

ADVANCE SOUND HEALING WORKSHOP



SOUND HEALING BY USING SINGING BOWLS:



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1. Opening session:

It's an honor to have you here as we begin this 3-day journey into the powerful world of sound healing. Whether you're here to learn, heal, or explore, this space is for you.

Sound has been used since ancient times to restore balance—physically, emotionally, and spiritually. Over the next few days, we'll explore how instruments like **singing bowls, gongs, and chimes** can help align energy, calm the mind, and support deep healing.

This course is both a learning experience and a personal journey. I encourage you to be present, stay open, and trust the process. Let the sound guide you.

Thank you for being here. Let's begin this beautiful journey together.

2. Introduction:

A singing bowl is a metallic bowl made from special alloy. Its Sanskrit Name is Dhvani patra resonance bowl). It is a type of standing bell played by striking or rubbing its rim with a wooden leather-wrapped mallet. Singing bowls—also known as Tibetan Singing Bowls, Himalayan Bowls, *Rin Gong* (in Japan), or *Suzu Gong*—are traditionally handcrafted from a blend of seven sacred metals:

- i) Gold
- ii) Silver
- iii) Copper
- iv) Lead
- v) Iron
- vi) Mercury, and
- vii) Tin

Each metal corresponds to one of the celestial bodies in our solar system and contributes its own distinct harmonic tone. Together, they create a complex and resonant sound that has been used for centuries in meditation, yoga, healing therapies, and spiritual practices.

The vibrations produced by these bowls are deeply connected to the primordial sound “Om”, considered in Hindu philosophy as the first sound of the universe. According to ancient scriptures, this sacred vibration gave rise to all life. When we play a singing bowl, the sound and its frequency resonate not only with the physical body but also with our energetic and emotional layers.

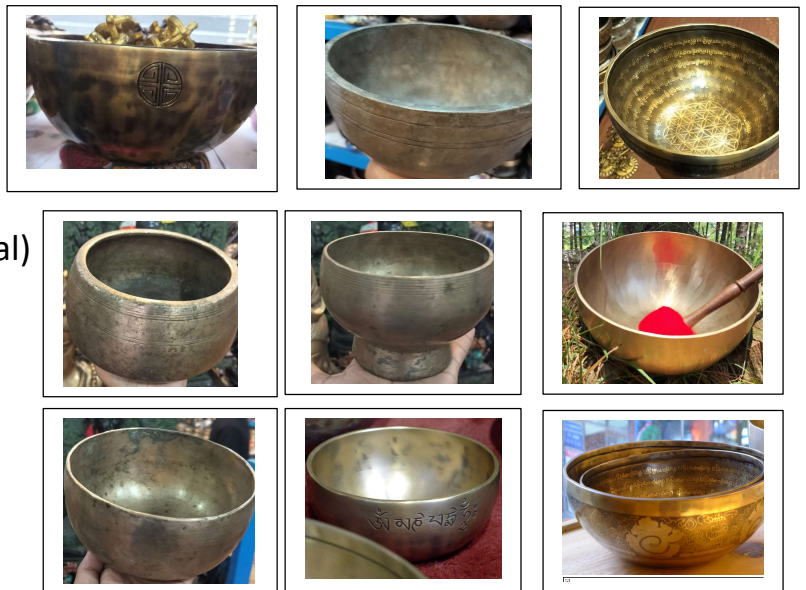
These bowls are known to calm the mind and ease emotional tension such as **stress, anxiety, depression, and trauma**, while the vibrations support **physical healing**—relieving discomfort from **back pain, headaches, migraines, and joint issues**. This dual action on both mental and physical levels makes them powerful tools for holistic well-being. Each bowl is tuned to a specific note that corresponds to a chakra. When played, the sound helps bring that energy center into balance—supporting emotional clarity, vitality, and spiritual connection.

