

# TAP INTO THE MAGIC OF SINGING BOWLS



Incorporate the singing bowl service as a pre-treatment therapy to the massage, body treatment or facial.

## customizing songs that speak to the heart

WANT TO CONNECT WITH YOUR INNER SELF TO manifest with the energies of the universe? Then listen to the singing bowls crafted by the ancient Bö pö people of the Himalayas. As the original alchemists living in harmony with nature, their culture thrived nearly 18,000 years ago. The Bö pö crafted singing bowls as a form of vibrational medicine. They smelted metals, including meteorite, and made each bowl by hand, pounding the metal into various bowl sizes and shapes. Using sound to resonate with the frequency of each season, their bowls were made with the intentions of healing and transformation.

Pre-dating the Egyptians and the Mayans, they were able to foresee the cyclical energy patterns of the year and plan their ceremonies to align themselves with the rhythm of the seasons. During festivals, the singing bowls were used to fuel

the subtle energy and physical bodies with vital life force to create harmonic energy within the group. They became “in tune” or experienced entrainment, which occurs when two or more objects begin to vibrate on the same frequency. This group entrainment allowed them to manifest collectively through vibration and visualization.

### Ancient bowls

Hand-made ancient bowls are more desirable than modern machine-made bowls. The difference in their vibration is considerable. Prayers or mantras were imbued into the bowls while being made and this vibration is captured for generations to come. When you play one of these bowls, you are connected to the history and wisdom of past cultures who knew how to live in harmony with the Earth and one another. ➔

BY LINDA BERTAUT

Season	Element	Musical note	Description and treatment suggestions
SPRING	FIRE	C	<b>PHYSICAL ENERGY:</b> take action, plant new seeds and begin new projects. Offer clients new products, services and treatments to give them a healthy glow and better skin.
SUMMER	Water	F	<b>EMOTIONAL ENERGY:</b> time to nurture and tend to your growth. Offer multi-sensory services that evoke the feelings, including aromatherapy, guided visualizations, massage and gemstone treatments.
FALL	AIR	B	<b>MENTAL ENERGY:</b> harvesting, reaping the rewards of the seeds you planted in spring. Give thanks to your clients for their loyalty and business. Provide a gift as a token of your appreciation, send thank-you cards and host an open house to kick off the holiday season.
WINTER	EARTH	Any	<b>REFLECT AND REPLENISH:</b> going inward in preparation for next year’s energy cycle. Offer treatments to rejuvenate body, mind and spirit such as Reiki, massage, Ayurveda, clay body wraps and meditation.

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You too can tap into the powerful manifesting energy of singing bowls. Try playing different bowls until you find one or more that resonates with you. Larger bowls generally work for the lower chakras, medium size for the heart and smaller ones for the upper chakras. Think about the energy you want to create and refer to the chart to assist you in how to sync with the energy of the elements and seasons:

### How to play

- Rest the bowl in the palm of one hand with fingers extended out; not holding the sides of the bowl.
- Select a wooden mallet; plain for yin/female and suede for yang/male. Hold the mallet almost vertically with the opposite hand.
- Hit the side of the bowl with your mallet and move your entire arm as you run it around the perimeter of the bowl to create a humming sound. Be patient, it takes practice to get the bowl to sing.

### During the treatment

Incorporate the singing bowl service as a pre-treatment therapy to the massage, body treatment or facial. Remind your client that this is their opportunity to relax and allow this time to restore inner peace.

Include the singing bowl service during the mask stage of your facial or a mini-wellness treatment with clients.

We live within a duo-energy balance of yin/female and yang/male. Female energy moves counter-clockwise and inward whereas male energy moves clockwise and outward. Move the mallet in a counter-clockwise direction to infuse yourself with the energy of the affirmations or clockwise to send the affirmations out to others and the universe.

### Seasonal affirmations

**SPRING:** I take action and walk my unique path with confidence.

**SUMMER:** I choose to honor my feelings and live life from the heart.

**FALL:** I give thanks for the gifts I receive each day.

**WINTER:** I honor myself by taking time to rest, replenish and renew.

Include your own mantras or affirmations for meditation and sessions with clients. Visualize what you want to create while you play your bowl and tap into universal laws of manifesting.

### Sing true

"We are like notes in a symphony," says Patricia Judge, spiritual teacher and modern day shaman. "When you play your true note, the music is magical. When you try to (be something you are not and) play someone else's note, the music is off." Discover your unique vibration with the magic of singing bowls. Play your true note and make the world a better place just by being you! ■

**Linda Bertaut** is an author, esthetician and Reiki master teacher. She designs wellness programs, retreats and products to discover and recreate oneself. She is a contributing author on "Alternative Therapies for Estheticians" in the Milady advanced textbook. She currently offers Chakralicious workshops and products to support others in feeding their inner rainbow one color at a time. Contact Bertaut at [Linda@BertautBeauty.com](mailto:Linda@BertautBeauty.com).



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