

Crystal Bowl Meditation

An evening meditation taking you on a journey through the Chakras with the sounds of the crystal bowls.

The concept of healing by Sound is both ancient and proven. The crystal bowls are healing tools that have been brought back into modern times through technological advances. Each bowl is tuned to resonate with a particular Chakra. The clear tones of the crystal bowls move through the body in vibrant waves, calming, aligning, and healing the energy centers and auric field. Research validates the powerful use of these bowls in balancing body, mind and spirit. Your energy will attune to the bowls as you through your energy centers. The presence and resonance of the bowls will help you to achieve balance in these times of vibratory acceleration.

7:30 PM March 16th 2005
Sacred Grounds



Crystal bowl meditations will be held on the third Wednesday of each month.