

HOW TO HEAL WITH SINGING BOWLS

Traditional Tibetan Healing Methods

Expanded and Revised

Suren Shrestha

Sentient Publications

\$15.95 • Paperback w/CD

ISBN 978-1-59181-230-2

5.5 x 8.5 • 144 pages • November 2013

CONTENTS

(new material only)

Healing with One or Two Bowls

Some Techniques for Using for One and Two Bowls

Healing with One Bowl

Clearing the Aura, or Energy Body

Clearing the Chakras

Treatment for Insomnia

Treatment for Shoulder, Neck and

Upper Back Tension

Healing with Two Bowls

General Relaxation and Healing Therapy

Treating the Back of the Body

Treating the Soles of the Feet and

Palms of the Hands

Treating the Front of the Body

Treating the Thighs and the Calf

of the Lower Leg

Deep Double-Rub - Advanced Therapy

Prone Posture

Side lying posture (Nirvana)

Modified Baby Posture

HEALING WITH ONE OR TWO BOWLS

One or two bowls can be used for healing any part of your client's body. Choose a bowl or bowls based upon what feels soothing to you and resonates with you. Remember that your intention is an integral part of this modality. The intention, thought, and belief are most important.

You are capable of healing your client, so open your intuition as to where you should place the bowl(s). If you are working with just one bowl, you can use it on the client's back, shoulders, legs and feet. If you're using two, you can place one each on any pair of these areas: the heart, solar plexus, thigh, knee or calf. You can enhance this technique by filling the bowl less than one-quarter full with warm water before placing it on the area, which will cause the healing vibrations to penetrate more deeply into the body.

SOME TECHNIQUES FOR USING FOR ONE AND TWO BOWLS

1. Hold one offering-style bowl flat on your palm or perched on your fingertips, and play the bowl by rubbing or striking.
2. Focus on the area you want to heal: physical, emotional, mental or spiritual.
3. Smaller bowls are especially useful for working with the mind. Larger bowls are required to physically penetrate deep into the body with the vibrations.
4. One large bowl can be used for all chakras; you can work on the entire body using just two bowls.
5. Bowls can be placed on the head and on the back.

6. The longer you wait between striking the bowls, the more grounding it is.

7. Augment the healing treatment by filling a bowl to be placed on the client's body with warm water. The bowl should be filled to less than one quarter of its volume. After pouring the warm water into the bowl, hold the bowl in both hands and bless the water. This is very important because it helps to set the intention for the healing.

8. Using mantras in combination with singing bowl vibration increases positive healing energy.

HEALING WITH ONE BOWL

Tingsha can also be used for these techniques, but caution must be taken to strike softly in order to avoid disturbance to the client.

Clearing the Aura, or Energy Body

Approximately 3-5 minutes

The client can be in a variety of positions, such as standing, sitting or lying down.

Small Bowl – 4-8" Diameter

1. Hold the bowl in one hand and start by striking or rubbing the bowl softly with a leather-covered striker, which will give a soft vibration. Strike the bowl away from the client, then bringing it to about 5-6" from their hairline to avoid creating disturbance.

2. Pause the bowl and then slowly move it in a clockwise direction around the client's head.

3. Completing a circle, pause again at the hairline and then move the bowl straight up to about 1 foot above the head and pause there until the vibration dissipates.

Larger Bowl – 9-14” Diameter

Clearing the aura can be done with the smaller bowl, as described above, however, it is more effective to use a larger bowl because of its deep resonance. The heavier weight will require that you use more strength to hold it, so take that into account. With larger bowls, use a fist strike or mallet strike, since rubbing is difficult.

Clearing the Chakras

Approximately 3-5 minutes

The client can be in a variety of positions, such as standing, sitting or lying down.

Etheric energy is a type of fine matter that surrounds us and permeates all that is physical. Some refer to it as chi, universal life force energy, or prana. In physics, it's described as a wave-and-particle type of energy, and it affects everything in our physical and emotional universe.

Allow your intuition to direct you in moving the bowl from front to back, side to side, or around the body.

Small Bowl – 4-8” Diameter

1. Hold the bowl in one hand and start by striking or rubbing it softly with a leather-covered striker, which will give a soft vibration.

2. Strike the bowl away from the client, bringing it in toward their body to avoid creating disturbance. Bring the bowl up to the hairline and pause.

3. Then slowly move down through the third eye, throat, heart, solar plexus, sacral, and root chakras.

4. The sound will be dissipating by the time you reach the root chakra, so strike it again at this point and then move up slowly through the chakras and back to the hairline, then pause again.

5. Finally, move the bowl straight up to about 1 foot above the head and pause there until the vibration dissipates.

One Larger Bowl – 9-14” Diameter

Clearing the chakras can be done with the smaller bowl, as described above, however, it is more effective to use a larger bowl because of its deep resonance. The heavier weight will require that you use more strength to hold it, so take that into account too. With larger bowls, use a fist strike or mallet strike, since rubbing is difficult.

