

CRYSTAL TONES®

CHAKRA POINTS AND FIELD REFERENCE CHART

Use this reference chart to assist you in better understanding your bowls and their energetic relationships. Just like the sun, crystal singing bowls emit photons (life force energy). This energy activates light in the body, and from this light, our consciousness is enhanced and expanded, allowing for our personal awakening at the DNA level. Use your intuition to choose a bowl set that will accelerate your higher consciousness, deepen your understandings, and enhance your personal mastery.

| Endocrine Points | Chakra Points | Musical Notes And Color |
|----------------------------------|---------------|-------------------------|
| Sharp notes for physical healing | High Crown | G |
| | Crown | B |
| Pineal | Third Eye | A |
| Thyroid | Throat | 5th |
| Thymus | Heart | 5th |
| Adrenals | Solar Plexus | 5th |
| Sexual | Sacral | G |
| | Root | G |

To create your set, use your intuition to select your alchemy that best supports and balances your energy.

| |
|---|
| G |
| B |
| A |
| G |
| G |
| G |
| G |

Bowl Tips: With alchemy bowls, always remember to lightly chime your bowl for aligning and clearing energy. When playing in the hand, try bringing the bowl to the mallet. Listen for the "Sweet Spot" (S) on your bowl, roughly one fourth of the way down the side of the bowl. Remember, your intention is amplified through the bowl, so positive thoughts, conscious breathing, and even matching the bowl tones with your voice will help in healing by activating your own inner crystal frequency.



7 Chakras Above The Body (High Tones)

- Auric Field**
- Spirit Body**
Divinity Awareness
- Intuitive Body**
Intuition
- Soul Body**
Speak Your Truth
- Causal Body**
Cause & Effect
- Mental Body**
Personal Power
- Emotional Body**
Sensitivity
- Physical Body**
Fully Present

Bowl Sizes & Octaves

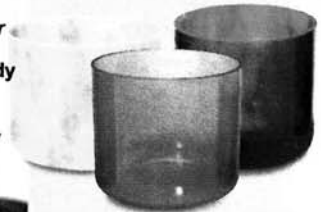
Above The Body
High Octave Bowls
Sizes: 5", 6", 7"

For Accelerating



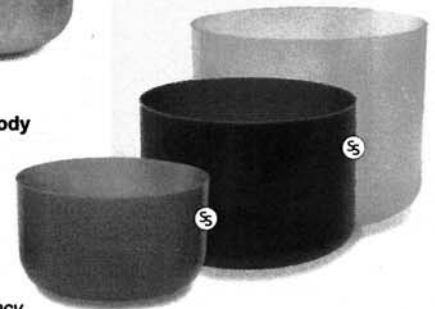
In The Body
Mid-Octave Bowls
Sizes: 7", 8", 9"

For Centering



Below The Body
Lower Octave Bowls
Sizes: 10", 12"

For Grounding



7 Chakras Below The Body (Deep Tones)



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Music for Health and Harmony

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* Crystal Bowl Sales
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