

*To the loving spirit of my grandmother
Kanchi Maiya*

*Huge Thanks to
My wife Rojina Basnet
and
Stuart Hill*

Contents

Preface

Shree Ganesh.....	1
Historic, Scientific and Cultural Basis of Sound Bowl Healing	4
Views from Ancient Texts	4
Cymatics.....	7
Understanding Metal Sound Bowls.....	9
Understanding a Mind	10
Benefits of Metal Therapy Bowls.....	11
How to Choose a Sound Bowl?	12
Making of the Bowls.....	12
Nepalese Mysticism on Metal works	13
Metal Bowls Vs. Crystal Bowls	14
Meditation with the Bowls	15
Using Bowls in Hypnotherapy	16
What is a Tantrik Sound Healer?	17
A Candidate	18
Tantrik Sound Tools	19
Chakras and Frequency.....	21
Diagnosing Blocked Chakras	24
Using Bowls or Tingsha as a Diagnosing Tool.....	25
Bowl Playing Technique - General Guidelines.....	27
Anatomy of a Session	31
Pre-Healing Consultation.....	31
Preparation.....	32
Clearing Space	32
Securing Space	32
Using Mantra.....	33
Finding a Pulse of the Session	34
Bringing Mind at Peace	35
A Session.....	37
Technique	38
Post Session	40

Basic Session	41
Some Common Alternative Bowl Therapy Techniques.....	44
Bowl on the Head.....	44
Stand-In Bowl.....	46
Vibrational Feet Healing.....	49
Side-Lying Pose.....	51
Belly-Lying Pose.....	53
Free Flow.....	55
Playing Triads.....	57
Advanced Session	59
Bowl-Body Placement.....	63
Using Ghanti - Bells.....	64
Yantras – Bowl-Body Placements, Techniques and Benefits	68
Individual Healing	70
Chakra Yantra.....	70
Shiva Yantra or Upward Triangle Yantra	74
Shakti Yantra or Downward Triangle Yantra.....	78
Kalpa Vriksha Yantra.....	82
Nadi Yantra or Kundalini Yantra.....	86
Tree of Life Yantra or Mushroom Pattern	91
Trisula or Trident Yantra	95
Ratna-Sambhava Yantra or Womb Pattern.....	99
Sahasara or Shesha Naga Yantra.....	102
Vajra Yantra.....	107
Vajra in Hinduism: A Story.....	107
Group Healing	112
Vajra Yantra (2 people)	112
Tripundra or 3 Line Yantra	116
Viswa Vajra Yantra or Double Vajra (4 people)	119
4-Line Yantra.....	122
Swastik Yantra.....	125
5 Line Yantra	128
5 Petal Lotus Yantra.....	129

BhavaChakra Yantra or Wheel of life.....	132
Turiya Yantra.....	136
DhammaChakka Yantra	140
Some Other Yantras	145
Five Elements or Five Buddha Yantra.....	145
Starfish Yantra.....	146
Taranga Nada or Wave Yantra.....	147
Jyotirlinga or Rising Sun Yantra	148
Taking Care of Your Bowls	149
Traveling with the Bowls.....	149
Cleaning the Bowls.....	149
Shakti Tantrik Therapy	150
Supreme Tantrik Goddess: Mother ChinnaMasta	153
Tantrik Instruments and Usage	154
Tingsha.....	154
Nirvana Therapy Handle bowl.....	157
Vajra Handle Therapy Bowl.....	159
Viswa-Vajra Handle Therapy Bowl	161
Conch Shell.....	163
Damaru	165
Jhakri Drum (a Nepalese Shamanic drum).....	167
Kundalini Mala Bells	169
Vajra ‘Dorje’.....	171
Binayo	172
Gong	173
Honoring Tradition	175
Our Offerings	176
Important Notes	177

Figure 1 - Ganesh (An elephant-headed god).....	2
Figure 2 - Mandala pattern created on water by various sound frequencies	7
Figure 4 - Ghanti, Tingsha, Singing Bowls or Therapy Bowls	19
Figure 5 – Rim Playing Mallet, Cushioned Striker Mallet, Conch Shell.....	19
Figure 6 - Damaru, Nepalese Shamanic Jhakri Drum, Kundalini Mala bells.....	19
Figure 7 - Nirvana Handle Bowl, Vajra Handle bowl, Viswa Vajra Handle bowl	20
Figure 8 - Dorje, Gong, Binayo-Traditional Mouth Harp	20
Figure 3 - Chakras and Frequencies.....	22
Figure 9 - Padmasana or a Lotus pose (Sanskrit: पद्मासन)	35
Figure 10 - Savasana, Corpse pose	36
Figure 11 - An Example of a Session (lying down)	41
Figure 12 - Bowl on the head	44
Figure 13 – Stand-In Bowl	46
Figure 14 – Vibrational Feet Healing.....	49
Figure 15 – Side-Lying pose.....	51
Figure 16 - Healing: Belly-Lying pose.....	53
Figure 17 - Example of a Triads.....	57
Figure 18 - Yantra: Chakra Yantra	71
Figure 19 - Yantra: Shiva Yantra (Upward Triangle).....	75
Figure 20 - Yantra: Shakti Yantra (Downward Triangle)	79
Figure 21 - Yantra: Kalpa Vriksha (Wish Fulfilling Tree)	83
Figure 22 - Yantra: Nadi or Kundalini.....	87
Figure 23 - Yantra: Tree of life or Umbrella pattern	92
Figure 24 - Yantra: Trisula or Trident	96
Figure 25 - Yantra: Ratna-Sambhava or Womb pattern.....	100
Figure 26 - Yantra: Sahasrara or Shesha Naga	104
Figure 27 - Yantra: Vajra Yantra	109
Figure 28 - Yantra: Vajra Yantra for 2 individuals	112
Figure 29- Yantra: Tripundra or 3 Lines	117
Figure 30 - Yantra: Viswa Vajra or Double Vajra (4 people).....	120
Figure 31 - Yantra: 4 Line.....	123
Figure 32 - Yantra: Swastik (Pattern 1)	126
Figure 34 - Yantra: 5 Petal Lotus.....	130
Figure 35 - Yantra: Bhava Chakra (Wheel of Life)	133
Figure 33 - Yantra: Turiya.....	137
Figure 36 - Dhammachakka	140
Figure 37 - Yantra: DhammaChakka (Pattern 2).....	142
Figure 38 - Yantra: Five Elements or Five Buddha	145
Figure 39 - Yantra: Starfish	146
Figure 40 - Yantra: Caged Serpent.....	147
Figure 41 - Yantra: Jyotirlinga or Rising Sun.....	148
Figure 42 - Mother ChinnaMasta.....	153
Figure 43 - Tingsha striking (Hanging)	155
Figure 44 - Tingsha striking (Clasping).....	156

Preface

While a few books explain Tibetan and Nepalese sound bowls and their healing practices, I have yet to find one that delves into the heart of Nepalese culture and its fundamental practices. Nepalese culture is much more than just Buddhist and Hindu traditions (as observed from the West). It is a beautiful blend of both, incorporating Tantrik, Yogic, and Shamanic practices, which express themselves uniquely, offering a distinct **Tantrik spirituality**. The culture uses a variety of different kinds of sound instruments for its tantrik spiritual practices and rituals. Hence, this guidebook bridges the gap that I observed in available literature on sound healing.

Being said that it's important to note that Nepalese and Tibetan cultures do not traditionally use singing bowls in daily practices or daily rituals. This is a relatively new trend, adopted in Nepal as a healing practice due to its growing popularity in the West.

First appearance of singing bowls in the west appeared in a 1972 record called *Tibetan Bells* by the American musician Nancy Hennings and Henry Wolff. It started appearing in different articles and books since then and lately it is becoming a totally western phenomenon along with the popularity of Yoga. A class of Japanese bowls called **rin** is one of the close styles of tradition that has been practiced for centuries - which is similar in nature that of Tibetan and Nepalese singing bowls that you see in market today. However, centuries old images of Buddha depict him holding a bowl in his hand which suggests usage of bowls in practice for hundreds of years.

Why am I writing this book relating to singing bowl and sound healing?

Nepal is revered as the **land of Tantra** and the birthplace of Gautama Buddha. Since ancient times, yogis, rishis, and seers have journeyed to Nepal's high altitudes to meditate and enlighten their minds. The land of Nepal is believed to have specific vibrancy of energy which is believed to get easily radiated into the being of the meditators or even the visitors.

And being one of the ancient civilization, Nepal blends different cultures, traditions and customs. Tantrik practices can be observed in almost every tradition which primarily uses bells (Ghanti), chimes, cymbals (Jhalis) and some other instruments. This book presents the Nepalese tantrik practice of working with sound and energies from the perspective of healing and therapy which I observe is slowly dying in Nepalese culture. This book presents the essence of the Nepalese spiritual tantrik practices by fusing its ancient knowledge with the new wave of sound healing practices.

So, what are Tantrik practices in Nepal? First, one needs to understand what Tantra is. Tantra is derived from two words: 'Tan' and 'Tra.' Together, they form 'Tantra'. 'Tan' means 'stretched out,' 'woven,' or 'a body,' while 'Tra' means to facilitate a crossing—shifting one's vibration from one dimension to another.

Our body is a stretched-out manifestation of the 'reality'—what we call the world or the universe including all our individual or group experience—woven into it. The reality captured by our mind is merely an observation of our sensory perceptions. The more

exposed our sensory perception to different ‘realities’, the more knowledgeable and clearer the mind becomes.

Tantra is a system or practice that emphasizes bodily perceptions—through yantras, mantras, meditation, images, sound, and the senses—to guide us in shifting our vibration from one dimension to another, thereby enlightening the mind, body, and spirit. Basically, any type of practice or rituals can be called ‘Tantrik’ since every kind of practice involves human senses, but the uniqueness of Nepalese Tantrik practices provokes and invokes spiritual enlightenment in the body, mind, and spirit by using different tools - most dominantly Yantras, Mantras, images, meditation and sounds.

This book aims to unveil Nepal’s ancient **Tantrik spiritual practices**, integrating them with the contemporary wave of sound bowl healing. It seeks to illuminate the profound connections between tradition and modernity, guiding healers on a journey through the rich tradition of Nepal's spiritual heritage.

ཨོཾ་མ་ཎི་པདྨེ་ཧཱུྃ



वक्र तुंड महाकाय, सूर्य कोटि समप्रभः। निर्विघ्नं कुरु मे देव शुभ कार्येषु सर्वदा ॥

Shree Ganesh

Once on Mount Kailash, Goddess Parvati prepared to bathe and instructed her loyal guard, Nandi, to prevent anyone from entering. However, when her husband Shiva returned home, Nandi's loyalty to Shiva prevailed, and he allowed him to pass. Enraged and feeling unappreciated, Parvati or shakti (the power) decided to create her own loyal son, Ganesh, from the turmeric paste on her body. Parvati is Shakti translated as raw energy or power.