Treatment for Insomnia

Approximately 10 minutes – about 5 repetitions

The client will be in a sleeping position for this treatment, which is given with one bowl. It's very effective to use a larger bowl, such as one 10" or more in diameter, however, a smaller, 4-6" bowl can be used as well. The larger the bowl, the deeper the vibration, and thus, the deeper the relaxation. Chanting Om in unison with the bowl's note is very effective as well.

1. Hold the bowl in one hand and start by striking it with the side of your fist or the mallet to produce a deep vibration, holding it a couple of feet away from the client.

2. Then bring the bowl to a position 3-4" above the client's crown chakra and hold it there until the vibration completely dissipates.

3. Wait another 30 seconds in the silence to promote Theta brain waves, which accompany a deeply meditative state. This period of complete silence is important to the effectiveness of the treatment.

4. Before striking the bowl for the next repetition, move it 2 feet away from the client's head once more, strike, and then move the bowl back into position 3-4" above the crown.

If the bowl is too heavy to hold for 10 minutes, you can make an adaption to the healing setup. If you're treating a family member, they can scoot down in the bed so the bowl can be placed on the bed above the head, on a singing bowl cushion. This is a specially constructed cushion for the bowl, which prevents dampening of the bowl's healing vibrations. If the client is on a massage table, ask them to place their head below the face cradle. Then the bowl can be played on the singing bowl cushion on top of the face cradle.

Treatment for Shoulder, Neck and Upper Back Tension

Approximately 7-10 minutes

For this treatment, the client can be sitting on a chair or on the floor. To maximize the healing effects, it's best to pair a 10-12" diameter bowl with a 2-3" diameter leather rubbing mallet. This combination will produce a deeper healing vibration from the bowl that will penetrate the body at the cellular level.

1. Place the bowl on the client's shoulder, holding it in place with one hand inside, pressing the bottom of the bowl in such a way that the bowl can be rotated to deeply massage and penetrate the tissues of the body as it is vibrating.

2. Continue rubbing the bowl as you move it across the client's neck, upper back, and other shoulder.

HEALING WITH TWO BOWLS

Note that the two bowls you use can be of any notes as long as they are different.

General Relaxation and Healing Therapy

Approximately 25-30 minutes

Recommended sizes for the two bowls in this therapy are 4-8" for the smaller one and 9-12" for the larger one. The smaller bowl will be played with a 1" leather-covered striker and the larger bowl with either a 2-3" leather-covered rubbing mallet or a fabric-covered mallet. Deeper healing vibrations result when rubbing the bowl, however striking with the mallet is still good.

The client lies on their stomach on either the floor or a massage table. Their arms are resting at their sides with legs together in steps 1-8. For steps 9-10, work is done on the soles of the feet and the palms of the hands. Then, for steps 11-15, the client turns over onto their back for healing of the chakras along the front of the body. Finally, in steps 16-18, healing is brought to the thighs and the calves of the lower legs.

As you grow in your skill you can advance to using warm water inside the larger bowl in this technique. However it's best to keep the water level less than one quarter

of the bowl's volume to prevent it from splashing out onto the client.

Treating the Back of the Body

1. Place the smaller bowl on the floor or table 3-4" above the crown chakra. Strike it 3 times at 5 second intervals. Strike the bowl as softly as possible to avoid jarring the client's healing state. Move immediately to the next step.

2. This step works with the larger bowl to heal the third eye from the back of the head. Hold the larger bowl in one hand and strike it with the small finger side of the fist of your other hand. Move the vibrating bowl from the left side of the head to the right side, 3-4" from the body, in an arc shape that traces along the Occipital Ridge. Repeat this 3 times. Each time, strike the larger bowl at 20 second intervals, or until the sound almost dissipates.

3. The vibration from rubbing the bowls is more effective than striking them. You can rub the large bowl after striking it in each chakra position as you move through the steps of this therapy. Repeat step 1 above.

4. Place the larger bowl on the body behind the throat chakra. This will be at the neck and upper shoulder part of the back. We will be moving the larger bowl several times in this therapy. When placing each bowl there is a brief transfer of healing touch as one hand is replaced by the bowl. (See Bowl Placement in the Chapter 'Healing Therapy for Client') Strike the bowl 3 times for 20 seconds each or until the sound almost completely dissipates. Repeat step 1 above.

5. Place the larger bowl on the heart chakra and strike 3 times, waiting 20 seconds between strikes or until the sound almost completely dissipates. Repeat step 1 above.

6. Repeat the individual instruction for the large bowl followed by step 1 instructions for the small bowl as you move down the remaining chakras until you reach the root chakra. You'll move through solar plexus, sacral and root chakras. Repeat step 1 above.

