

# Crystal Bowl Therapy Sound Session Protocol

Certificate Final Paper

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***Auralite Sound LLC***

*Sound Wellness and Communication, Incorporating the Energy of Gemstone-  
Infused Quartz Crystal Alchemy Singing Bowls*

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# Crystal Bowl Sound Therapy Session Protocol

## TOOLS

- Crystal Bowls
- Crystal pyramid
- Crystal gemstones
- Include CRYSTAL BOWL AND FREQUENCY LIST

## THE SPACE

- Massage table or twin bed
- Lamb's wool fitted table pad
- Electric blanket or heated mattress pad
- Mattress sheets
- Table to hold at least six crystal bowls
- Another twin bed that holds three 12" bowls
- Another shelf that holds three crystal bowls
- Two stools
- Binder with client release forms, intake forms, toning handouts, notes, science references, writing paper, pens, etc.
- Tissues and water

## SETTING THE SPACE

- Before the client arrives, I **arrange crystal gemstones** around the bed: selenite rods, black tourmaline, amethyst, rose quartz, etc.
- I walk around the room toning and chiming a practitioner bowl **clear the space**. I also walk around the room and house with **incense or sage** to clear the space.
- Announce to the room that you are setting sacred space.
- I sit with all of my bowls and **meditate on the client** for about 15 to 20 minutes to get impressions of her or him. I ask which bowls want to be present for the sacred sound session. I generally get impressions about issues or at least which bowls want to be present. Since I keep my bowls in a separate room from the session, I then take the participating bowls to the sound session room.
- I always include three 12" bowls in the sessions; they are like **worker-horse bowls**: Violet Flame Aura Morph, Grandmother Morph, and Rose Opaque.
- I may take as many as **nine other bowls** to the session. While I usually don't play *all* of the bowls that want to join the session, they still lend their support by **holding space, facilitating** energy release, or populating the field with **their energy**. After a session, it is

often very clear why certain bowls joined, for example, a very delicate carnelian morph bowl with many healed fractures joined the session for a young woman who had endured sexual abuse trauma.

## PREPPING THE CLIENT

- First, the client reads and signs the **client-release** form/disclaimer acknowledging that I'm not a medical professional, etc.
- Conduct **intake**: What's going on with you? What's your intention if any? How's your chakra health?
- Ask the client if they have **any questions**. I offer information about sound, vibration, energy, intention, consciousness, science references, etc.
- **Describe** how the session will proceed.
- Inform that **I don't heal**; I co-create the space, the field with source for you to facilitate your own healing. Your body knows exactly what you need.
- Very important: Ask the client if he or **she is ready to be healed**, to let go, to be liberated. If not, with the utmost compassion, give them their money back and invite them to come back another time if they feel ready.
- Also, it is very important to ask the client to let you know if any **sound bothers them**, if any sound is too loud, if they experience any unpleasant feelings or tingling or pain during the session and that you will stop immediately.

## BEGIN THE SESSION

- Mentally **create yours** and the **client's boundary** and connect with a **golden cord**. This ensures that you do not take on your client's energy or vice versa.
- Conduct a **sound sweep** of the client while they sit on the stool and stand near it.
- Or, conduct **chakra toning and breath work** with the client, if you feel this is relevant. Toning also helps an anxious client become more relaxed. You can do this while the client is comfy in the bed.
- **Invite** the client to lie on the bed, if not already there.

**Anecdote:** I learned the sound-sweep and boundary-setting techniques from Lisa Rafel. I had great success with these techniques for two clients before COVID and the lockdown. Neither client stated that they came trying to solve any issues because their sessions to me were gifts. For one client, **my voice changed at the neck** and upper back. After her session, she tearfully revealed that **she had thyroid problems** and that she was terrified of speaking up or voicing her opinion. For the other client, my voice changed at the **hips/pelvis area** and **right knee**. During her session, I got the impression **of sexual abuse and trauma**, which was confirmed after her session, and she had a **previous knee injury**.

- **Thank** the client for the opportunity to serve them.