3. Type of Bowl

There are various types of Singing Bowls available in the market. People buy them for various reasons. Some keep them as a decoration piece while some spend fortunes as collectors. Some buy it for giving away as a gift. In general musicians, healers and therapists look for a high-quality singing bowl.

i) Handmade

- Golden Shining
- Yellow dim
- Tiger eye
- Silver & gold colour
- Carving bowl (Normal & special)
- Full moon bowl
- New moon bowl
- Knee bowl
- Therapy bowl
- Jambati



- Thadobhati
- Lingam
- Antique

ii) Machine made

- High quality
- Medium quality
- Low quality



4. Singing bowl's history and origin

Traditionally Singing Bowls did not exist as a musical instrument in Nepal and South East Asia. Bells of different shapes and Sizes were used as sacred sound- making tools in the temple. But the singing bowls were used for serving food, measuring grains, preparing traditional medicines, and other social cultural purpose. People believe that serving food from such metallic bowl provides them with iron and minerals in their diet. Expecting mothers are traditionally served food on such bowls believing that it keeps both mother and the baby healthy and immune to diseases.

In the seventh century AD a Nepali Princess by the Name of Bhrikuti, married a Tibetan emperor Songtsan Gampo. She took a metal bowl and the statute of Buddha along with a group of technically qualified metal artist to Tibet under her patronage. Later various Buddhist monk of both Nepal and Tibet used the bowls as a meditation tools. They invent the sacred technique of singing bowl meditation and know known as Vedic and Tibetan style of sound healing.

The story of singing bowls stretches far back into ancient history, with roots believed to begin in China during the Shang Dynasty (16th–11th centuries BCE). Some of the earliest bronze objects ever discovered were bells—possibly evolved from grain-measuring scoops—crafted with precise acoustics in mind. These early Chinese bells, known as *Nao*, were shaped like goblets and played by striking with

a mallet. Bells were made not only from bronze but also cast iron, and were used ritually.

Visitors to Tibet, including Perceval Landon in the early 20th century, make no mention of any bowls in Tibetan culture, nor do Tibetan healing practices specifically describe the use of bowls or bells. This led researchers to believe that the singing bowl as we know it today is played with a wooden wand to create a continuous tone.

That said, there are compelling oral traditions and theories that suggest a deeper esoteric lineage. One such belief is that singing bowls were adopted by Buddhist practitioners after Gautama Buddha's departure (around 600 BCE) and that they were originally used by Bon Po shamans in the Himalayas. These sacred metallurgists are said to have combined metals related to the seven (or more) sacred planets, using ancient foundry techniques to "tap-tune" the bowls for specific resonant frequencies. These vibrations were believed to enhance spiritual ceremonies, healing, and mantric chanting.

Regardless of their exact origin, singing bowls have always stood at the intersection of utility, art, and mysticism. Used as begging bowls, food bowls, or ritual tools, they traveled across Nepal, India, and surrounding regions. Their evolution into a sound-healing instrument likely emerged from a combination of ancient metallurgical wisdom and modern spiritual exploration.

Today's Tibetan-style singing bowls, many of which are crafted in Nepal are often made from a blend of seven to nine metals and valued for their calming, resonant tones. Whether used for meditation, healing, or ritual.

What might be indeed considered a discovery, is that some people, as well as some animals, can produce sounds using things other than vocal cords. To begin with, the body produces many other sounds: heartbeat, circulation. digestion. Objects outside the body can also make sounds, either independently or when they are used by man. They can be dropped, shaken, struck, blown into, or rubbed together. Each of these sounds has a specific effect: they can give you goose pimples, or just a pleasant feeling. They conjure up feelings and images.

5. History of Sound Healing & Therapy

Sound has been a powerful tool for healing and transformation since ancient times. Across early civilizations and sacred traditions, sound was seen not just as a form of communication, but as the source of life itself. In the Vedic scriptures, the universe is said to have begun with the sacred sound “Aum”, while the Bible tells us, “In the beginning was the Word.” These ancient references reflect a shared understanding of sound as a creative and life-giving force.

Throughout history, many cultures designed temples, cathedrals, and sacred spaces to harness the natural power of sound, light, and magnetic energy. Structures like the Egyptian pyramids, Greek healing temples, and Gothic churches were often built near water to enhance resonance and support emotional and spiritual balance. In India, Vaastu Shastra emphasized architecture that supports vibrational well-being—a concept that remains relevant even today.

Among the most well-known instruments in sound therapy today are the Tibetan singing bowls. Traditionally used in Himalayan regions, these bowls produce pure, harmonic tones that deeply relax the mind and body. Their vibrations help realign energy, entrain brainwaves, and support cellular healing. Many therapists use them to ease stress, anxiety, depression, and physical pain, while some hospitals and cancer centers incorporate sound therapy as a complementary healing method. The vibrations are known to stimulate the release of natural painkillers and support emotional balance.