7. Place the larger bowl at the back of the thigh and strike 3 times, waiting 20 seconds between strikes or until the sound almost completely dissipates. Repeat step 1 above.

8. Place the larger bowl at the back of the knees and strike it 3 times, waiting 20 seconds between strikes or until the sound almost completely dissipates. Repeat step 1 above.

Treating the Soles of the Feet and Palms of the Hands

9. Bend the client's leg and place their foot on your thigh or on a bolster. Then place the larger bowl on the sole of the foot and rub or strike 3 times, waiting 20 seconds between strikes or until the sound almost completely dissipates. In this step the healing energy moves up the recipient's leg. Repeat with the sole of the other foot.

10. Place the larger bowl on the palm of the client's hand and rub or strike 3 times, waiting 20 seconds between strikes or until the sound almost completely dissipates. In this step the healing energy moves up the recipient's arm. Repeat with the palm of the other hand.

Treating the Front of the Body

11. Remove the small bowl located at the crown and gently ask the client to turn over onto their back. At this time, place the larger bowl at the crown of the head where the smaller bowl was previously.

12. Strike the larger bowl 3 times at intervals of 5 seconds.

13. Place the smaller bowl on the forehead (third eye) and gently strike it 3 times at 5 second intervals and then wait 20 seconds or until the sound almost completely dissipates. Repeat step 11 above.

14. To treat the throat chakra, place the smaller bowl high on the chest, making sure the edge of the bowl doesn't touch the chin. Gently strike it 3 times at 5 second intervals and then wait 20 seconds or until the sound almost completely dissipates.

15. Repeat step 11 above. When the vibrations of the larger bowl at the crown dissipate, swap the smaller bowl with the larger bowl so the smaller bowl once again sits above the crown of the head. Now repeat steps 4-5, treating the chakras along the front of the body in this order: heart, solar plexus, sacral, and root.

Treating the Thighs and Calves of the Lower Leg

16. Place the larger bowl on one of the client's thighs and rub or strike 3 times, waiting 20 seconds between strikes or until the sound almost completely dissipates. Repeat with the other thigh.

17. Place the larger bowl on the calf of one leg to the

side of the shin bone and rub or strike 3 times, waiting 20 seconds between strikes or until the sound almost completely dissipates. Repeat with the calf of the other leg.

18. Repeat step 1 above and when the vibration completely dissipates, wait another minute or two at the conclusion of this treatment session. Close the treatment with your client.

Deep Double-Rub - Advanced Therapy

Approximately 10-15 minutes

This is a very advanced method and you should be well along in your practice before undertaking this with your clients. It involves rubbing two bowls simultaneously, which requires that your skills in rubbing a bowl be done with both hands at the same time. This therapy uses heated herbal pads placed directly on the body, so you must take care that they are not so hot that they will burn your client.

This treatment is easy to do on a massage table, but it can also be done on the floor. It is given either on the front or the back of the body, and regardless of which side(s) of the body you choose to work on, the instructions below are the same.

You will need:

- Two 9-12" diameter bowls of any two different notes. Each must have a sticky pad under the bowl to keep it from sliding off the heated herbal pads.

- Two 1.5-2" diameter leather-covered rubbing mallets. Each is 9-10" in total length with the leather coming 5" up the length of the mallet.

- Two 4-7" diameter heated herbal pads of ¼" thickness. These will be placed directly on the body underneath the bowls. Lavender or any herbal combination for relaxation is recommended.

1. Heat the two herbal pads in the microwave to the desired temperature, making sure that it is not so hot that it will burn your client. Test it on your own skin. You can easily check the temperature of the herbal pads with a thermometer.

2. Place one of the bowls on its sticky pad 3-4" above the crown of the client's head. If you are using a massage table, place the bowl on the face cradle on top of a singing bowl cushion that will prevent the bowl vibrations from being dampened by the face cradle's cushioning.

3. Place the other bowl and one of the herbal therapy pads on the client's heart chakra. Note, the placement will consist of several layers of material in the following order, starting closest to the body:

- Heated herbal therapy pad
- Sticky pad (same diameter as the singing bowl)
- 9-12" diameter singing bowl

4. With one leather-covered mallet in each hand, begin by rubbing the crown bowl for 1-2 minutes.

5. Continue rubbing the crown chakra bowl as you begin rubbing the heart chakra bowl simultaneously for 1-2 minutes. This will result in the crown chakra receiving 2-4 minutes of vibration while the heart chakra receives 1-2 minutes. Allow the vibrations to dissipate.

6. Move the crown bowl and its sticky pad from its original position. Place it onto the client's body at the sacral chakra. Use the same placement order of materials as noted in step 3 above.

7. Repeat step 4 above starting with the heart chakra bowl for 1-2 minutes and then adding in the sacral bowl for 1-2 minutes.