- Mentally or out loud **offer an invocation**. Mine is as follow: *“For the highest good of all, I offer myself in service and gratitude to the light and ask that my angels, guides, ancestors, positive aliens, all of whom are 100 percent light be with me in every way and anyway possible.”* Adapted from Maureen St. Germain.
- Announce that you are **‘activating the vertical**. This is a new phrase that I just learned from Jamie Lu, which I will begin incorporating. The statement/intention **activates energy** from Gaia through your spine to source, alerting all that **I am** ready and present **with integrity, truth, compassion, and responsibility**.
- **Wrap the client’s feet** with the sheet. This creates a cradle for the bowl.
- Beginning at the feet, I **chime the bowl** all the way up to the client’s chest, moving in slow increments, toning as I go when inspired to do so.
- I generally use my 12” **Violet Aura Flame Morph** bowl for the body part of the session. This bowl is **a great transducer and transformer of energy**. It is also a very low frequency that corresponds with deep relaxed brainwave states and produces a natural binaural.
- **Chiming the bowl**. The technique is very important. You **do not** want to repeatedly chime the rim. **Gently tap** the bowl to invite a sound, then **bow the** bowl about two-thirds the way up its base. **Bowing** the side **pushes** the bowl’s **vibration down into the body**. If you just play the fundamental off the rim, the sound is going up into the room. The goal is to activate the cells in the bones and to create a state of acoustic luminescence. It takes much practice on a body to get the right tone. Also, **some bowls don’t respond well** to being played on the body. If this happens, **try another bowl**. The person may need another bowl.
- **Slowly, softly, subtly**, chime the bowl up the body **to the chest**. You may hear the tone of the **bowl sound differently** as the body and the bowl **release whatever was stuck**. This doesn’t happen every time. Just let the sound play out until it ends. It may take a few minutes as the body releases.
- At the chest, **play very softly**. You are **near the ears** and head and the sound is amplified. You do not need to continually bow the bowl, just make a few light passes and let the sound finish to silence.
- **Bow back down the body** the same way that you came up. This is the time to **chime** some of the **helper bowls** that wanted to join the session. These are usually **smaller more activating bowls** that help release energy.
- When you reach the feet, **put the big bowl down**; I put mine on the other bed.
- Now I **chime** either the **amethyst citrine practitioner** or the **pyramid over** the head, which is a very delicate activating sound, but not too activating. You do not want to startle the client out of their reverie.

**END THE SESSION**

- This is the time to **end the session** with a few words, such as, “Now you are free to **let go of all that no longer serves you**; you are free from harmful programming; you are now liberated, or whatever message you feel inspired to give, etc.”
- Softly and gently let the client know that he or she can begin to **wiggle their fingers and toes** and begin to bring their awareness back. Sometimes, this takes several minutes as the **client is blissed out** and in a very relaxed state. If this happens, I will sit on the stool and very softly play the 12” **Grandmother Morph bowl** to help ground the client and bring them back.
- When the client has opened their eyes, I **ask if they are ok**. I ask them if they want to **share any impressions**. If so, we chat. Some clients are still too blissed out to chat at this time; some can’t even talk! I leave a **pad of paper and pen** for them and invite them to get up slowly and to write any impressions that they may have had about the session. **Thank all** who are present. Then, **I leave the room**.
- **Clients emerge** when they are ready. Most clients **want to chat now**, and some are very chatty. Their emotions range from **very happy and peaceful** with big grins on their faces to some who have had a very **emotional release or epiphany** or impressions and are teary, emotional, and vulnerable. I share my impressions as well.
- Before clients leave, advise them to **drink lots of water** and to get something to **eat to ground** them. And as Becky has wonderfully informed us, to replenish lost electrolytes from the session to maintain a balanced PH level.
- Before Covid, me and my clients always gave each other a big hug!

## TUNE YOURSELF

- Good spiritual hygiene suggests to **tune yourself before working with the bowls** and client. Do some work to release stuck emotions, trauma, and old programming so that you do not project any of your issues on to the client. This is not to say that you eliminate the lessons learned from your own life experiences as they may be what brought you to be in this place in life as a sound healer. **Life lessons are tools** as well and help us develop empathy, understanding, compassion, and knowledge.