The next time Parvati bathed; she posted Ganesh as the guard. When Shiva returned and was denied entry, Shiva ordered his army to remove the boy out of his way. To everyone's surprise, Ganesh remained displayed incredible power (since he was born out of Shakti that is power herself) remained invincible and ravaged all. Angered Shiva beheaded Ganesh. Upon discovering the tragic outcome, Parvati was furious and threatened to destroy all of creation.

To avert disaster, Lord Brahma intervened and convinced Parvati to reconsider her wrath. She agreed under two conditions: Ganesh must be resurrected, and he must be revered above all other gods. Shiva, realizing his mistake, accepted the conditions. Brahma brought the head of a powerful elephant, and Shiva breathed life into Ganesh, adopting him as his own son and declaring him Ganapati, the leader of all beings and foremost among the gods. From that day forth, Ganesh was worshipped with reverence and love by all.

Destruction is necessary for the creation and its sustenance. This story gives insight into some ancient wisdom. This shows how loyalty mixed with power is imprudent before our own wisdom, intellect and empathy. Elephants are powerful beings which can destroy almost every creature in the jungle if they allow them to display their power but tends to shy away from the killing and destruction out of the wisdom and empathy to the other beings. Ganesh was born out of sheer power and once it gets mixed with loyalty, it does not allow one to see what others point of view is as Ganesh was not willing to listen to anyone else other than what he was directed to do. Right and wrong are illusory in nature and they come with biases

hence does not allow us to use our own intellect. Being empathetic brings out wisdom. This story lets us explore the nature of our mind which is fixed as childish in nature since we almost always view from the lens of our social construct. Boy's head getting chopped off symbolizes that his socially constructed human nature, which is stagnant, getting destroyed to allow the energy to flow. Shiva allowed Ganesh to release that stagnancy and allowed him to see animalistic nature or instinct (Elephant head) and human hunger (human body) which allowed him to see and connect to both spectrum, human civilization and nature itself.

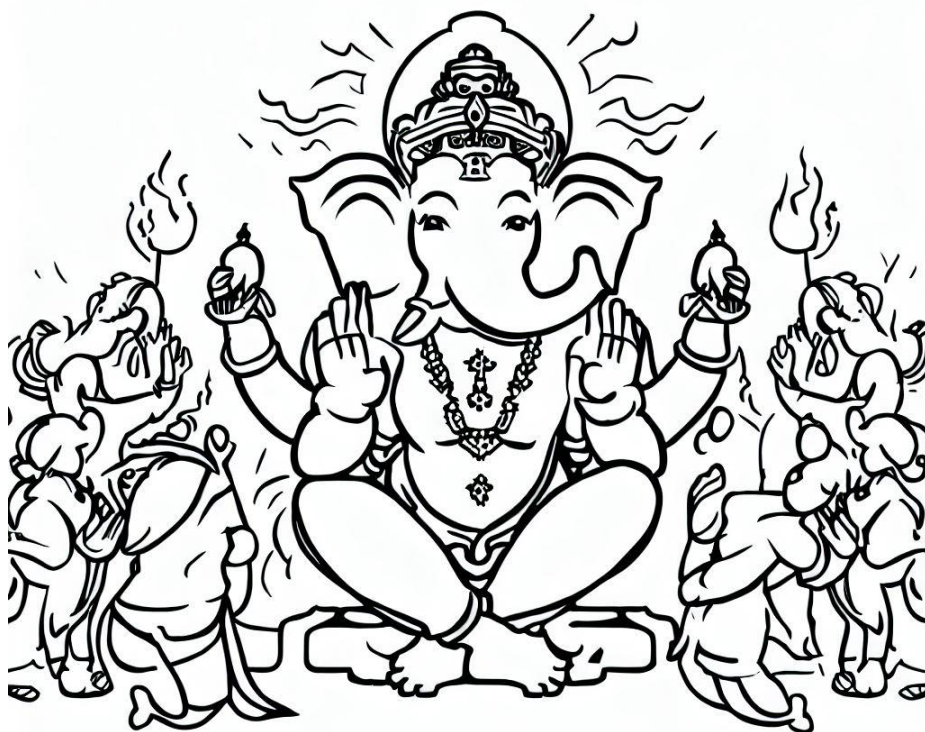


Figure 1 - Ganesh (An elephant-headed god)

In Hindu and Vajrayana Buddhist traditions, Ganesh is worshipped in the very beginning in every ritual and is believed that if not done so any fruits that being desired from the rituals will not be fulfilled. This story is being presented here to honor the tradition and to give you some insight on Ganesh as well as to invoke his auspiciousness in this book.

This story symbolizes the **union of Kundalini energy** (Shakti) with Shiva, the ultimate consciousness. However, Jiva (the ego)—represented as the child born of Mother Shakti—unintentionally obstructs this union, unable to recognize the true nature of Shiva. For this sacred merging to occur, the ego must be transcended or severed, allowing the individual to become a gateway to spiritual enlightenment. In this transformation, one evolves beyond personal limitations, becoming a benevolent force, offering wisdom and light to the world.

Before moving forward, let us contemplate our tiny sense of individuality and put aside a sense of our tiny self or an ego. And let the Shakti (mother) energy move gradually to the Crown Chakra as we move along through the book.

Let us allow free flow, connect us back to nature, to the primal instinct and move towards the highest intelligence.

Historic, Scientific and Cultural Basis of Sound Bowl Healing

Views from Ancient Texts

Sound or **Vibration** is one of the fundamental concepts in most of the Indian sub-continent philosophies including Buddhism, Jainism, Sikhism, Hinduism including Yogic and Tantrik cultures.

The Concept itself is explained by a syllable **OM** or **AUM**. It is seen as a primordial sound or wordless word or a vibration. And vibration is present everywhere manifesting itself in the form of “perceiver” and “perceived”.

The ‘reality’ we perceive is a product of our experience and thus becomes our thought. Since our mind can only process limited information, our experience and thought are bound within that limitation. But if we look at the granular or fundamental level, we are all the evolutions of the same force or reality, expressing itself in many different forms and nature. This unperceivable primordial nature expresses itself as a vibration and the vibration itself when ‘perceived’ is perceived in the form of sound. And the sound is AUM ॐ.

The concept of "Om" as a universal sound is mentioned in various Upanishads and Vedas.

One well-known reference can be found in the Mandukya Upanishad, which explains Sound ‘Om’ or ‘Aum’ as an ultimate reality.

The Nepalese bowls when played create the sound “AUM”.

Mandukya Upanishad, Verse 1

ॐ इत्येतदक्षरमिदं सर्वं तस्योपव्याख्यानं भूतं भवद् भविष्यदिति सर्वमोङ्कार एव यच्चान्यत्
त्रिकालातीतं तदप्पोङ्कार एव ॥ १ ॥

Translation:

"All this is "Aum." The explanation of this is: the past, the present, and the future, all that is the "Aum." And whatever else there is beyond the three times, that also is "Aum" indeed. That which is tranquil, free from bondage, and supreme is "Aum."

Another reference can be found in the NaadBindu Upanishad, which is dedicated to the explanation of the Pranav or Sound as Brahman, an Ultimate reality.

" न मानं नावमानं च संत्यक्त्वा तु समाधिना ।

अवस्थात्रयमन्वेति न चित्तं योगिनः सदा ॥ ५४ ॥

जाग्रन्निद्राविनिर्मुक्तः स्वरूपावस्थतामियात् ॥ ५५ ॥

दृष्टिः स्थिरा यस्य विना सदृश्यं वायुः स्थिरो यस्य विना प्रयत्नम् ।

चित्तं स्थिरं यस्य विनावलम्बं स ब्रह्मतारान्तरनादरूपः इत्युपनिषत् ॥ ५६ ॥ "

Translation:

54. The Yogin's Chitta having given up fame or disgrace is in Samadhi above the three states.

55. Being freed from waking and the sleeping states, he attains his true state.

56. When the (spiritual) sight becomes fixed without any object to be seen, when the Vayu (Prana) becomes still without any effort, and when the Chitta becomes firm without any support, he becomes- of the form of the internal sound of Brahma-Pranava.

This verse highlights the cosmic and all-encompassing nature of the sound "Om" and its representation of the ultimate reality, Brahman.

Please note that there are many other references to "Aum" as a primordial sound in various Upanishads and Vedas as well, each offering unique insights into its significance as a universal vibration.

In Tibetan or Tantrik Buddhism, Syllable 'AUM' holds its place with uttermost respect. There is a practice called "Nada" or "Laya" meditation that involves focusing on subtle inner sounds or vibrations as an object of meditation. This practice can lead practitioners to experience deeper states of meditation and insight.

One of the most significant ancient Buddhist texts that emphasizes sound meditation is the *Surangama Sutra* (*Śūraṅgama Sūtra*). This Mahayana Buddhist scripture, highly revered in Chan (Zen) and esoteric traditions, contains a profound teaching on sound as a meditation method, particularly through the example of Avalokiteshvara Bodhisattva (Guanyin/Kannon) and his practice of hearing meditation to attain enlightenment.

The meditation on sound described in the Surangama Sutra aligns with the principles behind Tibetan and Nepalese singing bowls. When played, these bowls create long resonant tones that can be used as objects of meditation. By deeply listening to the fading vibrations and observing the silence between sounds, practitioners can cultivate the same "inner listening" that Avalokiteshvara taught.

This ancient Buddhist teaching reinforces the idea that sound is not just a sensory experience but a gateway to deeper states of consciousness.

Fun Fact: AUM uses the longest path of the human vocal apparatus and does not require participation of any other organs like tongue, teeth or lips.

Cymatics

Cymatics is the study of visible sound and vibration patterns created when sound waves pass through a medium, such as a liquid, powder, or solid. The term "cymatics" comes from the Greek word "kyma," which means wave. It was coined by Hans Jenny, a Swiss physician and natural scientist, who conducted extensive research on the subject in the mid-20th century. His experiments demonstrated how sound frequencies could influence and organize matter into intricate, often symmetrical structures, revealing a deep connection between sound and form.

In cymatics experiments, a surface or a container filled with a medium is vibrated with sound waves, typically using a specific frequency generator or a sound source. As the sound waves pass through the medium, they create intricate geometric patterns and structures that can be visually observed.