8. Finally, move the heart chakra bowl and its sticky pad and herbal therapy pad to the knees. Note that if the client is on his stomach, the bowl setup will be on the back of his knees, whereas if he is on his back, the bowl setup will be placed on his knees.

9. Repeat step 4 above starting with the sacral bowl for 1-2 minutes and then adding in the knee bowl for 1-2 minutes.

10. End the therapy by allowing the vibrations to dissipate and then close the treatment session with the client.

Prone Posture

In this therapy, the client lies on his back on a massage table, giving you access to the top of the head and the brain and allowing you to stimulate the third eye, which turns on the light body.

Use a bowl that fits easily in one hand. I use an 8-10" diameter bowl.

1. Place your hands on either side of the client's head, with fingers flanking the ears, as shown.

2. Center yourself by breathing deeply. Take 3 long breaths in and out, and bring your awareness to where

your hands are touching the client's head. Relax your jaw, face, and shoulders. Stand in a grounded position with both feet solidly on the floor, and feel your weight resting equally on your sit bones. Establish a rapport with the client's internal bodily rhythm.

3. Move the bowl from the forehead to the back of the skull, moving about 3 or 4 inches, without touching the client. As much as possible, have the sound come off the lip of the bowl by tipping it toward the head. Repeat this step 3 times.

4. Next, move the bowl from ear to ear over the top of the head and back again, pausing above each ear 3 times, for a total of 6 passes over the top of the head.

5. Repeat steps 1 and 2 and note any changes in what you feel as you touch the client's head. You are looking for changes in the quality of the tissue, to see if it has softened and become hydrated. The client's breathing should also have slowed down and deepened.

6. Repeat steps 3 and 4.

Side Lying Posture (Nirvana)

This therapy stimulates and harmonizes all the chakras, activates the energy body, and integrates the emotional body. The client is positioned on her side, with a pillow under her head and her top leg bent so that the foot is on the lower knee, with a pillow between the legs. Stand behind the client so that the entire spine and feet are accessible.

You can use any bowl, but I prefer to use an F or C bowl.

1. Place one hand on the back of the head and the other on the small of the back.

2. Center yourself by breathing deeply. Take 3 long breaths in and out, and bring your awareness to where your hands are touching the client. Relax your jaw, face, and shoulders. Stand in a grounded position with both feet solidly on the floor, and feel your weight resting equally on your sit bones. Establish a rapport with the client's internal bodily rhythm.

3. Rub or strike the singing bowl at the base of the skull. Slowly move the bowl down the spine, pausing at the small of the back, and hold for 5 seconds.

4. Move the bowl to the tailbone and allow it to resonate the whole lower portion of the body. Hold it there for 5 seconds.

5. Move the bowl to the soles of the feet and hold it there for 5 seconds.

6. Finally, move the bowl slowly to the base of the skull.

7. Repeat steps 1 and 2 and note any changes in what you feel as you touch the client. You are looking for changes in the quality of the tissue, to see if it has softened and become hydrated. The client's breathing should also have slowed down and deepened.

This whole sequence can be repeated on the other side.

Modified Baby Posture

This therapy stimulates the aura, or energy body. The client is positioned on his hands and knees in the yoga baby pose, with his head cradled in his hands. He sits back

on his calves, with his elbows on the floor and his hands over his eyes, curling up over his forehead. This posture makes his back fairly level, so that you can place the bowl on it. This therapy can be done with one or two bowls.

1. Gently place one hand at the small of the back.

2. Center yourself by breathing deeply. Take 3 long breaths in and out, and bring your awareness to where your hands are touching the client. Relax your jaw, face, and shoulders. Stand in a grounded position with both feet solidly on the floor, and feel your weight resting equally on your sit bones. Establish a rapport with the client's internal bodily rhythm.

3. Place a bowl where your hand was and rub or strike the bowl. Hold it there for 5 seconds.

4. If you're using one bowl, slowly remove the bowl and bring it to the shoulder region. Gently place a hand in between the shoulders and then replace the hand with the bowl. Rub or strike the bowl and hold it there for 5 seconds. If you're using two bowls, you can leave the first one on the small of the back and place the second between the shoulders.

5. Remove the bowl and have the client lie on his back in the yoga dead pose so that the body can integrate the sound vibrations it has received.

6. Place your hands on either side of the client's head, with fingers flanking the ears, as shown.

8. Center yourself by breathing deeply. Take 3 long breaths in and out, and bring your awareness to where your hands are touching the client's head. Relax your jaw,

face, and shoulders. Stand in a grounded position with both feet solidly on the floor, and feel your weight resting equally on your sit bones. Note any changes in what you feel as you touch the client. You are looking for changes in the quality of the tissue, to see if it has softened and become hydrated. The client's breathing should also have slowed down and deepened.