## CRYSTALS BOWLS, CONSCIOUSNESS, AND BENEFITS

- I don’t necessarily chime all of the bowls that I bring to a session. It is important to **personally connect with your crystal bowls** and to **get to know them**, their properties, how they like to contribute, their message. Some of my bowls want to join a client session just to hold space, to offer their healing to the field, to lend energetic support to

an awakening. It is important to **discern how a bowl lends its support**. For example, I have a very **delicate carnelian morph** bowl that wanted to be present for a client who had experienced sexual abuse and trauma as mentioned. This carnelian bowl **has many healed fractures** as well. I like working with morph bowls because they have experienced a **death and rebirth** themselves, which lends itself to their advanced and heightened alchemical properties.

## HOW CRYSTAL BOWLS ARE MADE AND THEIR BENEFITS

Crystal Bowls are made of **silica sand** combined with water and heated to 3000 to 4000 degrees. Quartz is naturally a **transducer of energy**, so it can transform a lower, dense vibration to a higher more refined frequency. Sound produces a bio-acoustic response in the body, called **acoustic luminescence**, which means sound produces light in the cells. When crystal bowls are activated, the vibration triggers neurons, which create coherent and **entrained brainwave** states and **consciousness shifts**. These altered states that allow the body to reach a state of **homeostasis**, to **rejuvenate**, to deeply relax, and to **restore**. *Adapted from Mitchell L. Gaynor, MD.*

## RESEARCH

### Consciousness

How do we communicate with ourselves, with our bodies, our brain, mind, with our higher self, with our consciousness, the collective consciousness? **Awareness? BE aware.** How? What does that mean? Humans can change physics by our consciousness. (Heart math) Mass consciousness shift can change the magnetics of the earth. The more consciousness begins to change, we change the field—we change our field with understanding, compassion, love. The serenity and harmony that we feel in nature, we will begin to feel with other people. Gregg Brayden

### Multidimensional quantum beings

If you follow the premise that we are multidimensional beings living in a field of potentials (Ground Hog Day), and we have free choice, we can choose our reality. Einstein's Theory of Relativity: we live in a field or soup of potentials. Studies show consciousness can change matter. Intent is energy. Intent can change consciousness. Think of the movie: Inception, the field of potentials of alternate realities!

## MEDICAL INFO CRYSTALLINE PROPERTIES OF THE BODY ARTICLE

*By Dr. Gabriel Cousens, MD*

The key to understanding the assimilation of energy into our physical structure is through the awareness of our bodies as a series of synchronous, interacting, crystal structures. The human body on this level is a linkage of oscillating solid and liquid crystals that form an overall energy pattern for the total body. Each organ, gland, nerve system, cell, and protein structure, even the tissue salts in the body, shows a level of organization with some degree of crystalline function. Marcel Vogel, the world-renowned crystal expert, has pointed out that the human energy field exists as an array of oscillating energy points that have a layered structure and a definite symmetry, and that these properties fulfill the definition of a normal crystal in material form.

Our **bone structure** has long been recognized as a **solid crystal structure** with piezoelectric properties. A piezoelectric effect is the creation of an electromagnetic field (EMF) pulse when a crystalline structure is physically stressed or pushed out of its normal shape. Although various esoteric traditions have implied that the pineal and pituitary glands have solid crystal structures, our skeletal bone structure is the only proven solid crystal structure in the body. As a **solid crystal**, it has the ability to **convert vibrational energy**, such as sound or light, into electromagnetic and **electric energy**.

**Crystals can absorb, store, amplify, transduce**, and transmit these vibrational energies. Advanced vibrational researchers such as Glen Rein, M.D., have also shown that electromagnetic, subtle, psychic healing energies and crystal energies have similar biological effects on the body. Additional research by Dr. Rein indicates that psychic healing energies alter the measurable electromagnetic pattern of a crystal, suggesting that subtle energies can alter the physical structure of a crystal. His research suggests that subtle energies and electromagnetic energies can be converted, amplified, transduced, and transmitted by a crystal in a form of energy that has biological effects. These properties of a crystal play an important role in helping us develop a model of how the body as a complex crystalline structure helps to absorb energy from the cosmos and from our food, leading us to understand the need for a new nutritional paradigm – the Spiritual Nutrition paradigm.