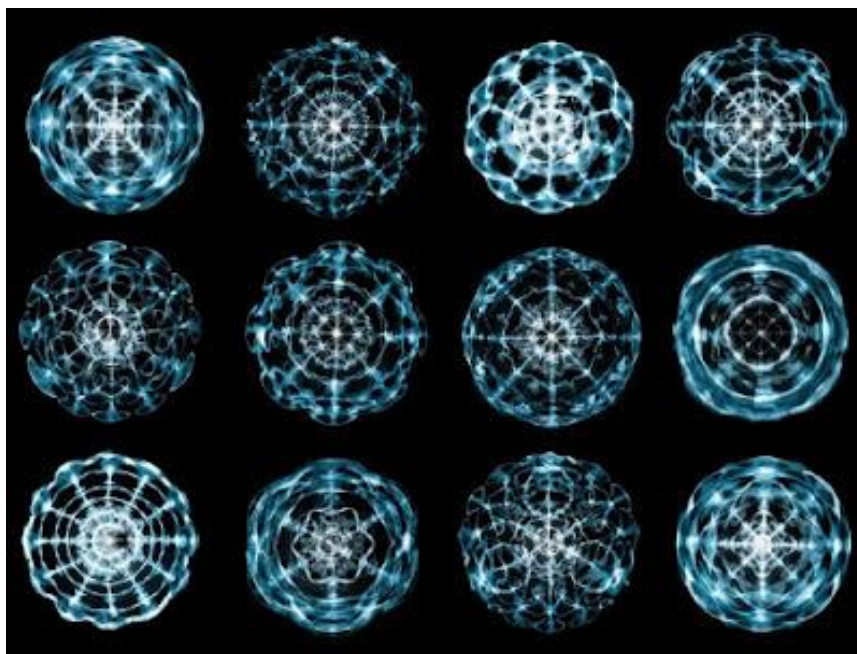


Figure 2 - Mandala pattern created on water by various sound frequencies

Image source: <https://quantumartandpoetry.blogspot.com/2012/03/reason-for-symmetry-of-cymatics-artist.html>

The patterns formed are influenced by the frequency, amplitude, and waveform of the sound being used. These patterns mirror ancient Mandalas from Nepal, India, and Tibet, as well as natural biological forms like flowers, snowflakes, and

even the skin patterns of certain animals. The resemblance of these sound-induced formations to sacred geometry and natural structures suggests that vibration plays a fundamental role in the underlying design of life itself.

The study of cymatics has provided insights into how vibration and sound can shape matter and create visually stunning patterns. This phenomenon has been observed in various materials like water, sand, and even metallic plates. The patterns can range from simple symmetric shapes to complex and chaotic formations, depending on the properties of the medium and the sound frequency used. Notably, water, which makes up a significant portion of our planet and our bodies, exhibits highly responsive and fluidic patterns when exposed to different frequencies, highly suggesting the idea that sound and vibration have a tangible impact on physical reality.

Considering that almost 70% of the human body is composed of water, the impact of sound vibrations on our physical and energetic systems can be profound. Research in sound healing and vibrational therapy continues to explore how frequencies can alleviate stress, enhance meditation, and even promote cellular regeneration. Some studies suggest that exposure to harmonious frequencies can help realign the body's natural rhythms, improving overall well-being and fostering a deeper connection between mind and body.

Furthermore, cymatics is increasingly being integrated into various disciplines, including music therapy, architectural acoustics, and even modern technology. Sound and vibrational based therapies are being used to enhance cognitive function, reduce anxiety, and support emotional healing.

Likewise, architects and engineers are studying cymatics principles to design spaces that optimize acoustics and resonance for enhanced well-being. Whether through traditional Tibetan singing bowls, modern sound baths, or experimental vibrational medicine, the field of cymatics continues to unveil the profound relationship between sound, structure, and consciousness.

Understanding Metal Sound Bowls

Tibetan and Nepalese metal sound bowls are ancient tools which have primarily been used for meditation, prayer, and other rituals. These were not so much used for healing purposes in the past. They were mostly used as a tool to meditate and to explore the nature of reality and thus Enlightenment.

Modern society is trapped in its own creation leading to various mental health issues. We (society) therefore need ways to heal itself and ancient meditation sound bowls are becoming popular as therapy bowls.

There are two ways we can approach mental health issues. One is by treating a mind as a physical thing or a product of a brain and regulating the chemicals inside it.

Another way is by treating the mind as more than just a product of physical and chemical reaction or as a nonphysical conscious thing or supra conscious thing by going deeper into the consciousness of the mind itself. This handbook is concerned with the latter.

Metal sound bowls possess a remarkable ability to generate substantial vibrations, and when played in unison, they manifest in rhythm and harmony throughout their surroundings. In therapeutic settings, the resonating sound and vibrations contribute to the creation of an energy field, effectively acting as a barrier that can prevent intrusive thoughts from permeating the mind. As the mental landscape becomes less cluttered with thoughts, a palpable sense of tranquility manifests itself, allowing a serene and calm state of mind.

Beyond their historical and ritualistic significance, Tibetan and Nepalese metal sound bowls are now recognized for their ability to shift consciousness and promote deep states of relaxation. When vibration of the bowls interacts with the subtle energies of the body and mind, it bridges physical and metaphysical planes, influencing brainwave activity and facilitating altered states of awareness.

When the brain shifts from high-frequency beta waves—associated with active thinking and stress—to lower-frequency alpha and theta waves, the mind naturally enters a meditative state. Vibration of the metal bowls has been observed to be effective shifting the brain waves.

Understanding a Mind

The mind, much like a pond, is naturally still and reflective, yet easily disturbed by external influences and internal reactions. Just as a pond's surface ripples when a rock is thrown into it, thoughts can create disturbances in the mind, setting off a chain reaction of cause and effect. Each thought triggers another, forming an endless cycle of mental activity that distorts perception. In Buddhist philosophy, this aligns with *pratītyasamutpāda* (dependent origination), where events interconnect, perpetuating suffering and illusion. Similarly, our mind absorbs the world both consciously—through personal experiences, preferences, and beliefs—and unconsciously, as it constantly attempts to interpret reality. Over time, this accumulation of impressions (*samskaras*) shapes an individual's perceived reality.

This self-created reality can become a psychological prison. The more a person identifies with these mental constructs, the more confined they become, reinforcing biases and habitual patterns of thinking.

Thought itself is a form of subtle energy, and when too many conflicting vibrations arise, they create mental noise rather than clarity. Just as water cannot reflect the sky clearly when it is disturbed, an overactive mind struggles to see reality as it is. This mental turbulence disrupts discernment, making it difficult for the intellect to function effectively.

The consequences of this mental agitation manifest as emotional and psychological distress. When the mind is clouded, fear arises as it projects threats that may not exist, leading to anxiety and insecurity. Frustration and anger emerge when expectations clash with reality, while self-hatred and depression result from internalized negative loops of thought. When perception is unclear, individuals may externalize their inner conflict as hatred or aggression toward others. This chain reaction, originating in the mind's unchecked activity, fuels suffering at both personal and collective levels (intolerance, violence, war etc.).

The key to transcending this cycle lies in settling the mind's ripples, allowing clarity and insight to emerge. Tantrik sound healing serves as pathways to stillness, teaching one to observe thoughts without reacting to them. When mental disturbances subside, the underlying depth of the mind reveals itself—where wisdom, intuition, and creativity naturally arise. True intelligence does not come from excessive thinking but from a mind that is quiet, receptive, and free from distortion.

Benefits of Metal Therapy Bowls

Nepalese therapy bowls offer more than just soothing sounds – they bring a range of benefits for our well-being. When these bowls are played near or on our body, the vibrations that ripple-through propel our cells and cause blood cells to dance in harmony. It's like a burst of energy that wakes them up. Think of it as a dance party inside our body!

Since our body is mostly water (more than 70%), when metal therapy bowls create their rhythm near us, it affects the water inside our cells. This brings a kind of order and harmony to our cells, all thanks to the vibrations and sounds.

Regular sessions with these bowls can do wonders. They have been noticed to ease migraines, help us relax, release stress, and sometimes even lead to a spiritual awakening. It's like a refreshing bath for our whole-being.

Now, for our physical health – these metal bowl vibrations work like a gentle massage therapy. They help muscles relax and make our blood flow smoother. It's like a spa day for our body!

The sounds from the bowls also stimulate the parasympathetic nervous system. This system is like the body's chill mode, responsible for relaxing and digesting. By activating it, we can calm down the "fight or flight" response from the sympathetic nervous system, which might mean less sensitivity to pain.

People have seen these therapies work wonders on headaches, migraines, back pains, muscle pains, joint pains, and even on how our blood and energy flow. It's like giving our body a tune-up and making everything work together in harmony.

Some of the Benefit includes

- ☸ Stress Release
- ☸ Improved Sleep
- ☸ Enhanced Mood
- ☸ Pain Management
- ☸ Channeling Energies
- ☸ Promotion of Healing
- ☸ Kundalini Awakening
- ☸ Balancing Energy Flow
- ☸ Mind-Body Connection

How to Choose a Sound Bowl?

Making of the Bowls

There are generally two types of metal singing bowls, also known as sound bowls, originating from Nepal. One variety is crafted by casting a blend of molten metals, often with a significant brass composition. These bowls undergo a process of hand polishing using a special kind of rotating machine and are often hand-painted to achieve their final form. These singing bowls, created through a more mechanized process, are relatively more affordable compared to their hand-forged counterparts. While they serve various purposes such as sound therapy, meditation, prayers, rituals, and can be utilized as gifts or souvenirs, it's essential to note that they do not create enough vibration. As a result, they are not particularly effective as vibrational therapy bowls.

The second category of bowls is entirely crafted by hand which is/will be addressed as 'Nepalese therapy bowls' in this book. Initially, various metals, with a significant proportion of Ghanti bronze, are melted in a pot. The molten metal is then formed into a plate, heated to a red glow in a fire furnace, and shaped into a bowl by the collaborative efforts of three or more individuals using specialized hammers, rhythmically striking the plate with special attention. After cooling down, the bowl is carefully polished and hand-carved to attain its final form. These bowls represent ancient styles and are particularly suitable for therapy, given their prolonged sustenance of sound and vibration, lasting anywhere from 30 seconds up to 5 minutes. The quality of the bowl is considered better with a longer duration of sustained sound and vibration. The composition of the metals used and the rhythmic beating during the bowl-making process are key factors that contribute to producing high-quality bowls.

Opting for the 'Nepalese therapy bowl' is advised as they serve well in both sound and vibrational therapy, in addition to various meditation practices because of their notable richness in effects, tone, resonance, and vibrations.

