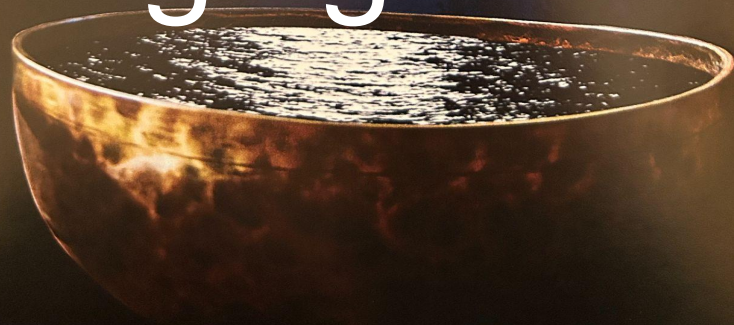


Full Moon



Singing Bowls



***The Handcraft Legend
Resonates in the Harmony
of Healing Sound***

Presented by: Sissy Ye

**Presented to: Sound Therapy
Certificate Program**

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Origin of Full Moon Singing Bowls



- Bowls created by Santa Ratna Shakya Kasa
- Kesa is a title bestowed to the traditional Newar metal artisans for their highly specialised and well-preserved art of working with Kassa; which literally means an *alloy*

The Legend of “Full Moon Singing Bowls”



- Full moon singing bowls are also known as lunar singing bowls
- Designed to resonate with the energy and symbolism of the full moon
- Full moon singing bowls are often created in alignment with the lunar cycle

Kassa - the Alloy of Full Moon Bowls



- Shakyas Kasa method aims to establish a connection between metals and planets
- 7 metals form the alloy while an 8th purifies the alloy
- Copper (Venus), Tin (Jupiter), Zinc (Uranus), Iron (Mars), Lead (Saturn), Gold (Sun), Silver (Moon)
- According to Santa Ratna Shakyas, there are 8 metals known as Asta Dhatu used to make a full moon bowl
- However, in the final form, only seven metals are present when analysed
- The 8th metal, Mercury, is used in the process to purify the alloy while all metals are still in their molten form

What Differences Among Singing Bowls?



- Many types of singing bowls
- Differ by quality, by material, and by manufacturing process
- Crystal, brass, machined versus hand crafted, other alloys of limited types of metal
- Full moon singing bowl is the only one hand-crafted, during the full moon night, and composed of seven metals with the 8th (Mercury) used during the process

Why I chose the Full Moon Singing Bowl?

- Full Moon singing bowl has unique features:
 - Intention: preparing mentally and physically
 - Materiel: high grade metals
 - Quality: required highest craftsmanship
 - Blended with full moon: made under the direct light of fully exposed moon
 - Scarcity : limited production due to clear full moon night
 - Sound: rich and deep
 - Vibration: it lasts for 1.56 minutes according to measurement



Why Use 19 Full Moon Singing Bowls in the Sound Spa?



19 bowls represent a combination of two sets:

- one set of seven chakras full moon bowls
- one set of musical 12 full moon bowls

During the sound spa, the two sets are combined in a way to activate the 361 acupuncture points in the body

What Are the Benefits of Individual Full Moon Bowl Healing Methods Based on Meridians System?



- **Qi** refers to the natural and essential energy of livelihood
- Qi (energy) flows through multiple and interacted pathways of the body called **meridians** that regulate specific organs of the body (see picture to left)
- **Good health** depends on the circulation and balance of energy throughout the entire meridian system.

My Sound Healing Method



- Various therapies that address a variety of issues, but ***make sure*** that clients are able to receive sound therapy for liability purposes
- Give a short introduction about sound healing
- Ask the clients to lay down on a supplied mat with a pillow, and to cover themselves with a blanket as many will sleep
- Conduct the sound spa in a individual or group session lasting 1/2 to two hours depending on the circumstance
- I typically use 3 or 4 gongs, the 19 singing bowls, ting sha, wind chimes, rain stick, and nutshell chimes

My Sound Healing Method



- Group session: 7 chakras and 12 meridians full moon singing bowls & gongs*—sound spa
- Individual session: total 19 ways
- Balancing therapy for 7 bowls, Tibetan Seven Chakra Relaxation and Sleeping Therapy, Indian Ayurveda style seven chakra balance cleansing, relaxation therapy
- Seven Chakra Energy Replenishment Therapy
- Tinnitus and sinusitis healing, Varicose vein therapy, and Balancing Therapy with Four singing bowls

Thank You very much! Any Questions?

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