather than a more overall relaxing experience.

For me as an empath and someone who is very in tune with energy, the difference between the parts was tremendous. The room would fill up with such a palpable, pure, positive and loving energy once the intention was set, so much that I was often brought to tears and my whole body would vibrate. It was also visible how the participants would fall deeper into themselves, become more visibly relaxed and experience the colors and healing energies in a much deeper way than in the first part where no intention was set.

For all of the participants their experience of the colors would turn into deeper and more vivid colors and visions and their experience drastically change once the intention was set. Below are a few examples from the sessions:

BB, female, age 11
BB saw colors and numbers during the first part. She was alert and described the colors in detail. She also saw the numbers 12, 14 and 38. BB is my niece so I have known here since she was born. During the silent part when I was doing the cleansing prayer, setting the intention and inviting the energies in the room was filled with so much love that it brought tears to my eyes. I could clearly see BB relaxing more and going into a complete state of trust, yawning as if she was about to go to sleep. When she started speaking she said this was a bit hard to do (referring to the session), which indicates that releasing and cleansing had begun. I assured her that she was doing a great job. It took her longer to answer, which tells me that she was moving beyond time and space. She then saw her mother wearing a white dress, and she just stood there and smiled at her, giving her the courage, comfort and trust to go through the healing work. She described to me how the colors were a lot brighter, like a light switch going off in the dark, and there was a lot more of the color purple.

SG, female, age 49
SG is a energy worker and healer and has worked in the field for over two decades. She is also a classically trained musician. She immediately goes deep and into an altered state and could feel the colors and sounds coming in and she said she felt as if they were coming from another world. She could sense a being with one of the sounds that was there to hold space for the session. Two of my bowls create a harmonic fifth and with those sounds she could feel a heart opening and a golden color/energy. The colors she saw were bright and clear and felt to her like a sonic shower with colors not visible to us in the third dimension with pops of neon.

After the intention setting was done and I started playing SG was silent for a while. Then she stated that everything was now deeper and juicier. Her voice was much softer and lower when she spoke, almost a whisper, and the colors she described were often described by her with a name of a crystal as well, i.e. blue like Tanzanite blue. She sensed extraterrestrial energy and she spoke less and her remarks were further apart, as she was beyond time and space. At one point she said “this is like the mother”.

SG said that it was like Heaven and Earth were coming together in frequency and after the session said it felt it was even bigger than that, that the spheres of Earth and the spheres of Heaven were coming together and she was also shown a beautiful Nebula. During the second part one of my bowls just seemed to play itself and I hardly had to touch it for it to go into full magnified sound. It was amazing to witness.

GK, male, age 37
GK is very in tune to energy and has been since he was a child. He has experience in astral travel and frequently taps into past lives. Since the age of five he has

received support from a healer to develop his gifts so this part of him has always been tended to and supported. During the first part he saw a green color coming in like a tornado and then it went away. He sensed an energy coming up from the Earth, something that he could not see, only sense. He then saw a man on a horse and everything went yellow. He then said it was like a direct line up to the Divine through the third eye, a pillar, an organic pillar. He was silent for a bit and then he said he felt like his body was expanding. At this point I knew it was important to end the first part to be able to set the intention and invite more energies in.

Once I had done the cleansing prayer, invited the loving energies in and started playing GK stated that he would have to describe his experience afterwards. I could see and feel that he was already beyond time and space, in a healing space where language doesn't exist. His body visibly relaxed even more and he didn't move. After the session finished he said that it had been very demanding, that a lot of work and healing happened. He described the difference between the two parts by saying that the second part was for his path and catered to him. He had a pain in his back that was gone.

He messaged me the next day and told me that this had been the most intense and amazing sound healing he has ever had.

DA, female, age 67
DA is a family friend and my mother told me that she has the gift of Synesthesia. I called her and she told me the she hadn't seen any colors in a year and was hesitant to participate in the project. Intuitively I knew this was because of an imbalance and asked her if anything had been different in her life in the last year, if she had faced any challenges. She told me that she had been extremely tired and I offered that when she stops seeing colors that is a message from her higher self to relax, unwind and turn inwards to rest and restore. She decided to participate and during the session she saw the colors for the first time in a year. She told me afterwards that when she started describing them in words to me she was worried that they would disappear. She was so happy to see and feel the colors again.

