

sound healing is:

The intension of sound healing is that it helps to clear stagnant or stuck energy in the body through frequency and vibration. The crystal quartz bowls correspond to the different chakras or energy centers in the body and carry the same/optimal resonant frequency found inside our body. By playing the bowls at the same frequency found inside of our body and at a louder vibration, we bring the chakras and body back into alignment, back in tune.

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level one certification May 2023 AlbuquerqueNM

level two certification May 2024 Austin, TX