

## Interesting about gong and singing bowl therapies:



### **Origin:**

The singing bowls have their origin in the Himalaya area and are widespread in the Tibetan and Buddhist culture and in India as well as in China, Thailand and Japan. The music was always one of the ancient Asian cultures

most respected sciences. From a very early age, their great importance for the body and mind of humans was recognized. Singing bowls and cymbals have very special qualities.

### **Effect:**

Its soothing and relaxing effect has been handed down several times. And on the same effect, on the one hand, we perceive the sound acoustically over the ears.

At the same time we take the vibration with our entire body. true. The small perceptible sound vibrations spread gently over the skin, tissues, organs, bones, body cavities and body fluids. The circulation and lymph flow are stimulated. Our breathing, heart rate, heart rate, skin resistance, blood pressure, metabolism and the digestive system are stimulated and calm down.

All this is also processed in our brain. For example, the uniform, rhythmic sounding of good singing bowls / gongs creates a sense of well-being in the brain, and basic trust. Proven to be slowed down by playing several singing bowls / gongs of our brain activities.

There is a change of consciousness and the brain falls into a kind of trance. In this state, our body is absolutely relaxed and calm. This is how blockages and even traumatias can break loose.



### **Treatment and experiences:**

The treatment can be done while sitting or lying down. The bowls are placed on or next to the body of the client, and then they are played in a specific sequence. Therapy with warm water in the bowls is even more effective and enjoyable. The results are amazing. The treatment of 2 has had a very positive effect on the sensibility and the sensory system. A hearing aid wearer was able to hear better after the treatment. Colds were treated and disappeared faster. Migraines disappeared, rheumatic pain was alleviated and mobility improved. Painkillers could be discontinued.



## Experiences and feedbacks:



People with dementia helped to reduce anxiety and tension. There was an encounter beyond the words. This support of the clients also relieved the caregivers. According to reports, clients with tinnitus problems could also feel a great relief.

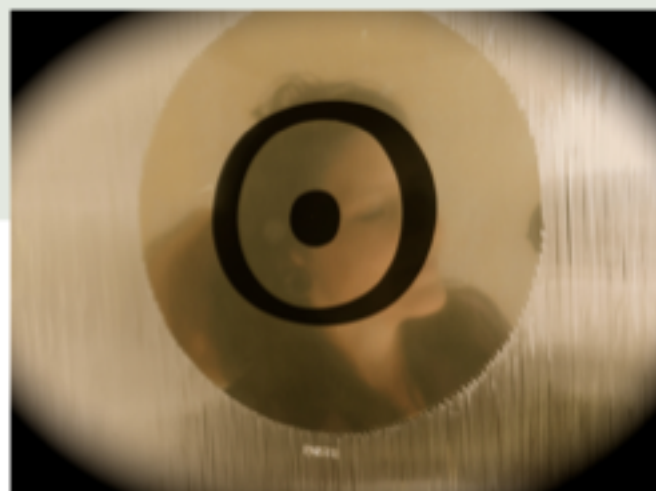
Great pain and numbness in the arm and hand proved to be a pinched nerve. An operation was planned. But already after 3 tägerger singing bowl treatment was a great relief. from. Deafness and pain disappeared after a short time without surgery.



Headache and tension aroused by the whiplash injury were successfully brought to relief after 2-4 session sessions. A 70-year-old man had severe bone leukemia and received 3 sessions in sound therapy, and for his self-discovery he was given the task of meditating for 10 minutes a day. After the third session, the values were back in the green and he felt completely comfortable.

A young woman, who had already had surgery on the intervertebral discs, was about to make her second surgery appointment. She had severe pain and severe movement restrictions. She had a single sound application and she became aware that she was going to change her career. From this day on, she is still free of pain and now works in another profession.

## Summary:



From personal experience, I can only confirm that probably this therapy is one of the most underrated. Their application is great and will be tailor-made for each client. In the US and other countries, this therapy is now used in hospitals ect. already become standard. My task is to make this wonderful possibility of sound accessible to all with their successes.

Take the time each day to sit still and listen to things. Watch the melody of life that vibrates within you.

Christina Degele ([www.Flowbowls.com](http://www.Flowbowls.com))