6. How to Play a Singing Bowl:

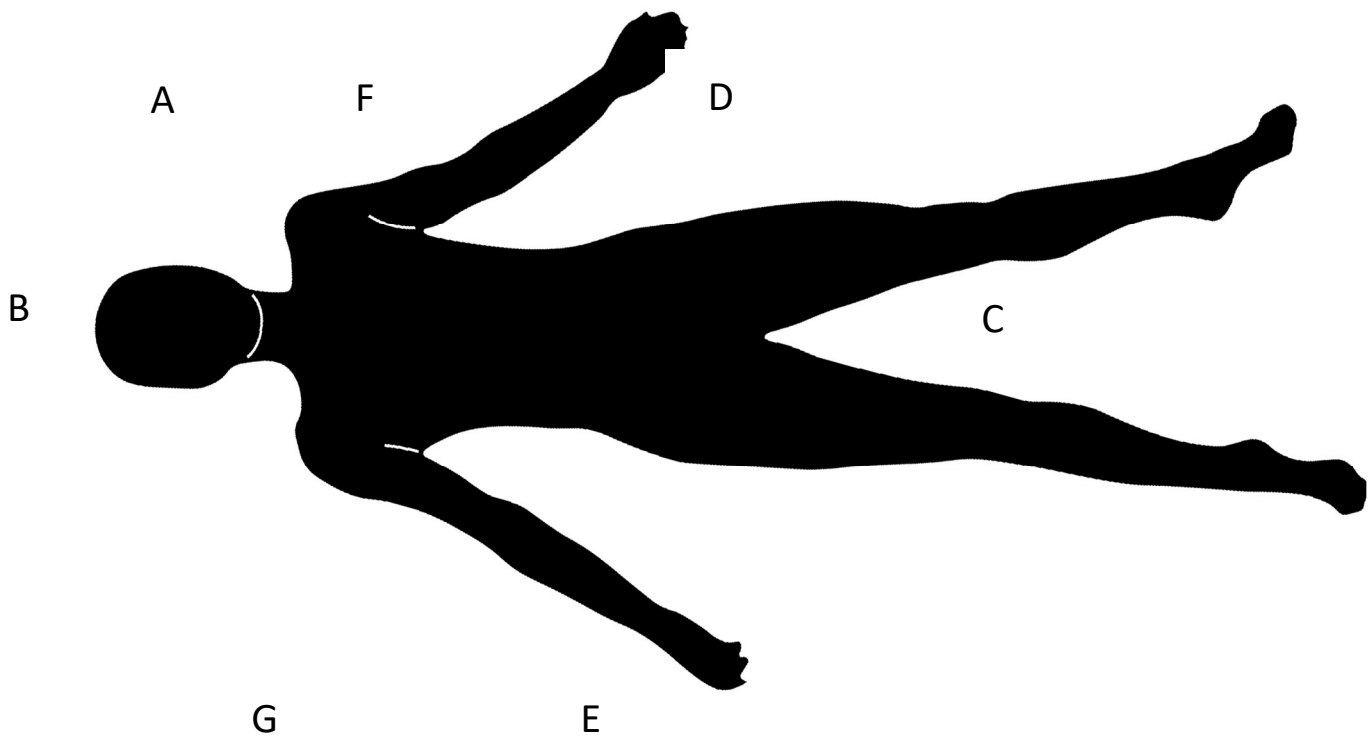
To produce sound, the bowl can be gently struck with a wooden stick or rubber mallet. For sustained vibration, the stick is rubbed in a circular motion along the rim. With consistent, firm pressure, the bowl begins to “sing,” creating a continuous harmonic tone. As the vibration builds, the bowl may push back slightly—this is a signal to press the stick a bit more firmly and continue playing steadily.

Whether used by **therapists, healers, yogis, or meditators**, singing bowls help access a state of deep inner stillness, enhancing both spiritual awareness and physical harmony.

