RELAX REJUVENATE BECOME CENTERED

Ignite the Light within your Heart with the Sacred Sound of Crystal Singing Bowls. That Light within us is the spark of Life. When the light is shining brightly, we are alive and singing our song to the world, loud and strong, which means we experience life with more ease and a greater sense of adventure. Sacred sound is one way we can ignite the light! The sound is useful for meditation, healing, stress reduction, biofeedback, chakra balancing and cell toning. The tones set up a "frequency following response" that create a synchronization of the left and right brain hemispheres. Relaxation, creativity and a sense of balance follows. Meditation with the sound helps to become in tune with the Universal Chord – the basis of existence and the core element of our inner "still point." Come unwind and take in the healing sounds of Crystal Singing Bowls. And learn the magic and mystery of these ancient bowls.

This event is offered to you with Grace and Light by Jeff Klein.

Crystal Singing Bowl Concert with Jeff Klein Saturday July 19, 2025 * 7:00 – 9:00 PM Location: First Spiritual Science Church 3375 S. Dahlia St Denver, CO 80222 Investment \$40 Early Bird Special \$30 Until July 16. Seating is limited so get your tickets now! To register go to store in www.SoundandEnergy.com For additional information call: Jeff Klein at 316-648-2368 or email: Jeff@SoundandEnergy.com