Typically, bowls with low resonance are chosen for deep relaxation and healing therapy sessions, especially for Chakras below the heart. Conversely, bowls with higher resonance are advantageous for activating Chakras above the heart or for spiritual elevation. The tone of the bowls varies depending on the size, thickness, depth, shape, proportion of the different metals used, and process of the making. This is why it is commonly stated that every Nepalese therapy bowl is unique.

We do offer different varieties of Metal sound therapy bowls which we make ourselves in Nepal. Check page 176 to see our **Offerings**.

Nepalese Mysticism on Metal works

In Nepalese culture, everything is perceived as composed of energy, and each bowl and tool is held in high regard and worshipped, especially if it holds spiritual significance. Metal bowls, composed of various metals, are believed to carry distinct energies associated with each metal.

The process of crafting the bowls and the individuals involved in their creation also imparts specific energies. Both the possessor or holder and the 'possessed bowl' possess unique energy fields, engaging in a continual exchange of energy. It is believed that bowls originating from a positive energy field bring good fortune, while those influenced by negative energy may lead to misfortunes and challenges.

It is strongly recommended to treat these bodies/tools as living entities, showing them great respect. Prior to using them in any session or spiritual practice, expressing gratitude to the 'Bowl spirit' is advised. This practice acknowledges the sacred nature of the bowls and reinforces the belief in the reciprocal exchange of energies between the user and the spiritual tool.

It is believed that frequent interaction with the bowl/spiritual tools, such as cleansing it with intention, using it in meditation, or even speaking to it, enhances its vibrational quality. In turn, the bowl aligns itself with the user's energy, creating a sacred partnership that nourishes spiritual well-being, balance, and inner peace.

Metal Bowls Vs. Crystal Bowls

Nepalese Himalayan bowls are traditionally made of various metals, such as copper, tin, and other alloys, while crystal singing bowls are crafted from quartz crystal or other types of crystals which make huge difference in the healing ranges each offers.

Nepalese Himalayan bowls are ancient styles of bowls which have been used for one way or the other for centuries. These bowls are hand forged together by several people in the red-hot fire with rhythmic beating. The flow of the rhythmic beating which makes these bowls special in nature. The finer the cadence of the beating the better the quality of the bowl regarding resonance, vibration and its sustenance. And the proportion of the metal used can totally change the quality along with the purpose of the bowl.

Another important aspect to remember is that the metals used in Himalayan singing bowls are associated with different planetary bodies in the sky, with each metal carrying specific planetary energies. This is considered crucial for the bowls' healing capabilities.

Crystal bowls are later versions of singing bowls which have rich and loud, single note sound. In contrast Nepalese singing bowls are not as loud but do contain multiple notes and energetic vibration thus making it an ideal tool for vibrational therapy. As a side note there are some Himalayan aluminum or clay singing bowls which can compete with the loudness of the crystal bowls.

Nepalese bowls are designed for deeper body and mind therapies since these bowls produce enormous vibration which does not only work on mental level but works on karmic energy bodies as well. This can help energy bodies shift in various patterns to yield significant positive results during therapies.

Metal bowls can be struck as hard as needed where crystal bowls demand gentle playing touch. This sturdiness also makes Himalayan metal bowls easier to travel with.

Meditation with the Bowls

Nepalese therapy bowls radiate multiple notes (usually dominated by 1 or 2 notes) along with different effects of the resonance including ringing tone, wobbly effect, wavy vibrations, and different notes/octaves/harmonics at the same time which make these useful for meditation which can bring meditators easily into a state of trance.

Side note: one single good quality bowl is sufficient to bring one into a meditative space.

Find a comfortable position: Sit in a comfortable position where you can remain still for a period.

Close your eyes: Shut out the external world by closing your eyes.

Focus on breath: Begin by focusing on your breath, allowing it to become slow and steady.

(If the mind is unsteady) Long and slow breath from a nose and release long breath with force through the mouth.

Introduce the singing bowl: Start the meditation by gently striking the Nepalese therapy bowl and letting its sound resonate.

Listen mindfully: Listen to the sound of the singing bowl and let it guide your attention. Allow the sound of the bowl to pass through your ear as if you are watching a sound just by simply listening to the ‘dance’ of the sound and vibration.

Follow the sound: As the sound fades away, continue to follow it with your mind's attention, allowing it to lead you deeper into relaxation.

Repeat steps as desired: You can Repeat steps this process as many times as you like, allowing the sound of the singing bowl to deepen your meditation experience.

One can also hold the bowl in their hand and rub around the top edge of the bowl with wooden striker mallet. You can use leather covered side of the mallet to have mellow sound. One can also use a wooden side which is easier to play with since it creates more friction on the bowl but also might produce rattling noise.

Using Bowls in Hypnotherapy

Nepalese therapy bowls have multifaceted effects and the enduring resonance; thus, these bowls can significantly enhance the hypnotherapeutic process, facilitating a smoother transition for clients into the hypnotic state. The inherent richness of the sounds from these bowls holds the potential to create an immersive and tranquil atmosphere, priming clients for a heightened state of suggestibility and relaxation. The sustained resonance provides a gentle auditory backdrop, allowing the hypnotherapist to guide clients into a hypnotic state with greater ease and efficiency.

One of the key advantages lies in the ability of these therapy bowls to induce a state of deep relaxation. As the hypnotic session commences, the soothing tones of the bowls can serve as a harmonious prelude, inviting clients to let go of tension and distractions. The gradual modulation of the bowl's rhythm and volume can act as a natural sedative, paving the way for a more receptive state of mind.

Furthermore, these bowls can be adeptly employed to mark transitions within the hypnotherapy session. By using the bowl to signal shifts between induction, suggestion, and resolution phases, the hypnotherapist establishes a rhythmic and symbolic guide for the client's subconscious, enhancing the overall coherence and effectiveness of the therapeutic journey.

Incorporating therapy bowls can also be particularly beneficial in mindfulness exercises. The resonant quality of the sound provides a focal point for clients, allowing them to immerse themselves in the present moment and promoting a heightened state of mindfulness. This heightened awareness can contribute to a deeper engagement with the therapeutic process and foster a more profound connection with the subconscious mind.

As with any therapeutic tool, it is essential for hypnotherapists to gauge individual client comfort and responsiveness to the bowls in action. The versatility of therapy bowls, combined with their potential to induce relaxation, enhance focus, and facilitate energetic balance, and renders them an asset for creating a deeply transformative and tailored hypnotherapy experience.

What is a Tantrik Sound Healer?

In a simple term, a **Tantrik sound healer** is a practitioner who combines the ancient principles of Tantrik philosophy with sound healing techniques to restore balance and harmony in the body, mind, and spirit. In Nepalese Practice, a Tantrik sound healer is a spiritual practitioner who employs a combination of sacred sound instruments, mantras, trance meditation and body movements to facilitate deep healing and transformation.

In Tantra, it is seen that our existence itself manifests in different planes, or each individual live in different existential vibration. Anxiety, stress, frustration, anger, hatred etc., are seen as symptoms of a lower existential plane, while love, kindness, helping others, walking in the path of righteousness etc. are seen as the signs of higher existential vibration. When practiced mindfully, it is believed that a single moment can shift one's existence to another dimension. In other words, a Tantric sound healer is a spiritual practitioner who creates the space for these transformative moments to unfold during a session, guiding meditators toward profound inner change.

The sound instruments used by a Tantrik sound healer in Nepal are chosen for their specific ability to create specific vibrational frequencies. Higher-pitched Ghantis, such as the hand-held Ghantis, Kundalini Mala Ghantis and Tingsha (small cymbals), are key instruments in this practice as well as varieties of Shamanic drums, Conch shells, etc... Higher pitched Ghantis are associated with the higher realms of consciousness and are believed to resonate with the higher Chakras, especially the Throat (Vishuddha), Third Eye and Crown (Sahasrara) Chakras. The sharp, clear tones of these Ghantis are believed to cut through spiritual and energetic blockages, clearing the path for the free flow of Shakti, the divine feminine energy that permeates all existence.

In the Nepalese Tantrik tradition, Tantra is seen as **a path to transcend duality and realize the interconnectedness of all life**. By awakening the divine energies within, Tantrik sound healing helps individuals reconnect with the cosmos and progress toward spiritual liberation.

A Candidate

Are you a candidate to be a Sound-Tantrik?

Becoming a Sound-Tantrik requires more than just knowledge of sound frequencies and healing techniques. It is a deep spiritual role that involves not only technical skills but also an alignment with certain personal and ethical qualities. These qualities are essential for both the healer's growth and the well-being of those they help.

The following are the **Must-have qualities** of a Sound-Tantrik

- ☸ You speak and seek truth.
- ☸ You are a spiritual person.
- ☸ You choose to heal people not to profit from them.
- ☸ You are at peace with yourself and the outside world.
- ☸ You can sense the sound as cosmic energy.

If you do not yet embody all these qualities, don't worry, Tantrik sound healing is as much about personal growth and transformation as it is about healing others. The path to becoming a sound bowl tantrik is one of deep self-reflection and spiritual practice. Working on cultivating honesty, inner peace, spiritual connection, selflessness, and sensitivity to energy is essential. This not only improves your ability as a healer but also ensures that you do not harm your energy or the energy of those you aim to help. As you grow in these qualities, your sound healing practice will naturally become more effective and aligned with the highest energies of the universe.

In essence, being a **Tantrik Sound Healer** is more than just technical expertise; it requires an embodied, spiritual presence that resonates with truth, peace, and a deep sense of cosmic connection. When a Tantrik cultivates these qualities, they can harness the full power of sound as a transformative tool for spiritual awakening and healing.

Tantrik Sound Tools



Figure 3 - Ghanti, Tingsha, Singing Bowls or Therapy Bowls



Figure 4 – Rim Playing Mallet, Cushioned Striker Mallet, Conch Shell



Figure 5 - Damaru, Nepalese Shamanic Jhakri Drum, Kundalini Mala bells



Figure 6 - Nirvana Handle Bowl, Vajra Handle bowl, Viswa Vajra Handle bowl



Figure 7 - Dorje, Gong, Binayo-Traditional Mouth Harp

Listed are some primary sound healing tools. There is a very detailed section towards the end of this book titled “**Tantrik Instruments and Usage**”. Please visit page number 154 for a wealth of related information.

Chakras and Frequency

The Chakra system is an ancient concept that has been integral to spiritual, emotional, and physical well-being for thousands of years. Originating in ancient Indian traditions, the Chakras are believed to be energy centers within the human body that govern various aspects of our existence. These energy centers, when balanced, promote harmony and health, while imbalances can lead to physical, emotional, or spiritual distress. One of the most profound ways to restore balance to the Chakras is by sound healing, particularly with Nepalese singing bowls.

