

*Relax*  
*To the Pure Tones of Singing Crystal Bowls*



*Release*  
*Tension and Stress Through Sound Therapy*  
**SOUND INTENTIONS**

## *Crystal Singing Bowls* *What are they made of?*

Quartz Crystal Singing Bowls are made from over 99.9 percent pure quartz crystal, a naturally occurring element. The crystal is placed in a mold and heated to 4000 degrees. Because our bodies are also composed of a crystalline structure, using Quartz Crystal Singing Bowls for healing and meditation allows us to respond more quickly and favorably to the sound as therapy. This is why crystals are a key element in many different holistic medicine healing practices.



## *Musical Tones*

The musical tones of Quartz Crystal Singing Bowls are incredibly smooth. The bowls are all divinely crafted in order to ensure that the pitch is solid and strong. The notes sustain for a generous period of time, making the bowls ideal for meditation and healing use. The bowls soothing tones will hone in on your mental and physical ailments and help to diffuse them. These Quartz Crystal Singing Bowls are also great for standard daily meditation and deep relaxation. For more advanced singing bowl users, the Quartz Crystal Singing Bowls are ideal for creating sustained harmonies with multiple bowls.

## *History of Sound*

To understand the importance of sound in healing and meditation, it is important to first understand the history of sound. Sound has long been revered as an important aspect of our existence. In fact, history tells us that the sound, "AUM" was the first to exist in the universe, making it the all-encompassing sound or mother tone. After this mother tone was discovered, the previously dark universe was lighted for the first time. This major event led to sound being held with very high regard because of its power to improve lives, and create sound so stimulating, it shed light into the darkness.

Knowing this and knowing that science has begun to successfully prove that body functions can be altered by use of sound waves give us strong evidence supporting the healing powers of the Quartz Crystal Singing Bowls.

The sound of the bowls can stimulate deep into the body tissues which allows the body to promote healing from within. The calming musical tones help to heal by reinstating the natural sense of balance and harmony. When the body is suffering from a physical ailment, for example a failing stomach, the natural resonant frequency of sound that is produced by the stomach is reduced, creating an imbalance. With Crystal bowls, sounding the tone of the bowls can restore an ailing organ by projecting the sound into the body which helps return the organ to a healthy resonant frequency. While there have been studies done on this type of sound healing, it is still in the early stages and is not recommended as a full health care regime. It is important that you still visit your doctor for treatment if you suspect any sort of health problem.

## *Setting an Intention*

Before you begin listening to this recording, take a few moments to set an intention. This step is required in accomplishing your relaxation goals. The process is as simple as stating; I (your name) intend to release all negative thoughts and emotions to allow me to totally relax. This is just an example; it has to be your intention.

## *Listening Protocol*

Stereo headphones are not required, but in most cases, they will enhance your listening experience. In lieu of headphones, separate your stereo speakers and place yourself between them. One on the left, and one on the right, preferably at ear level. You can listen to the tracks either sitting or lying down. Generally speaking, it is better to keep your eyes closed when listening to more fully experience a deeper state of relaxation.

You can greatly assist this process by placing your attention on your breath. As your mind starts to wander with thoughts of the day, gently bring your attention back to your breath.

Breathing affects our minds, our bodies and our souls. It can be what keeps us from getting depressed, or what keeps us happy on a daily basis. Many people do not breathe correctly.



## *To Experience Relaxation*

Getting out of your mind is a requirement of relaxing. If you have a thought, have it, and then release it. Do not try to keep the thoughts out. Allow them to come in, and then allow them to pass through while being aware of your breath. Allow yourself to experience all the feelings and sensations that arise within you. Just allow the feelings to be. If the sensations become uncomfortable, keep your attention on your breathing. In most cases, your body is adjusting to the vibrations of the bowls. Let the sounds "vibrate your body". Breathing correctly is very important in this process, please make sure you read and practice the "How to breathe correctly" section.



## *How to Breathe Correctly*

1. Start your breathing technique by standing up straight or lying down on your back on a soft cushion or bed. Make sure you are comfortable and able to relax. Do this exercise away from distractions such as the phone or television.
2. Put your hands on your diaphragm (stomach area) and leave them there. Breathe as you always do and see whether your chest falls and rises or if your stomach falls and rises.
3. If your stomach is rising and your chest is staying still when breathing in, then you are breathing correctly. When the chest rises, it is incorrect.
4. Practice breathing in and out and keep your hands on your stomach. Take a deep breath and count to five. Then exhale to see if your stomach drops and your chest stays still.
5. Keep doing these exercises so that you can learn to breathe this way all the time. This type of breathing will eventually become natural for you, and you will feel less stress, less tension and more happiness in your daily life.

*Just*  
**BREATHE**



## Chakras

Chakras are energy centers located along the center of the body. Many people use the bowls for chakra and energy healing. We use the traditional Chakra method when determining the corresponding Chakra for each bowl buy using the dominant note in each bowl.



