

Crystal Quartz Singing Bowls

Each Quartz Crystal Singing Bowl is crafted to be sturdy and durable. They vary in size from 6 inches on up to 20 inches. They also vary in pitch, ranging from high and clear to deep and soothing. Generally, the larger the bowl, the longer the sound will reverberate and the lower the pitch will be.

Each Quartz Crystal Singing Bowl includes a rubber O-ring, a small rubber circle which serves as a stand for the bowl if you wish to play it on a table or any other surface. The bowls also include a soft, suede striker. The suede is very high quality and is the best material to use to emit the highest quality tone from the Quartz Crystal Singing Bowls.

What are they made of?

Our Quartz Crystal Singing Bowls are made from over 99.9 percent pure quartz crystal, a naturally occurring element. The crystal is placed in a mold and heated to 4000 degrees. Because our bodies are also composed of a crystalline structure, using Quartz Crystal Singing Bowls for healing and meditation allows us to respond more quickly and favorably to the sound as therapy. This is why crystals are a key element in many different holistic medicine healing practices.

Musical Tones

The musical tones of our Quartz Crystal Singing Bowls are incredibly smooth. For more advanced singing bowl users, the Quartz Crystal Singing Bowls are ideal for creating sustained harmonies with multiple bowls. The bowls are all divinely crafted in order to ensure that the pitch is solid and strong. The notes sustain for a generous period of time, making the bowls ideal for meditation and healing use. The bowls soothing tones will hone in on your mental and physical ailments and help to diffuse them. These Quartz Crystal Singing Bowls are also great for standard daily meditation and deep relaxation. It is nearly impossible not to relax when you are in the room with these singing beauties.

Methods of Healing and Meditation

There are many different methods when it comes to using Quartz Crystal Singing Bowls for healing. To start out, its usually best to create a private space. You want it to be a place free from distractions and noise. Combining the sounds of the bowls with verbal mantras or additional instruments may also increase the success of your healing and meditation. The most important factor is that you take the time to get to know your bowl. Learning the best method for creating a good healing and relaxation environment by trying several things and sticking with what feels the most comfortable is the best way to succeed with our Quartz Crystal Singing Bowls.

History of Sound

To understand the importance of sound in healing and meditation, it is important to first understand the history of sound. Sound has long been revered as a hugely important aspect of our existence. In fact, history tells us that for the Hindu people, the sound AUM was the first to exist in the universe, making it the all-encompassing sound or mother tone. After this mother tone was discovered, the previously dark universe was lighted for the first time. This major event led to sound being held with very high regard because of its power to improve the lives of the Hindus and to create sound so stimulating it shed light into the darkness.

Knowing this and knowing that science has begun to successfully prove that body functions can be altered by use of sound waves give us strong evidence supporting the healing powers of these breathtaking Quartz Crys-

tal Singing Bowls. In fact, there are doctors currently using Tibetan Singing Bowls and Quartz Crystal Singing Bowls for sound and music therapy to help terminally ill patients deal with pain.

The sound of the bowls can stimulate deep into the body tissues which allows doctors to promote healing from within. The calming musical tones help to heal by reinstating the natural sense of balance and harmony. When the body is suffering from a physical ailment, for example a failing kidney, the natural resonant frequency of sound that is produced by the kidney is reduced, creating an imbalance. With crystal bowl and Tibetan singing bowls, sounding the tone of the bowls can restore an ailing organ by projecting the sound into the body which helps to return the organ to a healthy resonant frequency. While there have been studies done on this type of sound healing, it is still in the early stages and is not recommended as a full health care regime. It is important that you still visit your doctor for treatment if you suspect any sort of health problem.

Crystal Singing Bowls and Chakras

Just like our Tibetan singing bowls, our Quartz Crystal Singing Bowls can be used to help open and purify your chakras. The note of the bowl triggers focus onto whichever particular chakra it is attuned to, making it easy for our customers to select a bowl based on the chakra improvements they hope to achieve with their bowl.

Please be aware...

Our quartz bowls are not intended to diagnose, treat or cure any disease. We make no medical claims and encourage our customers to seek medical care from a licensed practitioner when needed. We suggest that the bowls are always played at a minimum of 10 inches from a person's head. Also, avoid playing these instruments within 10 inches of each other as their intense vibrations can lead to shattering or breakage.