The Chakra system (as standardized today) consists of seven primary energy centers aligned along the spine, from the base to the Crown of the head. Each Chakra corresponds to specific physical, emotional, and spiritual functions:

✿ Crown Chakra	Connects with the divine and highest self.
✿ Third-Eye Chakra	Stimulates intuition and inner wisdom.
✿ Throat Chakra	Supports communication and self-expression.
✿ Heart Chakra	Facilitates love, compassion, and forgiveness.
✿ Solar-Plexus Chakra	Enhances self-confidence and personal power.
✿ Sacral Chakra	Linked to creativity and emotional well-being.
✿ Root Chakra	Associated with stability and grounding.

According to ancient texts like the Upanishads and the Yoga Sutras of Patanjali, the Chakras are spinning wheels of energy that must remain open and balanced for optimal health. When a Chakra is blocked or overactive, it disrupts the flow of life force energy (prana), leading to physical, spiritual, and/or emotional ailments.

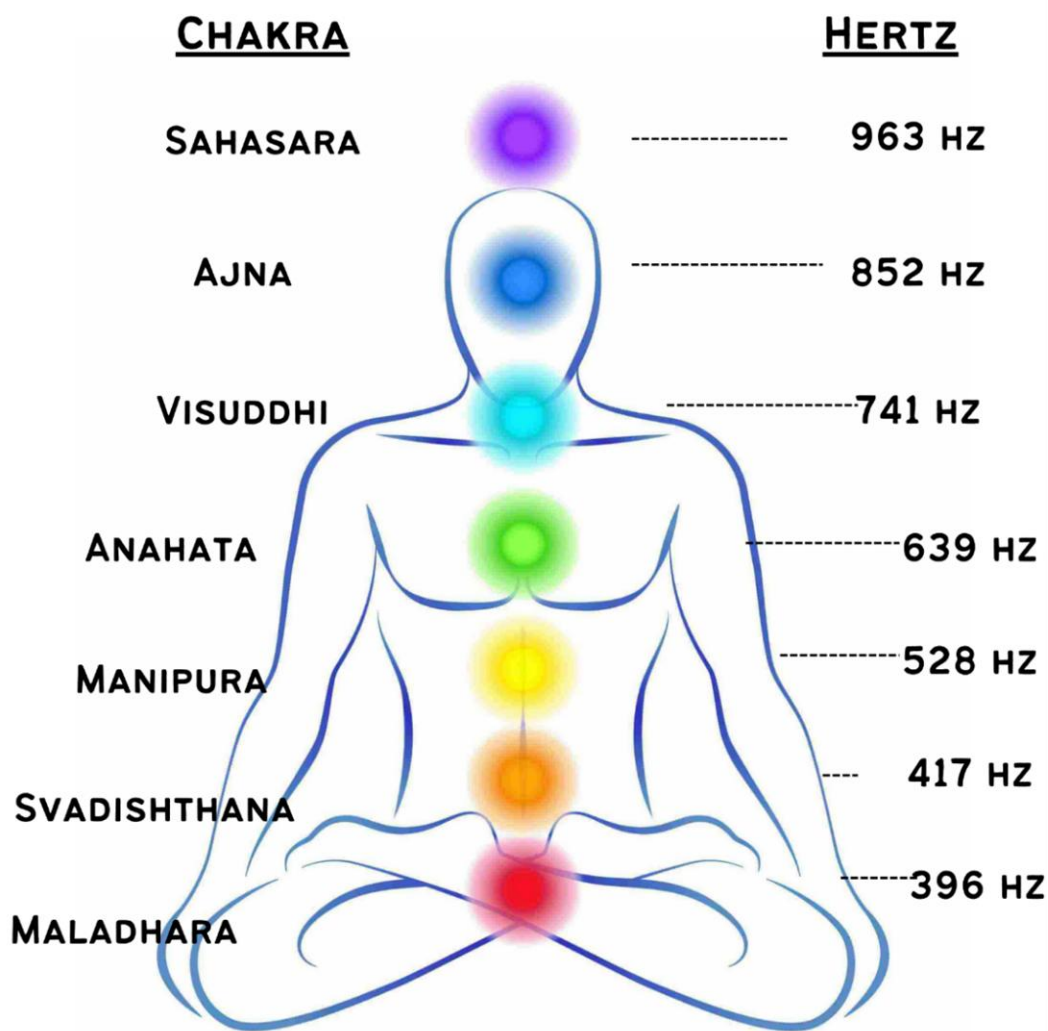


Figure 8 - Chakras and Frequencies

Mentioned frequencies are often linked to the **Solfeggio Scale**, a modern tuning system that some believe has ancient origins. However, direct mentions of these specific frequencies in ancient Buddhist, Hindu, or Vedic texts are not found. I have explored various frequency charts associated with the Chakra system and have personally worked with Chakra bowls that intuitively resonate for their intended purpose, even when they do not align with predefined Chakra frequencies. **Therefore, in this book, specific notes and frequencies of the bowls are not emphasized.** The vibrational experience of each session is dynamic, as the frequency of the Chakras can shift depending on the meditator, influencing both the energy and resonance of the session.

The Role of Singing Bowls in Chakra Healing

Nepalese therapy bowls produce vibrations that align with the vibrational frequencies of the Chakras. The key intent of a bowl therapist is to use these tones to bring all Chakras into balance. Each Chakra vibrates at a specific frequency, and when out of balance, its vibration shifts, causing disharmony. These singing bowls emit pure, harmonic sounds that can recalibrate these frequencies, restoring equilibrium.

For example:

- ཨྲ A deep, grounding tone from a large metal bowl can resonate with the Root Chakra, promoting feelings of safety and stability.
- ཨྲ A higher-pitched bowl might align with the Crown Chakra, enhancing spiritual awareness and connection.

The vibrations from the bowls penetrate the body, encouraging the release of blocked energy and promoting a state of deep relaxation. This process is supported by the principle of entrainment, where the body's natural frequencies synchronize with the external sound waves, bringing the Chakras back into harmony.

Bringing Chakras into Balance:

A key goal of Tantrik is to identify which Chakras are out of balance and use specific vibration to restore harmony. For instance:

- ཨྲ If a meditator feels disconnected or anxious, the Tantrik might focus on the Root Chakra, using low-frequency tones to ground and stabilize.
- ཨྲ If a meditator struggles with self-expression, the Throat Chakra might be targeted with higher-pitched bowls to encourage openness and communication.

Tantrik's intent is not only to address physical symptoms but also to facilitate emotional and spiritual healing. By working with the vibrational frequencies of the Chakras, Nepalese therapy singing bowls offer a holistic approach to well-being.

Diagnosing Blocked Chakras

Diagnosing blocked chakras can be a subtle yet insightful process. By carefully observing physical sensations, emotional patterns, and behavioral tendencies, we can begin to identify imbalances within the body's energy system. Additionally, the vibrational response of a singing bowl serves as a powerful diagnostic tool, as its resonance interacts with the body's energetic field, revealing areas of stagnation or disharmony. Furthermore, the meditator's reaction—both physically and emotionally—offers valuable clues to the presence and intensity of a blockage. Through these combined methods, we can attain a deeper understanding of our energy flow, allowing for more precise healing and alignment.

Body Sensations & Physical Symptoms

Each chakra corresponds to specific areas in the body. A blockage may manifest as pain, tension, or illness in those areas:

- ✿ Muladhara or Root Chakra: Lower back pain, leg issues, fatigue.
- ✿ Svadhishtana or Sacral Chakra: Reproductive issues, kidney issues, hip tightness.
- ✿ Manipura or Solar Plexus Chakra: Digestive issues, ulcers, low energy.
- ✿ Anahata or Heart Chakra: Heart issues, respiratory problems, tight chest.
- ✿ Vishuddha or Throat Chakra: Sore throat, thyroid imbalances, jaw pain.
- ✿ Ajna or Third Eye Chakra: Headaches, vision problems, poor intuition.
- ✿ Sahasrara or Crown Chakra: Migraines, dizziness, disconnection.

Emotional Patterns & Behavioral Signs

Unbalanced chakras affect emotions and mindset:

- ✿ Root Chakra: Fear, insecurity, financial instability.
- ✿ Sacral Chakra: Guilt, lack of creativity, intimacy issues.
- ✿ Solar Plexus Chakra: Low self-esteem, indecisiveness, feeling powerless.
- ✿ Heart Chakra: Difficulty trusting, loneliness, holding grudges.
- ✿ Throat Chakra: Trouble expressing thoughts, lying, fear of speaking.
- ✿ Third Eye Chakra: Lack of clarity, confusion, nightmares.
- ✿ Crown Chakra: Spiritual disconnection, lack of purpose, depression.

Using Bowls or Tingsha as a Diagnosing Tool

One of the most effective methods involves using a Tingsha, Nepalese therapy bowl or a Nirvana handle bowl to assess each chakra individually. By striking Tingsha or the bowl near different energy centers, practitioners can observe how the meditator responds to the vibrations, offering valuable insights into which chakras may be blocked or in need of realignment.

A key indicator of a blocked chakra is the seeker's **physical and emotional response** during the session. When the bowl is played near a specific chakra, a deep release of breath or noticeable loosening in the body often indicates that this energy center is carrying tension and is seeking to be released. In some cases, individuals may experience discomfort or even pain in the corresponding area, signaling a stagnant or deeply blocked chakra. There may be one or multiple energy centers affected, and these areas should be the primary focus for healing.

Another crucial aspect of sound-based chakra diagnosis is vibrational feedback. When a **singing bowl** is played near a chakra, the quality of the sound provides insight into its energetic state. If the chakra is open and balanced, the sound will resonate clearly, smoothly, and harmoniously. However, if a chakra is blocked, the sound may appear dull, distorted, or struggle to fade away. This difference in resonance serves as an audible indicator of where energy flow is restricted, guiding both the practitioner and the meditator toward areas requiring deeper attention and healing. **Tingsha** produces a shrill, high-pitched hum or warble tone when it encounters an over-energized location or Chakra.

The **Nirvana handle bowl** is particularly effective for chakra diagnosis due to its ease of maneuverability and precise targeting of different energy points. Unlike traditional singing bowls, the handle bowl allows practitioners to navigate along the chakras with greater control, providing a more efficient way to detect imbalances. The bowl's vibration directly interacts with the body's energy field, making it an intuitive and highly sensitive diagnostic tool.

Technique

Begin with the Root Chakra and Move Upwards

- ॐ Start at the Root Chakra (Muladhara).
- ॐ Strike the bowl or Nirvana handle bowl and gently move near the chakra.

- ⌘ Observe the meditator's breath, body reactions, and any visible signs of tension or release.

