

The Art & Science of Vibrational Sound Healing

By Elivia Melodey

Vibrational sound healing can be traced back from present day trends to many ancient civilizations including India, Africa, Europe, and the Orient. Each culture had unique approaches specific to their region and beliefs. Bells, chimes, bowls, gongs, drums and vocal toning, chants or repetitive sound vibrations are only a few of the many vibrational sound tools that can be used for healing. In Ancient Egypt vowel sounds were chanted in specific keys to clear and restore balance to the system. Practitioners and healers today use a combination of vibrational sound techniques to assist their clients.



Vibrational sound touches our bodies on a molecular and crystalline level. The body is a network of vibrational fields and energy currents. Each individual resonates at his or her own vibration. Sound is an acoustical wave while color is an electromagnetic wave. The colors of the rainbow correspond to a specific musical note in the same way that each chakra (energy center) of the body correlates with a specific tone and color. Although there is a tone and color that corresponds to each energy center, each part affects the totality. This is important to know since each crystal bowl will affect the whole body. You may feel the effects in one section of your body more deeply, but the vibrational sound will also travel throughout your entire energy field. The human body and the entire earth are made up of energy, vibrating at different frequencies. When out of rhythm, disease and disharmony results. Vibrational sound healing addresses these imbalances or blockages of the energy channels.



Crystal quartz singing bowls can be played anywhere and in a variety of ways. Light bowls can be held in the hand, while large heavy bowls are more easily played on a level surface.

The notes of the crystal bowls are tuned to specific vibrational frequencies (notes) found within the human body. Thus when the sound moves through the atmosphere and touches us, it causes our cells to move in different directions at a different speed, in rhythm with the sound wave. This puts us in harmony with the sound wave. The sound penetrates into our very cells and rebalances them through oscillation and resonance. Hearing is not a prerequisite for benefiting from these healing properties. Studies have shown that sound has a direct impact on the mental processes, muscles, nervous system, (heartbeat, pulse) digestive system and circulatory system. Alignment with the tones of the Singing Crystal

Bowls is one of the most dynamic forms of sound healing found today.

Dr. Mitchell Gaynor, director of Medical Oncology and Integrative Medicine at the Cornell Cancer Prevention Center in NY has been using sound, including Tibetan Bowls, Crystal bowls and chanting in work with cancer patients for many years. "If we accept that sound is vibration and we know that vibration touches every part of our physical being, then we understand that sound is heard not only through our ears but through every cell in our bodies. One reason sound heals on a physical level is because it so deeply touches and transforms us on the emotional and spiritual planes. Sound can redress imbalances on every level of physiologic functioning and can play a positive role in the treatment of virtually any medical disorder." According to an article in Spirituality and Health magazine, his research shows that the sound vibration of the bowls affects the dis-rhythmic motion found in cancer cells and causes a harmonious transformation.

Research by Dr. David Simon, medical director of neurological services at Sharp Cabrillo Hospital in San Diego, who now directs the medical services at the Chopra Center, found that chants are chemically metabolized into 'endogenous opiates,' that act on the body as internal painkillers and healing agents.

Crystal Singing Bowls can bring Healing and Stress Relief

Crystal bowl therapy helps to balance the chakra (energy) system and re-energize the auric field. Healing is thus made possible on all levels. Each individual is unique as to which energy center(s) require balancing, so you may find yourself drawn to different tones each time you experience them. Body and Energy work practitioners have found that sessions with clients are dramatically more effective with the addition of crystal sound therapy. Clients immediately go into a state of full receptivity and relaxation. This allows the practitioner to go deeper and more easily reach underlying issues.



Biography

Rev, Elivia Melody is the founder of the Crystal Vibrations Music Ensemble, the Crystal Vibrations Music label which has produced and distributed three musical recording CDs and the founder of her Crystal Vibrations store. Elivia leads workshops and ongoing classes in spiritual development and vibrational healing. Based in San Diego, CA, she works with a wide variety of alternative therapies including: Light body energies, essential oils, crystals, herbs, light, sound, and more. For more information on vibrational sound healing, crystal singing bowls, music or concert information, visit Elivia on the web <http://www.elivia.com>.