Our **crystalline bone structure**, in general, acts as **an antenna for all incoming** and internal body **vibratory energy and information**, including direct thought form energy. It resonates with all levels of nutrient energy, which it either receives directly via music, singing, and chanting or indirectly, through the EMFs transferred from the chakras as they step down the incoming virtual energy that has entered the system through the seven subtle bodies. The brain, nervous system, and heart also give off EMFs that resonate with our bone and other crystal-like structures. The crystalline bone structure then amplifies and radiates this energy and information to the rest of the system down to the cellular and subcellular crystalline structures. This is an important way that energy and information are transferred directly to all the cells throughout the body from the chakras, as well as through the pure cosmic energy-brain-nervous system linkage.

Dr. Glen Rein has proposed an additional system of how information and energy are directly transferred to the cells. This system is based on the fact that the **cells are suspended in an extracellular matrix of macromolecular crystal-like connective tissue** components. This matrix is **filled with structured water**, which also has crystal-like properties. The **water** in the extracellular system and the crystal-like matrix **receive the resonant energy** and information. In the process of receiving the incoming energy, the **electrochemical formation** of this matrix structure **changes**. This change is then **transmitted** as an electric current, **sending energy** and **information** throughout the **whole system**. This is a **system** that provides another **pathway** by which the **resonating bone structure** is able to send its biologically **transduced**, vibratory **information** directly to the **whole cellular system**.

Although there are other crystal-like subsystems that resonantly take in and transmit energy, the **bone structure**, because it is the only solid crystal in the system, remains the **main transducer**. Its solid state enables it to **hold memory patterns** more permanently as stored EMF frequencies in the bone. **Bone and spine traumas** in particular, may be stored in the bone structure, and crystal healing is often very helpful for relieving these traumas. Marcel Vogel calls the bone the storehouse of the mind.

**Memories are also stored** in the crystal-like structures of the deep connective tissue. This is the biomolecular basis for deep tissue therapies. The **bones also vibrate** in resonance with other vibratory sources like **crystals, gems, mantras, chants**, and music. We have all heard the saying, "You can feel it in your bones." This helps to explain the powerful effect of religious music like Gregorian chants and Yogic bhajans. **As human crystalline systems, we resonate in total unity, harmony, and Love with the pulse of the cosmos.** *Dr. Gabriel Cousens.*

### **Crystal Composition**

A crystal or crystalline solid is a solid material whose constituents (such as atoms, molecules, or ions) are arranged in a highly ordered microscopic structure, forming a crystal lattice that extends in all directions. In addition, macroscopic single crystals are usually identifiable by their geometrical shape, consisting of flat faces with specific, characteristic orientations. The scientific study of crystals and crystal formation is known as crystallography. The process of crystal formation via mechanisms of crystal grow this called crystallization or solidification. The scientific definition of a "crystal" is based on the microscopic arrangement of atoms inside it, called the crystal structure. A crystal is a solid where the atoms form a periodic arrangement. Quasicrystals are an exception. *Wikipedia, Definition of Crystal*

### **BENEFITS OF SOUND**

Fabien Maman, in his book *The Role of Music in the Twenty-First Century*, discusses the effects of sound on cancer cells using various acoustic instruments and notes, as well as the human voice. He has incorporated the use of sound, color and movement in his work, addressing the subtle bodies, where dis-ease is created. *Article by Crystal Tones Prepared by Sarah Rose, c1999, Golden Octave, <https://www.sacred-light.com/blogs/sacred-light-blog/sound-healing-with-crystal-singing-bowls>*

The late Dr. Hans Jenny, a Swiss scientist, rendered vibrations into physical forms, using sand, iron filings, and other materials, creating a multitude of kaleidoscopic images. This study of patterns and shapes is called cymatics. *Article by Crystal Tones Prepared by Sarah Rose, c1999, Golden Octave, <https://www.sacred-light.com/blogs/sacred-light-blog/sound-healing-with-crystal-singing-bowls>*

Mitchell Gaynor, M.D., director of Medical Oncology and Integrative Medicine at the Strang-Cornell Cancer Prevention Center, and author of the book, *Sounds of Healing*, uses crystal bowls and Tibetan bowls in his practice with cancer patients. He chronicles a thorough study of sound healing, breathwork, and a holistic approach to mind-body healing. *Article by Crystal Tones Prepared by Sarah Rose, c1999, Golden Octave, <https://www.sacred-light.com/blogs/sacred-light-blog/sound-healing-with-crystal-singing-bowls>*

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