*The Crown* chakra or Head chakra is positioned at the top of the head. It is associated with cosmic awareness, highest spirituality, and complete integration with Source. Violet is the color of the crown chakra and the musical note is B.



*The Third Eye* chakra is located in the center of the forehead. This chakra is also called the Ajna center. It is associated with intuition, understanding, visualization, and inner vision. Dark Indigo Blue is the color of the third eye chakra and the musical note is A.



*The Throat* chakra is positioned in the base of throat. It is associated with communication, expression and speaking one's truth. Azure Blue is the color of the throat chakra and the musical note is G.







*The Heart* chakra is positioned in the center of the chest, usually shown to be even with the nipple line. The heart is associated with compassion, friendship, empathy and the ability to give and receive love. Green is the color of the heart chakra and the musical note is F. Sometimes the heart chakra is shown as pink, especially in relation to sending love out from the heart.



*The Solar Plexus* chakra or Third chakra is located midway between the end of the breastbone and the navel. It is associated with issues of personal power, emotions (especially blocked emotions), passion for living, and the ability to protect oneself from being the target of negative or aggressive emotions. Yellow is the color of the solar plexus chakra and the musical note is E.

*The Sacral* chakra, also called the Second chakra or the Sexual chakra, is positioned in the area between the navel and the pubic bone. Depending on which sources you read, it can be shown to be centered on the navel itself or to be aligned with the sexual organs - ovaries in women and testes in men. It is associated with creativity, sexuality, relationship, and reproduction. Orange is the color of the sacral or second chakra and the musical note is D.



*The Root* chakra, also called the First or Base chakra, is located at the base of the spine. It is associated with issues of survival, drive, ambition, grounding one's energy in the physical dimension, your life forces, and balancing experiences that create "fight or flight". Red is the color of the root chakra and the musical note is C.



## *The Sessions*

The 4 sessions are recorded with the intention of creating a relaxed state. Session 1 is 10 minutes long and is to help support releasing the thoughts in your mind and to bring your breath to the forefront. Do not try to stop the thoughts, have them and release them. Just breathe.

Session 2 is 20 minutes long and is to help support a deeper sense of relaxation. The 1st and 2nd sessions are purposely timed to equal 30 minutes. Releasing the concept of time allows you to relax. When the second session is over, you automatically know it has been thirty minutes.

Sessions 3 and 4 are 15 minutes long and help you get into the deeper stages of relaxation. As you see the pattern, the cd is designed so you do not have to worry about time. In the beginning it is recommended that you listen to sessions 1 & 2 together. Add 3 & 4 when you feel you are ready. Adjust the times to your schedule as necessary.

When you are done listening, remain in the silence for a few minutes. Sense what you are feeling emotionally and physically. Are you relaxed? Did nothing change? Keep in mind your body may have been in a stressed and tense state for some time. It may take more than a few sessions for you to achieve your relaxation goals. Just keep listening and breathing.

## *Cautions*

Do not listen to this recording in situations requiring alertness, such as driving an automobile or when operating machinery. If you are ready to begin, take a few deep breathes, get out of your mind, relax and enjoy!

## *Vince Miles*



Vince is nationally board certified as a Holistic Alternative Psychology Practitioner. He is the owner of Sound Intentions. Working with singing Crystal Bowls raises the client's vibration which in turn promotes healing. Vince is also the owner of Intentional Wellness Therapy, which incorporates; Physical and Emotional Energy Recovery, Wellness Coaching, and Neuro Energy Transmission Technique. (NETT). This technique allows the client to release negative energy from the physical body that causes disease. He has completed the first and second degrees in Reiki training.

## **SOUND INTENTIONS**

For more information visit [www.soundintentions.net](http://www.soundintentions.net)  
Or call Vince at 314-422-9939

Recorded at 12 Bar Productions, Maryland Heights, MO  
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Album layout by Woodie with photos by Vince Miles and Angie Knost Photography  
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# SOUND INTENTIONS

- 01... Introduction
- 02... Sound Healing Session 1
- 03... Sound Healing Session 2
- 04... Sound Healing Session 3
- 05... Sound Healing Session 4

A sound healing session is as follows. You are lying on your back on a massage table, fully clothed, minus all jewelry and metals. You will have a sheet and or a blanket on top of you if needed. You will take a few deep breathes, set an intention, and get out of your mind. As the bowls begin to sing, just be. At the end of the session, stay in the silence for a few moments, paying attention to how you feel.

You will notice that in each session your experience will be different. As you raise your vibration and release what is no longer needed, you are creating an environment for healing. Do not create expectations for each session, for you will be disappointed. Go into each session with the intention of just allowing, and knowing that the bowls will sing and vibrate what is best for you in that given moment.

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