7. Vedic way of sound healing

Vedic Sound Healing is a peaceful method that uses ancient sounds and mantras to help the body, mind, and soul feel better. These sounds are chanted or played using instruments like bells, or singing bowls. When these sounds vibrate through the body, they help release stress, calm the mind, and remove negative energy. It is believed that everything in the universe is made of sound and vibration. So, by using the right sounds, we can bring our body and thoughts back into balance. This healing method also helps in deep breathing, better sleep, and feeling more connected to your inner self. People use it during meditation, relaxation, or even before sleep to feel peaceful and refreshed.

8. Vedic healing ball setup



9. Transformation & Self-Healing

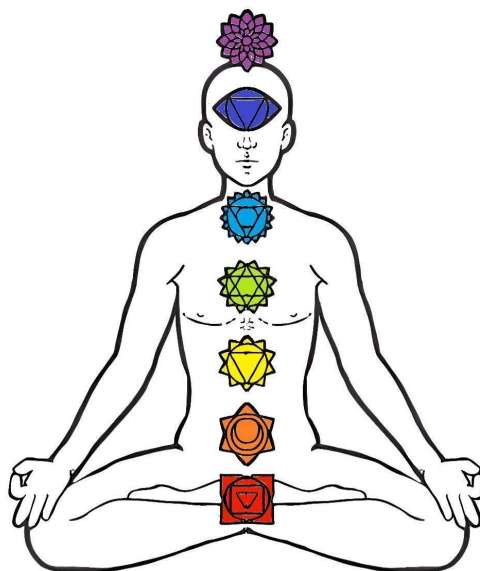
Our sound healing classes are more than just a learning experience—they are a transformational journey inward. As participants are immersed in the gentle yet powerful vibrations of ancient instruments, they begin to reconnect with their natural rhythm, awaken their inner stillness, and experience the profound healing potential of sound.

Through consistent practice and sacred teachings, students often notice a series of deep, personal transformations:

- Emotional Release and Inner Calm
- Energetic Alignment and Chakra Balancing
- Physical Relaxation and Healing
- Awakening of Intuition and Inner Awareness

Self-Healing, learn how to:

- Use singing bowls for daily self-healing and grounding
- Tune into their own energy field
- Create personalized sound meditations
- Support others with authentic, heart-led sound practices



10. Vibrational Massage:

Singing Bowl Vibration Massage is a deeply relaxing and healing therapy where Tibetan singing bowls are placed directly on the body or around it and gently played to create vibrations and sound waves.

These vibrations travel through skin, muscles, bones, and energy channels, bringing relief, balance, and harmony to the body and mind.

How does it work ?

Each bowl produces harmonic sound frequencies.

When played, the vibrations penetrate deep into the body, like an internal massage.

It helps release blocked energy, reduce stress, and stimulate natural healing.

Its benefit:

- Deep relaxation & calm mind
- Relief from physical tension and body pain
- Emotional release & chakra balancing
- Better sleep and reduced anxiety
- Improved energy flow (prana/chi)
- Enhanced focus and inner clarity

11. Chakra active with seed mantra

Chakra activation means awakening, energizing, and balancing the body's subtle energy centers, known as chakras. These chakras are like spinning wheels of energy located along the spine, and each one is connected to your physical, emotional, and spiritual well-being.

When a chakra is active, it means the energy is:

- Flowing freely,
- Vibrating at a healthy frequency,
- Supporting your inner balance and growth.

Chakra Activation with Chakra Seed Mantras

- Person lying down
- Singing bowls placed on/around the body
- Focus on 7 chakras

Sanskrit Bija Mantras (Seed Sounds):

Root – LAM

Sacral – VAM

Solar Plexus – RAM

Heart – YAM

Throat – HAM

Third Eye – OM

Crown – Silence or OM

12. Seven Chakra Details

i) Root Chakra (Muladhara Chakra)



MULADHARA

Color: Red

Element: Earth

Root or "Muladhara" Chakra is the first Chakra located at the base of spine in tailbone area, near the perineum, along the first three vertebrae, at the pelvic plexus. Muladhara comes from the word "Mula" meaning root and "Dhara" meaning support. Its energy is based on the earth element. The color used to represent the Chakra is a rich vermilion red. Red symbolizes strength, vitality, and stimulates our instinctual tendencies. The symbol of the Root Chakra is composed of a four-petaled lotus flower in a circular pattern with a square and a downward pointing triangle inside. The four petals represent mind, intellect, consciousness and ego; and the four sides of square represent foundational life, energy, stability and rigidity. The triangle symbolizes the energy connecting with matter and our earthly existence.

