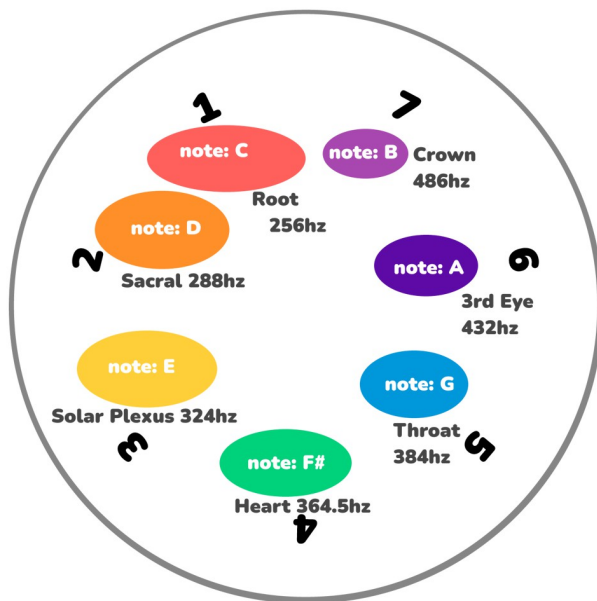


On How To Use Quarts Crystal Sound Bath Bowls
256hz-432hz-486hz
All 7 Chakra Bowls



Hello and welcome to CangieSpirit's free guide On How To Use Quarts Crystal Sound Bath Bowls!

Firstly I'd like to start off with the knowledge of how these are created. They make these by pressing many bits of quartz chips together and pouring them into moulds that are somehow perfectly tuned to the hz of 432 – commonly known as the healing frequency. The bowls resonate at the frequencies indicated in the following chart:



The type of healing you can get from these are correspondent to the different Chakras in their different sizes. The smallest bowl is for the Crown Chakra. Next one up is for the Third Eye. Then it's the Throat Chakra. After is the Heart, the Solar Plexus, the Sacral, and finally the Root Chakra being the largest bowl.

When you first get your bowls, they should come with small rubber rings. These rings are used to rest the bowls on a surface such as a table or ground.

How you arrange them is up to you! You can have them on the ground in a “U” shape. You can place them on a table in an order that pleases you. And if you like, you can also just play one at a time in you hand by placing the bottom of the bowl centred flat in the palm of your had, and rimming it with either the mallet, suede stick or crystal rod. “Rimming” is when you run the sticks along the rim of the bowl.

There are three different types of tools (that I know of) used to make these bowls sing. You have the round ended rubber mallet (What I use most), suede covered sticks, and crystal rods. Each is used similarly. The sticks and rods are used by rubbing on the edge of the rim either in a circle or half circle, back and forth or all the way around the bowl, and the rubber mallet can be used just below the rim to about 2 inches (5.08 cm) below the rim on the outterside of the bowls.

How to play the bowls:

Now we get to the good stuff – how to actually play the bowls! Yay!

Once you've decided how you'd like to place the bowls and they're all sitting nicely just waiting for you to play them, there are a few pointers to have and the rest is just experience, exploration and enjoyment, really.

Tips and Tricks:

If playing the bowl in your hand, make sure to have your Palm open, holding the bowl securely and comfortably. Depending on how long you'd like to play it, you'll likely want to sit comfortably also. Now the trick here is very similar to a Tibetan singing bowl -if you've ever had experience with that – in that it's all about the pressure and speed of the rimming. Too hard and too fast will make it not only too loud, but it will make a distortion type sound. Too fast, same thing. Too soft will take much longer for the vibrations to start, and too slow might also cause them to distort. It's all about balance.

So in short – rimming -> pressure and speed will vary how loud and clear you hear the sound.

Table top and floor positioning pointers:

In addition to Distortion happening from going too fast or too hard, I've found that positioning in different orders can help lessen distorting sounds from the bowls vibrations overlapping on the other bowls in a slightly more inharmonious way. My solution was put vary their position placement on the table away from certain other bowls and this seemed to help.

Padding out some extra vibration distortion:

Blankets helps reduce some of the harder vibrations also contributing to distortion.