Observe Physical and Emotional Responses

As you move the bowl from one chakra to the next, take note of:

- ☞ Deep sighs or releases of breath: Indicate stored tension being released.
- ☞ Tension or tightness: Shows energy stagnation in that chakra.
- ☞ Pain or discomfort: Suggests a deeper blockage that may need healing.
- ☞ Emotional shifts (sadness, anxiety, or relief): Emotional imbalances related to the chakra.

Analyze Vibrational Feedback

Pay attention to how the sound resonates when the bowl is played near each chakra.

- ☞ Clear, sustained resonance: The chakra is open and balanced.
- ☞ Muffled, distorted, or weak vibration: Energy is blocked in that area.

The Nirvana handle bowl allows for easy navigation along chakras, helping to pinpoint exact locations of blockage.

Identify the Blocked Chakras

- ☞ Focus on the chakras where disruptions, resistance, or strong physical/emotional reactions were observed.
- ☞ These are the energy centers that require additional healing and attention.

By following this structured approach, you can effectively identify and diagnose blocked chakras, allowing for deeper awareness and healing using the power of sound therapy.

Bowl Playing Technique - General Guidelines

Intentionality

The playing of the bowls (as well as all other sound therapy instruments) requires that the Tantrik play with specific intentions. If the Tantrik's mind/intentions wander, the healing energy shifts or moves away and this reduces focus and lowers the quality of the session.

Holding the Bowl

The way you hold the bowl -affects the quality of sound produced. There are several methods for holding the bowl:

- ⌘ **In the hand:** Gently cup the bowl in one hand, with the thumb and fingers around the sides. Hold it comfortably at chest height or on your lap, ensuring the bowl is free to vibrate without obstruction.
- ⌘ **On a cushion:** Some practitioners prefer to place the bowl on a cushion or soft surface. This allows the bowl to be played from a stable position without affecting its vibrations.
- ⌘ **Placed on the body:** Bowls can also be placed in different energy points or areas on the body.

Striking the Bowl

Striking the bowl is one of the most basic ways to initiate sound. Here are key considerations for striking the bowl:

- ⌘ **Use a mallet or striker:** Striking the bowl gently with a wooden or felt mallet (often called a striker) produces a clear, resonant tone. The material of the mallet will affect the sound: wood tends to create a sharp, more percussive sound, while felt creates a warmer, softer tone.

Do not hit it too hard, as the bowl's resonance is meant to be experienced as a smooth, flowing sound. The goal is to create a harmonious vibration, not an abrupt or harsh noise.

- ⌘ **Gentle striking with the hand:** Gently, strike the bowl with your fist (hammer-like-motion) or the base of your palm. It creates deeper resonance and subtle vibration.
- ⌘ **Flicking with your finger:** Since the Nepalese therapy bowl sounds with just a gentle strike. Finger flicking can be used to make gentle and faint sound as a guidance in the deeper state of meditation.
- ⌘ **Location of strike:** Strike the edge of the bowl (also called the rim) or the side near the top for a more distinct tone. The placement of the mallet influences the quality of sound.

Tip: you can use the cushioned mallet for a softer, smoother tone and use the wooden end of the same mallet to create a shaper tone instead of changing to a different mallet.

Playing the Bowl on the Rim (Rim Technique)

One of the most effective methods for playing Nepalese therapy bowls is through the **rim technique**, where the mallet is used to "play" the edge of the bowl in a circular motion. This technique is often used to fade away sound for a prolonged period and is ideal for sound healing and meditation:

- ⌘ **Positioning the mallet:** Hold the mallet with a relaxed grip. Rest the mallet against the rim of the bowl.
- ⌘ **Circular motion:** With gentle pressure, move the mallet around the outer rim of the bowl in a steady circular motion. The motion should be slow and

deliberate. Feel the vibrations through the mallet as you guide it around the bowl. The vibrations will gradually increase in volume and tone.

- ⌘ **Direction of the rim playing:** Clockwise playing is commonly used to bring positive energy into the body. And counterclockwise playing is used to release negative energy and toxins. Ultimately, the choice of direction should align with both the intention of the session and the comfort of the person playing.
- ⌘ **Consistent speed:** Maintain a consistent, slow speed while circling the rim. The goal is to create a continuous, flowing sound that resonates deeply with the energy of the bowl and the listener.
- ⌘ **Adjust pressure:** Experiment with the pressure applied to the mallet against the rim. More pressure produces louder, more intense tones, while less pressure results in a gentler sound. Adjust the pressure according to the healing needs of the session. Avoid rattling noise by carefully monitoring the pressure.

Combining Multiple Bowls

When using multiple bowls, it is important to allow the sounds to blend harmonically:

- ⌘ **Harmonic resonance:** Different bowls produce different frequencies, and these can be layered to create a harmonic resonance. Begin with a single bowl and gradually introduce others.
- ⌘ **Spatial arrangement:** Position the bowls in a way that allows the vibrations to flow harmoniously. Some practitioners place bowls around the body or on specific Chakra points to direct the healing energy where it is most needed.

Listening to the Sound

After playing the bowls, take a moment to listen attentively to the vibrations. The sound from the bowls can induce profound shifts in energy:

- ⌘ **Energy shifts:** Pay attention to how the sound makes you feel. Do you sense a shift in your emotional or physical state? Are there areas in the body that feel lighter or more open?
- ⌘ **Silence and integration:** During and after the session, allow for moments of silence to integrate the sound's healing effects. Sound healing is not just about producing tones—it is about creating a space for stillness and healing within the body and mind.

Magnitude of Force (Striking Bowls)

Tap – A very light, gentle touch or hit.

Hit – A moderate impact, typically used for something with more force than a tap.

Strike – A strong impact, typically more forceful than a simple hit, often used for a purposeful, deliberate action.

Note: *Every individual and group should be treated as different and unique, thus one should be able to listen to their energies so that you can navigate in between the energies and facilitate the session in a smooth manner.*

Anatomy of a Session

Pre-Healing Consultation

When you see a person or group of people, you need to be mindful of the details about the seekers and where they come from (their mental view and approach). Some of the ways to gather information are

Observation

- ✿ Observe their face (the face tells a lot about an individual)
- ✿ Observe their gestures
- ✿ Observe their emotions
- ✿ Observe their thought pattern

Inquiry

- ✿ Ask questions to gather more information.
- ✿ Any previous traumas or wounds?
- ✿ Any anxiety, frustration, pain or suffering they are going through?
- ✿ Why are they seeking help?
- ✿ What are the results that they are expecting from this therapy?

And you can ask more questions to get to the root of the problem.

You should gather this information prior to the Sound bowl therapy or if a series of therapies are involved, including an updating inquiry about their status prior to each session.

Consultation

Once the necessary information has been gathered, take the time to explain to the seeker how this therapy can positively impact their mind, body, and spirit. Share the spiritual aspects of sound bowl healing, guiding them to connect with the Sound on a deeper, more profound level. This deeper connection can facilitate the release of past pain, suffering, trauma, depression, and other conditions.

It's also important to inform them about the process of the session, the benefits they can expect, the recommended number of sessions, what homework between sessions they should expect, and what they might experience throughout the healing journey. This will help them feel more prepared and open to the transformative experience ahead.

Preparation

Clearing Space

Usually, I burn hand rolled Nepalese incense mixed with different herbs (each herb relates to different energies) to cleanse the space before I begin the session. This is a traditional Nepalese way of clearing a space that allows the space to be ready for any kind of spiritual or energy work.

The ritual of burning sage or incense can help establish a sacred space for energy work, setting the intention for healing and transformation. Burning sage or incense helps to dissipate negative energy and purify the space, creating a more positive environment. Walk around the space with sage or incense while setting an intention or use certain mantras to clear the space.

You can also use aromatic oils to clear the space and bring in a positive ambiance.

Securing Space

Since you will be operating in an energy plain, it is recommended to secure the energy field or space where we will be operating. This is a very much a traditional Nepalese Tantrik way to prepare the space to guarantee that no other energy enters the field. In Nepalese tongue, we call it “Badhnu” which means to tie, tying an energy field like creating a dam.

This can be done by chanting mantras while burning incense and going around to clear the space. Or it can be done by placing Singing bowls in four corners of the room or a single bowl at the entrance. Strike those bowls while chanting a mantra of a specific deity for protection from the energies that can intervene the session and for a successful result of the desired outcome including smooth operation of the therapy session. This is also viewed as an offering to any other energies around which might adversely or positively affect the session.

Using Mantra

Mantra is a Sanskrit word made up of two words: Man, and Tra. Man can be translated as mind and Tra can be translated as a 'Tool or a raft' which shift one's vibration from one dimension to another. Many practitioners believe that Mantra contains specific vibrations which purify and expel negative energies out of space. Several Mantras are introduced below and should be learned and practiced for use in the sessions.

Ganesh Mantra

ॐ गं गणपतये विघ्न विनाशिने नमः Om Gung Ganapataye Vighna Vinashine Namaha |

☸ *Brings peace, prosperity, happiness and auspiciousness and removing any obstacles and hindrance.*

Tara Mantra

ॐ तारे तुत्तारे तुरे स्वः "Om Tare Tuttare Ture Soha"

☸ *Brings blessings, compassion, strength, and healing*

Avalokitesvara Mantra

ॐ मणि पद्मे हूँ "Om Mani Padme Hum"

☸ *Bring clarity, strength, happiness, and peace*

To secure a space with powerful energy or if the seeker is/are going through extreme difficulties in life, mantras below can be super useful to secure a space.

Mother Kali Mantra

ॐ क्रीं कालिकायै नमः "Om Kring Kalikaye Namah"

☸ *Brings strength and vitality, Dispels negative energies*

Kaal Bhairava Mantra

ॐ जय श्री काल भैरवाय नमः || "Om Jaya Shree Kaal Bhairavaya Namah"

☸ *Invokes spiritual protection, Provides inner strength and protection*

Or you can create your own mantra by sincerely putting intention into it.

Example: I bow down to the auspiciousness of this existence and thank you for providing me with an opportunity for this auspicious ceremony. Please bless us.

Finding a Pulse of the Session

Every sound healing session is unique, much like a musical performance, where rhythm and flow emerge organically from the moment. Just as music relies on a steady beat to create structure and coherence, a session also carries its own Heartbeat or pulse—a subtle rhythm that guides the experience. However, unlike traditional music, these sessions do not have an external, audible background beat; instead, silence itself becomes the foundation. This absence of an obvious rhythmic anchor presents both a challenge and an opportunity: it calls for deep listening to the subtle undercurrents of energy and sound within space.

