



## CRYSTAL CRUCIBLES (CRYSTAL SINGING BOWLS)

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The priests of ancient Egypt used vowel sounds to resonate their energy centres. There is a direct correlation between the different parts of the body and specific sounds. Such a technique appears to be ancient, yet some assert that healing through sound goes back even further in history—to the lost city of Atlantis, where the power of sound was combined with crystal power. Both Edgar Cayce, the American psychic and visionary, and Rudolf Steiner, the German philosopher, educator, and artistic genius, predicted: “Pure tones will be used for healing before the end of this century [twentieth].” Nostradamus foretold the healing of cancer through pure tones by 1998 and this happened with the discovery of the healing power of crystal crucibles also known as crystal singing bowls. The international healer Awahoshi Kavan was one of the first to use crystal sound as a healing tool, presenting the crystal crucibles and their amazing healing properties on her tour of Europe, Asia, and Australia in 1993.

The sound produced by crystal crucibles is a form of “vibrational medicine”—which asserts that everything in the universe is in a state of vibration. The frequency at which each person most naturally vibrates is called “resonance.” The organs of the body, bones, chakras (energy centers), etc., all possess a different resonant frequency, or rate of vibration. When one area of the body is sick, the body is not vibrating in harmony; it is vibrating out of tune or non-harmoniously and this is the cause of “dis-ease.” When the body is in good health, each organ creates a resonance that is in harmony with the whole.

Vibrational medicine is based on the idea that illness or disease is characterized by a blockage in the channels of the body at some level; this could be an artery or nerve blockage, or a blockage of the subtle energy channels (*nadis* or *meridians*). If there is a physical blockage present, the affected organ stops vibrating at a healthy frequency and thus some kind of illness results. Through sound and light, it is possible to break up, dissolve, remove, and release these energy blockages. Crystal singing bowls emit a pure holographic template of radiant light that corresponds to the octave of sound within our etheric body. Since each crucible corresponds to a specific tone of the octave, crystal crucibles can be used to make each energetic center of our etheric body resonate. The crystal crucibles can produce seven different notes that resonate directly with our different energy centers (the chakras). These energy centers in turn resonate to the different organs in our bodies.

The sound the crystal crucibles produce is extremely pure and it enables a person to return to his or her original level of etheric radiance. Pur quartz crystal contains the entire spectrum of light that corresponds to the seven main energy centers of the human body. Thus, the crucibles heal by bringing color, light, and sound into the human aura. The impact of using crystal crucibles is multiplied by the power of quartz, which is amplified by sound. Using a crystal singing bowl for healing is like having a powerful radio transmitter that is able to fill the aura of a person with pure vibrations.



Just as crystal crucibles can be used to release blockages in the human body, so too they can liberate energy blockages in a space. When they are sounded, each bowl is able to reestablish a precise vibratory frequency which anchors the qualities of the different fields of consciousness connected to their tone and colour into the space. Just as it is possible to bring a person back to his or her original level of etheric radiance, it is also possible to alter the rate of vibration and energy in a space by playing music from a crystal crucible. In order to do this, place the crystal crucible in the central place of power of the home and play it for twenty minutes. You can also play a crystal bowl for a few minutes on each of the places of power in all the individual rooms of the home (For more information, please read Lucy Harmer's space clearing book).

Crystal crucibles amplify the life force field on the molecular level. Each crystal crucible is made of 98.9



percent silicon quartz. As the human body is also composed of a large number of crystalline substances (such as bones and the crystal-colloidal structures of the brain and cerebral fluid) crystal crucibles can be used to rebalance our electromagnetic field. By listening to crystal sound, it is possible to attain a different state of consciousness; the music slows down both the heart rate and breathing and can even cause the release of hormones that strengthen the immune system and nervous system. During a thirty-minute crystal singing bowl session,

most participants leave their bodies to go beyond the sound, enabling their bodies to go into a state of deep healing.

Crystal crucibles are much more powerful if they are programmed to radiate a particular intention. They form a holographic template of light, capable of capturing thoughts. They amplify the message of the player and the intentions and desires of the receiver. Jonathan Goldman, in his book *Healing Sounds*, writes: "The intention behind the sound is of extreme importance." In fact, the intentions alone can be just as effective as the sounds generated. For this reason, particular importance should be given during a crystal sound healing session to the intentions we want to anchor and manifest in our lives.