ii) Sacral Chakra (Svadhishthan Chakra)



SVADHISHTHANA

Color: Orange

Element: Water

Sacral or "Swadhishthan" Chakra which means "the place of the self" is the second Chakra located at lower abdomen below the navel (the center of lower belly), at the level of the lumbar vertebrae. It also corresponds with the genital area, especially at the level of ovaries for women and the testicles for men. The Chakra is represented with translucent orange color. The symbol of the Chakra is composed of six petals in circular design with a crescent moon and a downward-pointing triangle in the center. The six petals represent anger, jealousy, cruelty, hatred, pride and desire that must be overcome to purify our Swadhisthana. The circle symbolizes the cycle of nature. The crescent moon stands for the connection of the energy of moon with water thus representing our emotional aspect. In addition, the moon also represents the menstrual cycle thus validating its connection with sexual organs and reproduction.

iii) Solar Plexus Chakra (Manipura Chakra)



MANIPURA

Color: Yellow

Element: Fire

Solar Plexus or "Manipura" Chakra which means "city of lustrous gems" or "seat of gems" is the third Chakra located at around the stomach area, at the top of our abdomen where our diaphragm rests. The Solar Plexus Chakra is represented with yellow color and associated with fire element that stands for energy, power and determination. Its symbol has ten petals with downward pointing triangle in circular pattern with an inverted pyramid in the center. The petals represent the transformative power of fire which is capable of turning matter into energy. The inverted triangle symbolizes the energy of the lower three chakras.

iv. Heart Chakra (Anahata Chakra)



ANAHATA

Color: Green

Element: Air

Heart or "Anahata" Chakra meaning "unbeaten" or "unhurt" is the fourth Chakra located at the center of the chest where our heart organ lies. Its color is green and can turn pink with higher energy frequencies. Its symbol is represented by two intersecting triangles forming a star with six points in a circle of 12 petals. The petals represent the twelve divine qualities connected with our heart peace, bliss, love, harmony, empathy, understanding, purity, clarity, compassion, unity, forgiveness and kindness. The intersecting triangles symbolize the unison of two seemingly opposite energies (male and female energy) to form a harmonious energy, making heart the center of connection. The fourth Chakra is related to the element of air and is related to our breathing and its movements (lungs) and cardiac system. It also represents our connection with space.

v. Throat Chakra (Vishuddha Chakra)



VISHUDDHA

Color: Blue

Element: Ether

Throat or "Vishuddha" Chakra meaning "pure" is the fifth Chakra located at the center of the neck at the level of the throat, right between our collar bone. The Throat Chakra is connected with the pharyngeal and brachial plexi, mouth, jaws, tongue, pharynx and palate. It is also linked to shoulders and neck. It is also the first of three spiritual Chakras as opposed to the four lower Chakras which manifest more physically. The Throat Chakra is represented by aquamarine blue color. Its symbol is composed of 16-petalled circle with a downward-pointing triangle and another circle in the center. The 16 petals symbolize all the vowels of the Sanskrit language which represents Purusha or spirit. The inner triangle represents the manifestation of speech and the inner circle symbolizes the moon which represents psychic energy, clairvoyance and communication. Its element is ether and related to sound.

vi. Third Eye Chakra (Agya or Ajna Chakra)



AJNA

Color: Indigo

Element: Ether/Space

Third Eye or "Ajna" Chakra, meaning "command" is the sixth Chakra located on the forehead, between the eyebrows, slightly above at the bridge of your nose. The word "command" refers to the higher understanding that guides us in each of our actions. The Third Eye Chakra is represented with indigo blue or bluish purple. The Chakra's symbol has two petals representing the manifest and unmanifest mind; and one inner downward pointing triangle representing Shakti or the all Seeing Eye. The Third Eye Chakra is associated to the pituitary and pineal gland that regulates biorhythms. As it's close to the optical nerves, it is also sensitive to visual stimulations.

vii. Crown Chakra (Sahasrara Chakra)



SAHASRARA

Color: Violet

Element: Ether

Crown or "Sahaswara" Chakra meaning the "infinite", is the seventh Chakra located at the top head (slightly above the head) like a crown. The Crown Chakra is represented with deep pur white color. The symbol of Crown Chakra is composed of a circle and thousand petals. The tho petals represent our connectivity to the divine, all other beings and the universe. The petals lotus flower also symbolize eternity of this connection and unison. The circle representing the ful symbolizes the awakening of our conscious mind. The Chakra is associated with the brain a whole nervous system. As its element is ether, it is associated with space or cosmos.