To discover the pulse of a session, one must fully immerse in the present moment and attune to the natural energy flow of the environment. The key is to listen—not just to the sounds of the bowls, but also to the spaces between them, to one's own breath, and even to the silence that envelops everything. This process is not about imposing a rhythm but rather about feeling into the organic cadence of the session as it unfolds. The ability to sense and synchronize with this underlying pulse allows the experience to flow effortlessly, creating a seamless interplay between sound, energy, and stillness.

Tip for Finding the Pulse:

Relax and center yourself. Tune into the gentle rhythm of your heartbeat, the natural flow of your breath, the resonance of the bowls, and the silence itself. Allow these elements to merge into a dance of awareness, where you are neither forcing nor resisting—just flowing. As you deepen your listening, the pulse of the session will reveal itself, guiding you into a state of effortless harmony with the soundscape.

Bringing Mind at Peace

Before starting a sound healing session, it's important to bring the meditator's anxious mind to a peaceful state. If the individual or group shows signs of mixed energy and emotions, guide them to sit in Padmasana (Lotus Position), encouraging relaxation. This posture helps calm the mind and prepares the body for a more focused, receptive experience during the session.

Adding some breathing technique aids in quick relaxation.



Figure 9 - Padmasana or a Lotus pose (Sanskrit: पद्मसन)

Guide seekers/meditators into meditation to bring their mind to peace.

Voice Commands: *Be gentle and rhythmic on your commands.*

1. *Relax,*
2. *Slowly close your eyes,*
3. *Breathe in and breathe out,*
4. *Bring your attention to the breath, observe when air touches a nostril, and track where the breath goes and what effects it has on your body,*
5. *Chest expands, and the stomach expands when they are filled up with air, be aware of every little sensation,*
6. *Be aware of the gap right after your lungs are full,*
7. *When breath leaves your body be aware of the effect. The stomach goes in and the chest contracts when breath leaves through the nostrils,*
8. *Be aware of the gap before the air enters into your body,*
9. *Relax Relax Relax...*
10. *Here, you are completely safe and sound with this energy. This energy will fight to protect you. You are completely safe and sound,*
11. *Breathe in and breathe out.*

Repeat steps 4 through 9, if necessary.

Meditating in Padmasana slows down the movement of thoughts and emotions.

After reaching a relaxed state, the meditator lays back on Savasana or a Corpse pose.



Figure 10 - Savasana, Corpse pose

Repeat the above-mentioned voice commands as necessary.

A Session

Example session

This session will use Ghanti and a bowl.

Let meditator sit down on the chair or cross-legged sitting position. Make them relaxed.

Hold the bowl in your hand and striker on the other hand. Ask permission if they allow you to place your hand on their shoulder.

Note: placing your hand on a searcher's shoulder helps you to feel the energy and activity of their body. A sense of touch provides the meditator with comfort and summons their spirit to the healing moment. And the meditators allowing you to place a hand on their body means their energy is ready to work with your energy.

Voice Command:

NOTE: Be gentle and rhythmic in your speaking

Relax...Easy,

Bring attention to your breath,

Breathe in and breathe out, relax,

Observe the sound around you,

Let yourself completely relax,

Let your mind wonder around, easy,

Long and slow breath from your nose,

And slowly release it from your mouth (twice),

Relax ...Relax... Relax,

Breathe in and breathe out (regular normal breathing,)

(You can Repeat steps these commands if you feel they need to relax more)

Bring your attention to the Third-Eye Chakra, relax (pause for about 10 sec),

Bring your attention to your Heart Chakra (pause it about 10 sec),

Inhale a long, slow breath through your nose,

And slowly release it through your mouth twice,

Relax ...Relax... Relax,

Now you are completely relaxed and at peace!

Now listen to the sound and stay with the sound and explore to the depth of the sound!

Technique

- ✧ Begin by holding the Ghanti gently in one hand or placing it in front of you, preparing to center your focus. Bring the Ghanti to the Third Eye (just above the eyebrows) and let the clapper strike once gently. Hold the sound for a few moments, allowing the reverberations to fill the room and settle.
- ✧ After 5 seconds, strike the Ghanti twice in a slow, deliberate rhythm, allowing each tone to dissolve into the silence before moving forward.
- ✧ After another 5 seconds, strike the Ghanti three times to create a gradual buildup, encouraging the mind and energy field to awaken gently.
- ✧ Tap the bowl and bring it in front of the Third-Eye Chakra. Let them feel the light vibration on their Third eye. Let it sit there for about 10-15 seconds and slowly move the bowl to right ear then slowly move to the other.

Note: *The Third-Eye Chakra is called Ajna Chakra which in Sanskrit means order, allow or permit.*

- ✧ If the sound of the bowl is getting weak, tap it again.
- ✧ Strike the bowl and bring it to the Throat Chakra. Again, let it sit there for about 10-12 seconds and slowly move the bowl to one ear then slowly move to the other ear.
- ✧ Strike and bring the bowl to the Heart Chakra. Let them feel the depth of the vibration to the core of their being.
- ✧ The Heart Chakra is called Anahata Chakra which in Sanskrit means unbeaten or self-beaten. Heart Chakra is the core of our being and where all our emotion arises. Working on Heart Chakra can resonate through the whole body with vibration.
- ✧ With another good strike, bring the bowl to the Solar-Plexus Chakra, and likewise to the Sacral Chakra and Root Chakra.
- ✧ Now, roll onto the abdomen and start working on the back beginning from the Crown Chakra and slowly progressing down the spine.
- ✧ To end this session, bring the bowl to the ear area, hit the bowl and let the vibration and sound fade away.

Voice command:

Now, slowly bring back awareness to the senses.

Still relaxed, still at peace, easy

Become aware of the other sounds around you

Be still and hold on to that awareness and peace.

Breathe in and breathe out

Feel the skin, hot, cold, any sensation.

Breathe in and breathe out twice

Still holding on to that awareness and peace, slowly open your eyes.

No rush, whenever you are ready

Easy.....

The Ghanti/bowl work for this session is complete.

Post Session

Now you can ask them:

How do they feel?

Did they experience anything that is notable?

Did they have any difficulty calming their mind?

And so on...

This information can be beneficial for both the seeker and the Tantrik. This allows us to know each other on a deeper level, and can provide insight on the approach, process, and results of the session.

Notes:

- ❖ *Lay out the therapy bowls according to the necessity of a session. Some of the instructions (Yantras) on how to lay the bowls are mentioned in this book.*
- ❖ *Be mindful not to strike sharp sounds near the ear which might irritate meditators and/or can result in ear damage.*

Basic Session

Objective: To provide a simple and relaxing introduction to sound healing, helping meditators to reduce stress, promote relaxation, and achieve a sense of balance.

Duration: 30 minutes

Setting:

A quiet, comfortable space where the meditator can relax undisturbed.

Soft lighting (e.g., candles or dimmed lights).

A comfortable seat or a lying-down position (on a yoga mat or cushion) for the meditator.

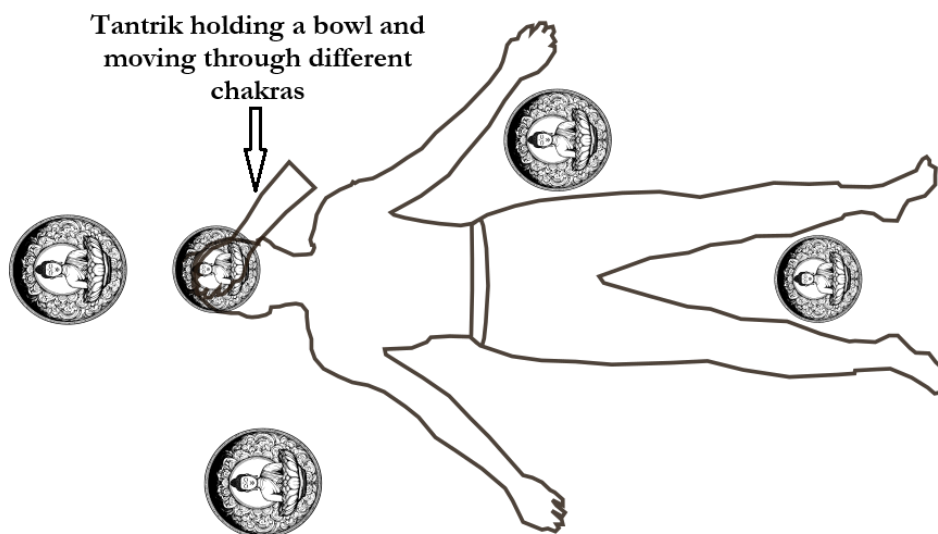


Figure 11 - An Example of a Session (lying down)

Sound Healing Instruments:

Ghantis (to begin the session or to deepen the hypnotic state)

Singing Bowls (a Tibetan singing bowl tuned to a Heart Chakra frequency, such as C or G)

Tingsha (to signal transitions during the session)

Session Outline:

Introduction (5 minutes):

- ∞ Briefly explain the purpose of the session: using sound frequencies to promote relaxation, clear mental-clutter, and balance energy.
- ∞ Invite the meditator to focus on their breath, inhale deeply, and exhale slowly. Encourage them to set an intention for the session (e.g., relaxation, healing, or stress relief).

Preparation (5 minutes):

- ∞ Gently guide the meditator into a comfortable position, ensuring they are fully relaxed.
- ∞ Begin with a few minutes of deep breathing together to ground the meditator in the present moment.

Sound Healing (15 minutes):

- ∞ Start with the Ghantis: gently clap the Ghanti and hold them near the meditator's body (around the head or chest) for a few moments, allowing the sound to settle into their energy field.
- ∞ Sing the Singing Bowls: Play a therapy bowl near the meditator's body. Allow the vibrations to resonate softly, focusing on gentle tones like C or G, which are known for their calming properties.
- ∞ Tingsha or Ghanti: Use a Tingsha or Ghanti at key moments to gently guide the meditator through transitions, such as moving from one sound to another or signaling a shift in energy.

The sound healing process should be slow, steady, and consistent to avoid overwhelming the meditator.

Relaxation & Integration (5 minutes):

- ཨ After the sound journey, guide the meditator to remain quiet and still, allowing the effects of the sounds to integrate into their body and energy field.
- ཨ Encourage them to notice any shifts in their thoughts, emotions, or physical sensations.

Closing (5 minutes):

- ཨ Gently bring the meditator back to a more alert state by guiding them through a few deep breaths.
- ཨ Offer a moment of gratitude for the healing process, allowing the meditator to reflect on any changes or sensations they experienced during the session.
- ཨ Encourage them to drink water after the session to help integrate the healing.

Key Goals of the Basic Session:

- 🌀 Stress Reduction: Promote a calm and peaceful state of mind.
- 🌀 Relaxation: Help the meditator feel deeply relaxed and rejuvenated.
- 🌀 Introduction to Sound Healing: Provide a safe, accessible entry point for those new to sound healing practices.