During this session I could really feel the energies wanting to come in before I set the intention. Everything was ready for them to come in and they were eager to come but since I was doing a highly scientific experiment I needed to wait a bit to see the difference between intention and no intention! In the first part DA saw a lot of colors swirling around her, colors that she couldn't describe with words and a white color very close to her face. I asked her if there was a feeling connected to the white color and she said that it was like breeze of air, a bit cold but not uncomfortable, and had a cleansing feel to it. As soon as we put our focus on this white color it started coming in stronger. The message I received was that she had always enjoyed and viewed the colors, which are healing energies, from afar. She would go to see the Icelandic Symphony Orchestra and just keep her eyes closed enjoying the "light show". Her husband would often look at her and see tears streaming down her face, such was the beauty she was experiencing. But the healing energies wanted to come closer to her, work with and cleanse

her body and whole system. I knew that this is what we needed to work on in the second part of the session.

After the first part, I did a cleansing prayer in silence and then started inviting the energies in and the room was filled with so much loving and beautiful energy that tears streamed down my face. Before I even started playing the bowls DA said with her eyes closed "God, it's so beautiful. Everything is happening" and told me afterwards that she hadn't experienced anything like this. When I started playing she didn't say anything for the first few minutes and then told me that it was completely different than before, no forms, just flow, she could just see all the colors of the Universe and that they were moving much slower than before. She was most likely beyond time and space. She said the colors were like nourishment for her heart.

I offered her the message I had gotten that the colors and healing energies wanted to get closer to her and work with her body, heal her body. I asked her if she was willing to invite them in, into every cell. She said yes and took a deep breath. She was silent after that for a while and breathed deeply. She then started seeing colors that were not as pure as the other ones, somewhat slimy and I knew that they needed to be cleansed and transmuted. I asked her to guide the higher vibrational colors to clean and transmute these energy blocks, which I believe they were. I then asked the energies working with us to clean and transmute these blocks in pure unconditional love and asked DA for her permission for them to do so. She said yes and a few minutes passed. I then asked her if the lower-vibrational colors were still there and she answered that they were gone. I then asked that if any more blocks needed to be cleared and transmuted at this moment that they be made visible to DA. She then saw a dark violet color working on her chest and stomach. I then asked her to invite the color to go into every cell of her body and all her bodies into all dimensions, a violet shower of light. This shower of light concluded the session and when I thought to myself that this was the end of the session DA opened her eyes immediately without me having to say anything. Our energies had completely melded together at that point and words as a tool for communication were not necessary.

Afterwards DA said it had never occurred to her that the colors could help her heal and that she could ask them to do that. Before she had enjoyed them from "afar" and received rest and relaxation from them but now she could take it to the next level.

Conclusion

In this project I learned and gained insight to a lot about myself as a Sound Healer. I have solely worked with groups in the last few years, which is also very powerful but completely different. This has given me even more trust in my abilities as a healer and opened up a whole new world for me; the magic of one-on-one healing sessions. The energies that are available to us and willing to work through us and assist us are never-ending and all-loving and when we create the space and invite them in the possibilities are endless.

I recorded all the sessions and when listening to them it is obvious that both the participants and myself are in altered states during the second part of every session. This can be heard in the tone and tempo of the voice and choice of language. Everything seems to slow down, which is something I experience when I move beyond space and time and connect to other dimensions.
There is no doubt in my whole being that intention is the key to elevated and high-vibrational healing. Without intention participants receive the benefits of rest and relaxation and the overall healing that comes with that but once the intention is set then it becomes a personalized healing experience specifically for the person receiving. They are able to work in a multi-dimensional space with complete trust, even though it sometimes can be difficult and demanding.

I look forward to more discoveries in this field and choose to always walk in The Light and work with The Light.