13. How to choose singing bowl?

Choosing a singing bowl is a personal and intuitive process. Some people instantly connect with a bowl after hearing it once, while others may need a more mindful approach.

Here's a simple method to help you choose:

i. **Start with the Sound**

Place the bowl on a cloth-covered surface. Strike the rim gently with a small beater and let the sound resonate. Pay attention—does the tone feel inviting or pleasant to you?

ii. **Feel the Vibration**

If you feel drawn to the bowl, hold it in your palm with your arm extended. Strike it again and slowly bring it close to your body—starting from below the navel.

Listen with your **body, not just your ears**. Notice any sensations or reactions. If you feel discomfort or tension, the bowl may not be right for you.

iii. **Check Energy Alignment**

Move the bowl upward toward your heart, chin, and the base of your nose, striking it gently each time. At every point, pause and observe how your body responds.

If your body feels at ease, the bowl is likely in harmony with your energy.

iv. **Be Mindful of Strong Reactions**

If you feel strong rejection—like nausea or unease—it may mean this bowl is not aligned with you at the moment. This is not good or bad, just a matter of vibrational mismatch.

Tips:

- Trust your intuition and body more than your ears.
- You don't need a wide range of sizes or a perfect "set."
- Harmony and vibration are more important than musical pitch.

By taking time to feel and listen within, you're more likely to find a bowl that truly resonates with you.

14. Water therapy

Water therapy with singing bowls involves the use of Tibetan or Himalayan bowls in conjunction with water to enhance the body's receptivity to sound vibrations. Water, being an excellent conductor of sound, allows the vibrations from the bowls to penetrate deeply into the body, potentially aiding in stress reduction, emotional release, and physical healing.

1. Charging Water in a Bowl

- Fill the bowl $\sim\frac{1}{4}$ – $\frac{1}{2}$ full with clean water; tap or rim it with a mallet to generate visible ripples or dancing droplets.
- Adjust speed & pressure to alter sound quality and visual effects.

2. Floating or Aquatic Sessions

- Participants float in water (e.g., pool or hot spring) while bowls are played beneath or around the body to transmit deep vibrational effects.

3 Bowls on the Body (Sound Massage)

- Bowls, sometimes filled with a small amount of water, are placed on or near body areas (chakra points, spine), then played to deliver targeted vibration for relaxation and energy clearing.

15. Hot water therapy

Singing Bowl Hot Water Therapy is a unique holistic healing technique that combines the vibrational energy of singing bowls with the soothing and detoxifying properties of warm or hot water. This method is rooted in ancient Himalayan traditions and is now gaining popularity in wellness and sound healing practices. This helps stimulate blood circulation, relax muscles, and energize cells. Direct Placement on the Body (With Hot Water Inside). A bowl filled with warm water may be placed on specific body parts (like the back or abdomen). There will be pain relief especially effective for joint pain, arthritis, or muscle stiffness. Similarly, detoxification encourages lymphatic flow and helps remove toxins.

16. Group Sound bath

A group sound bath is a relaxing, meditative experience where a group of people lie down or sit comfortably while healing sounds fill the space. Instruments like singing bowls, gongs, chimes, and bells create gentle vibrations that “bathe” the body and mind. As the sound flows around and through everyone, it helps to:

- Release tension and stress
- Calm the nervous system
- Balance emotions and energy
- Deepen inner peace and connection



17. Certification

Token of love from us to our students, as much as possible keep it with yourself or your working places so it always is with you and it can help you to work legally in this field, more importantly we are never old to learn anything which is new for us. Our love and wishes are always with you.

18. Gratitude:

To our dear students,

Thank you for trusting us on your healing journey. Your presence, openness, and commitment mean everything to us. You inspire us every day.

We also honor those behind the scenes — the artisans who craft our singing bowls, the keepers of ancient wisdom, and every hand and heart that makes this path possible.

Together, we are part of something sacred.

19. Closing session:

It's not the end it's the beginning. Our journey should always go on...

Live love and laugh.