

CRYSTAL SOUND *Healing*

**Jini Reddy experiences
the transformative healing
powers of crystal singing
bowls and pyramids**

Have you ever been soothed by sweet birdsong, a piece of music, or the crashing of waves? If so, you've had a taste of sound therapy.

The use of sound to heal is based on the idea that every bit of our bodies – including our chakras, organs and bones – is vibrating. The frequencies may be beyond our hearing range, but they exist and when the vibrations get out of sync, we can become unwell. The cure, say practitioners, is an acoustic remedy.

In simplistic terms, 'feel good' notes, formed using an assortment of instruments – among them gongs, bells and crystal bowls – travel through the physical body to rebalance our chakras or energy centres.

Though little scientific evidence exists in support of the therapy, studies carried out by French musician, healer and acupuncturist Fabien Maman at the University of Jussieu in Paris in the 1980s appear to show that a series of acoustic sounds caused cancer cells to dissolve and healthy cells to become energised. And increasingly doctors who favour a holistic approach to healing are using sound as part of their integrative medical practice.

Singing Bowls

It isn't a new approach – sound healing is part of many religious and spiritual ceremonies and harks back to ancient times, but it is experiencing a resurgence. A particularly powerful form of sound healing involves the use of crystal singing bowls. Practitioners say that as the human body is crystalline in structure, this allows it to respond and resonate with the

frequencies associated with quartz crystal.

'Each bowl plays a vibrational note that corresponds to a chakra within our body. The body has seven major chakras and these act like storage containers where we hide emotional and physical issues that are detrimental to our health,' says Berkshire-based vibrational sound practitioner, Reiki Master practitioner and teacher Kimberley Solari, who combines crystal sound healing using quartz crystal bowls with Reiki, aura chakra diagnosis and feedback in the form of messages from spirit, in her treatments.

'What the bowls do is like dynamite, they really go deep into the body. They are gentle, loving, and pure in sound. When the bowls are played around and on a client, they break down blocks of stale energy and open the pathway to pure energy flow. The body needs this flow to be healthy.

'When I have someone lying on the bed and the bowls are playing at a very high pitch, it's like hearing an orchestra warming up – you think, "oh, it sounds out of tune." But that's because the bowls are lifting stuff out. After a number of treatments, each chakra will sound like a perfectly in-tune orchestra playing your own unique tune.

'The sound has a meaning,' Kimberley adds. 'Over the years I've learned the language the bowls use to "speak" to each other. You could have eleven bowls playing at once, all talking to each other and in turn they're bouncing off your body. I'm like the conductor, understanding the different note changes that a bowl makes.'

Kimberley says she has successfully treated all types of cancer, ME, IBS, insomnia, stress, sports injuries, gangrene and infertility. 'I've seen male and female cancer sufferers, stressed business executives, footballers, boxers, children and pregnant women – you name it.'

The single treatment I experience with her is powerful and thorough to say the least – the transition from reiki healing to crystal sound healing is seamless (and accompanied by a CD of her own making) and the whole session leaves me feeling strengthened physically and emotionally. The aura-chakra image taken using a biofeedback imaging system and in-depth diagnosis of my emotional energetic state is fascinating too. (Apparently I have the makings of a healer and need to work on unblocking my lower chakras.)



Genevra Jolie