

# Nadabraham Health Academy.



This is one of the lessons from Level 1.

In that lesson I like to share with you some basic information about sound massage with Tibetan bowls.

I also give you some basic techniques how to use Tibetan or Crystal bowls just for personal use.

## 1. Sound massage with singing bowls

Sound therapy where singing bowls are placed on the dressed body or into the health aura and tapped gently with a felt mallet. The calming harmonizing sounds as well as the gentle vibrations of the singing bowls induce a feeling of well-being and a very effective deep relaxation ("sound-based relaxation"). With people in good health sound massage will support the development of their inner harmony and provide them with energy and strength for their daily tasks. Creativity and productive energy will receive new impulses. With physical, mental and psychological issues, sound massage will help to bring relief from pain and problems that cause daily stress, worries, and anxiety. The sound vibrations impact our nervous system, engaging our relaxation reflex and inhibiting the stress or pain response.

Through listening to Tibetan Singing Bowls one's internal dialogue, the 'inner critic' is quietened. Their sound synchronizes brain waves and enhances awareness of the mind/body connection

During a session, there is no fixed rhythm which results in the brain not being able to follow and entrainment takes place. Entrainment is the changing of brainwave frequencies.

Alpha brainwave state is achieved very quickly and is followed by the Theta brainwave state.

Alpha waves are defined as brainwave frequencies between 8 and 12 Hz. Daydreaming, imagination and associative thinking are all part of alpha brainwave activity. Alpha waves are present in states of relaxation.

Theta waves are defined as brainwave frequencies between 4 and 7 Hz. Theta waves occur during dreaming sleep - or REM (rapid eye movement) sleep, although they also occur during deep meditation.

Theta brainwave frequencies are most often where the gongs will take you. You will most likely enter a dreamlike, deep meditative state. Some people might enter the Delta brainwave state (deep sleep frequency). Theta brainwave is a good state of consciousness to be in for healing to occur.

## **2. Three techniques how to use Tibetan or crystal bowls.**

### **The "Around-The-Rim" Technique**

- 1. Hold the singing bowl on the palm of the left hand. For smaller bowls, seven inches and under, hold on your fingertips.**
- 2. Grasp the mallet about mid-length, with all the fingertips pointing downwards and touching the wood. (If you are using one of our padded mallets, the red wool should be on top.) Palm downward.**
- 3. Gently tap the mallet against the side of the bowl to "warm-up" the bell.**

4. With an even pressure, rub the mallet clockwise around the outside edge of the rim of the bowl. Use a full arm movement, just like stirring a big kettle of soup, and keep the mallet straight up and down! Again, it's not a wrist movement, but a full-arm movement.

Remember to apply pressure-- *the friction of the mallet against the outer rim produces vibrations which result in sound.*

### The Wah-Wah

Most all Tibetan singing bowls have natural wah-wahs which you can amplify and bend by using the wah-wah technique.

Get the bowl singing by using the mallet-around-the-rim technique described above. Pull the mallet away from the bowl and let the bowl continue to sing.

While still holding the bowl in your hand, raise the bowl up to your mouth so that the outside rim is just above the opening of your mouth and about an inch away.

Open and close your mouth while thinking of the sound wah-wah. You are not actually making any sound with your mouth, but simply changing the shape of the oral cavity so as to allow the sound of the singing bowl to bounce around inside of your mouth and then be reflected back. By changing the size of the oral cavity you are modulating the sound!

Experiment with the relative position of your mouth to the outside bowl rim. Also, if you turn the bowl, while experimenting with the wah-wah effect, you will find "hot spots" where the bowl is naturally louder.



### **Water Bowl Sounds**

**A special sound effect can be produced by adding a small amount of water to the bottom of the singing bowl. The sounds produced using this technique sound like dolphins singing!**

**The amount of water to use varies with the individual bowl. Start by pouring about 3/4" of water into the bowl. Be careful NOT to get the outside rim of the bowl wet.**

**Now, play the bowl using the mallet-around-the-rim technique. Bring up the sound by using a steady even pressure. Pull the mallet away from the bowl rim and let the bowl continue to sing.**

**Still holding the bowl in your hand, tilt the bowl so that the water inside gently laps up toward the inside rim. Continue to gently swirl and tilt the bowl and the water.**

**Experiment with the amount of water used. Usually the best effect is produced with a minimum amount of water. Keep a towel handy in case of spills.**