I also noticed that when the rubber rings were sitting on a hard table with no under-cushion, they vibrated a little bit too hard and also caused sound distortion type sound in the vibration of the bowls. Adding padding underneath them certainly helped!

In addition to that note, I've seen online stores sell rings with Chakra-colour-corresponding padded rings and am of the impression that these might also help reduce some of the over-active vibrations on the rubber rings, further smoothing out your sound. I plan to try this theory out in the near future.

Rimming techniques:

When using mallet – try not to rub the wooden part on the rim of the bowl as it creates a really high pitched ringing like a bell that can totally take you out of your space - I have done this and still do on occasion do by mistake. It's important that if this happens not to let it ruin your vibe, and just keep going, while being mindful to not do that again if at all possible. :)

With the suede sticks – its about angle and pressure and speed. I found this didn't really work well for me, but I have observed many others using these with ease and grace.

The crystal rods while in technique are similar to the suede ones, it's important to consider that they are hard crystal on hard crystal and may need extra care and gentle touch. There might be a bit of a smoother sound and feel with those. Admittedly, I do not have direct experience with those as of yet, but I have made observations and an educated guess.

Both the mallets and the Suede sticks can give you a bit of a grinding sound on the bowls while they are rimming. This is totally normal and will not harm the bowls any.

Bowl cleaning:

While these do not need much maintenance, they can get dusty inside the bowls. How you care for them can vary a little. You can either dry dust them like you would a decorative bowl with a soft cloth or swiffer duster

type cloth. Or you can use just water and a soft cloth. Or you can cleanse them like you would a crystal. Your mileage may vary. Just remember to keep it gentle and not use any harsh chemicals and things should be ok.

Healing use and practical information:

Now that we have the basics of how to, let's look at practical uses for healing.

There are plenty of books, courses, and free information that tells you which bowls connect best with certain things that are easy enough to look up. So we're not going to cover that in depth here, but I will give some examples.

Sit with it, centre and ground yourself, and put the intention of healing your ailment into your bowl playing session/meditation. Sit with the bowl and play it with health and wellness in mind. I recommend at least 15 minutes per session.

If you feel you need more spiritual connection, mental clarity, wisdom, and a sense of unity with the universe or the central nervous system, brain, and endocrine glands like the pineal, pituitary, then the Crown Chakra bowl will be best suited for you.

If you are looking to improve your intuition, inner wisdom, clarity, heightened awareness, and a stronger connection to your inner self, or are looking to improve physical symptoms from the nervous system, brain, eyes and/or ears, the Third Eye Chakra bowl will best be suited for that.

If you are having trouble communicating, or are having ailments with your throat and voice, then the Throat Chakra bowl is what you need.

If you are having ailments of the heart, be it physical or emotional, then the Heart Chakra bowl is the one you will gain the most benefit from.

If you are lacking courage to take action on something, or you have digestive issues, then the Solar Plexus bowl is what you will need.

If you are looking to help improve in the area of creativity, sexual pleasure, fertility, emotions, intimacy, and/or physical issues relating to reproductive organs, kidneys, and bladder, lower back, hips, and overall hormonal and sexual health.

And finally if you are looking to ground and/or heal feelings of safety, security, connection to the physical world and our basic needs, money and abundance, a stable sense of personal identity, emotional stability, vitality, insecurity, anxiety, fear. For physical issues with adrenal glands, colon, bones, muscles, and blood supply, then the Root Chakra bowls will be your best bet.

You can easily use more than one bowl at a time or just the one. They all compliment your over all health and well-being and helps clear blockage, heal hurts of the physical, mental, emotional, metaphysical and spiritual nature.

It's important to note that not all tones will be comfortable for everyone. Some people will prefer high pitched tones and some will prefer the lower pitch ones.

This is perfectly ok. Use what you feel most comfortable and most drawn to.

There is no wrong you can do with these. So they are a very good tool for someone who is not adept in musical instruments but still wants to do some good in the world using sounds.

Whats most important is your intention and to just have fun.

Let the bowls teach you as you go, and tune into your intention, and what others around you might also be needing or benefiting from and play beautiful sounds and vibrations for all.

I hope you've gotten what you were hoping for from this free guide!
In-joy, In Love and Light,

Roxann