Some Common Alternative Bowl Therapy Techniques

Bowl on the Head

The **Bowl on the Head** technique is a deeply calming and grounding method commonly used in Tantrik sound healing. It is particularly beneficial for those experiencing mental restlessness, insomnia, or stress. In this technique, the meditator either sits in Padmasana (cross-legged) or on a chair, with the singing bowl placed upside down on the top of the head, as shown below in figure 12. The bowl should be positioned so that no side touches the face, nose, or ears, creating an unobstructed space for the sound vibrations to work effectively.

This method is highly effective for promoting mental clarity, helping to clear the mind of overwhelming thoughts, and restoring a sense of balance. The vibrational energy of the bowl creates unique resonances including humming, buzzing, and ringing effects that disrupt intrusive mental patterns, which helps the mind to settle and supports deeper meditation.

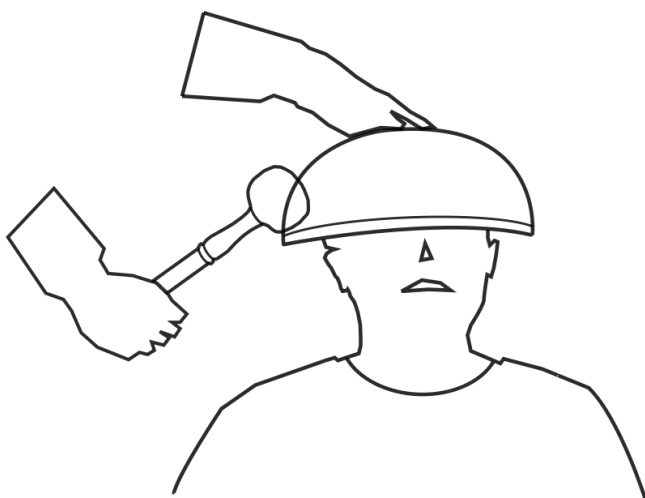


Figure 12 - Bowl on the head

Position the meditator comfortably in Padmasana or on a chair, ensuring they are relaxed and centered.

Place the singing bowl upside down on the top of their head, ensuring no part of the bowl touches the face, nose, or ears. Gently hold and press the top center of the bowl to keep it in place while tapping.

Technique:

- ⌘ Strike the bowl gently from the front, back, left side, and/or right side.
- ⌘ Be mindful of the intensity of the strike, as tapping too loudly could harm the ears. The goal is to create a gentle but resonant sound.
- ⌘ The unique sound vibrations will produce a range of resonances, including humming, buzzing, and ringing, creating a soothing effect on the mind.
- ⌘ Add a Ghanti to complement the sound experience, allowing the higher-frequency vibrations to further deepen the calming effect.
- ⌘ Tap the bowl intermittently, allowing the sound to fade away and gradually fade, letting the mind become stiller and more focused.
- ⌘ Repeat the tapping process, maintaining a steady rhythm to enhance the grounding and calming experience.
- ⌘ To conclude the session, gradually reduce the intensity of the strikes and allow the sound to fade into silence. Encourage the meditator to sit in stillness and notice the internal shift.

The Bowl on the Head technique offers an awakening and deeply comforting experience that calms the mind, relieves stress, and encourages deep relaxation, making it a powerful tool for achieving inner peace and balance.

Benefits

- ⌘ Metal clarity
- ⌘ Alleviates insomnia
- ⌘ Relieves restlessness
- ⌘ Provides fresh energy

Stand-In Bowl

Bowls that are bigger than 20 inches in diameter can be used in **Stand-In Bowl therapy** sessions. When these bowls are struck, one can feel the whole vibration entering the energy body which can be used to shake the negative emotions and vibration in one's energy field. It can provide a quick release of anxiety and stress and creates a firm grounding.

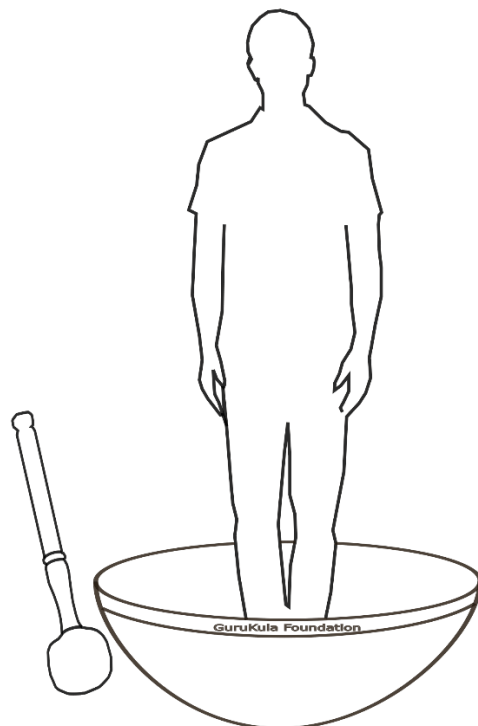


Figure 13 – Stand-In Bowl

Instruments: Stand-in Bowl, Vajra handle bowl or two bowls with different resonance and a Ghanti

Before entering the bowl:

Before beginning the session, it is essential to establish a mindful connection with the singing bowl. Encourage meditators to seek permission from the bowl to enter its energy field, acknowledging it as a sacred tool for transformation. Setting an intention for the session—whether for healing, clarity, or inner peace—enhances the depth of the experience. A common practice involves performing Namaste and

bowing to the bowl while silently affirming one's intention. Tantrik practitioners are also encouraged to follow this ritual, as it refines their energy and prepares them to lead the session with heightened awareness and reverence.

Once this preparatory step is complete, the meditator may step into the Stand-In Bowl, fully immersing themselves in its resonance. They should stand firmly with eyes closed, allowing the vibrations to flow through their body. Tantrik may then use voice guidance to deepen the experience, ensuring the meditator remains centered and receptive to the healing process.

Technique:

- ⌘ Hit the Stand-In Bowl twice to initiate resonance.
- ⌘ Strike the Stand-In Bowl, allowing the sound to fully expand.
- ⌘ Use Ghanti to introduce complementary frequency.
- ⌘ Strike the Stand-In Bowl, letting the vibration fade away, and as it fades, strike it again to maintain continuity.
- ⌘ Use Ghanti to balance the energy field.
- ⌘ Strike the Stand-In Bowl, reinforcing the deep resonance of the vibrations.
- ⌘ Utilize a Vajra Handle Bowl or a lower resonating bowl at the base of the spine, gently striking it to activate energy flow. Slowly move up the spine, following the natural curvature, allowing the vibrations to align and awaken the Chakras.
- ⌘ Upon reaching the back of the head, hit the bowl and bring it to the Third-Eye Chakra, allowing the vibrations to fully integrate.
- ⌘ Hit the bowl again and place it over the Heart Chakra, letting it resonate deeply.
- ⌘ Strike the Stand-In Bowl to reinforce grounding.
- ⌘ Hit the bowl again and place it over the Throat Chakra, allowing the vibration to clear blockages.
- ⌘ Strike the Stand-In Bowl once more, anchoring the energy.

- ⌘ Gently tap the bowl and bring it to the Third-Eye Chakra, letting the sound fade away and expand awareness.
- ⌘ Strike the Stand-In Bowl twice to deepen the resonance.
- ⌘ Use the higher resonating side of the Vajra Handle Bowl or a high-frequency bowl at the Sacral Chakra, slowly guiding it upwards toward the Third-Eye Chakra, allowing the vibrations to harmonize along the way. If using a Vajra Handle Bowl, gently tap both ends together and move in a 360-degree motion around the headspace to create a multidimensional sound experience.

As the session progresses, practitioners may repeat specific steps intuitively, discovering a rhythm that aligns with the meditator's energy. By following the natural flow of sound and vibration, the experience can be uniquely tailored to promote deep healing, energetic alignment, and profound relaxation.

Benefits

- ⌘ Deep Energetic Alignment
- ⌘ Physical & Emotional Release
- ⌘ Enhanced Grounding & Stability
- ⌘ Chakra Cleansing and Activation

Vibrational Feet Healing

One particularly effective technique involves applying vibrational therapy to the feet, where numerous nerve endings, meridian points, and reflexology zones connect to the rest of the body. By placing a Nepalese therapy bowl on the top of the feet and striking it rhythmically, the resonant sound waves penetrate deeply into muscles, joints, and energy channels, promoting relaxation, circulation, and overall well-being.

Vibrational Feet Healing is particularly beneficial for individuals experiencing arthritis, sore muscles, and fatigue, as well as those who need grounding and energetic realignment. The vibrations from the singing bowl travel through the bones and tissues of the feet, releasing tension, improving circulation, and creating a soothing effect that spreads throughout the entire body.



Figure 14 – Vibrational Feet Healing

Instruments: 1 to 3 deeper resonating (10 inches or bigger diameter) bowls of different frequencies.

The meditator lies on their belly with knees bent upward so that their feet are positioned close together at a 90-degree angle. Ensure the person is comfortable and relaxed, using pillows or bolsters if needed for knee and ankle support.

Place a Nepalese therapy bowl on the top of the feet, ensuring it sits evenly and securely.

Technique:

- ⌘ Gently strike the bowl using a felt mallet to produce deep, sustained vibrations. Allow the sound waves to resonate fully before striking again, typically every 12-15 seconds.
- ⌘ Gradually increase the intensity while observing the meditator's response—ensure they feel the vibrations comfortably. Feel free to switch to different resonating bowls to ensure the meditators are getting what they need.
- ⌘ Continue for 5-10 minutes, allowing the healing frequencies to penetrate deeply into the feet and beyond.

Optionally, incorporate a circular rubbing motion with the mallet along the rim of the bowl to create a sustained singing tone.

After completing the session, remove the bowl gently and let the meditator rest for a moment before stretching out their legs.

This practice is a simple yet profoundly effective way to balance the body's energy, relieve pain, and promote deep relaxation. Whether used as part of a broader healing session or as a stand-alone treatment, Vibrational Healing on Feet can help restore both physical and energetic harmony.

Benefits

- ⌘ Relieves arthritis pain by increasing circulation
- ⌘ Eases sore muscles by releasing deep-seated tension
- ⌘ Alleviates fatigue and tiredness, helping to restore energy flow and vitality.
- ⌘ Enhances grounding by stimulating the Root Chakra and promoting a sense of stability and connection to the earth.
- ⌘ Improves circulation and stimulates reflexology points that correspond to different organs and body systems.

Side-Lying Pose

Side-Lying Pose is one of the most comforting positions for receiving sound therapy. In this posture, the meditator lies on their side with knees slightly bent forward and feet close together, creating a sense of security and ease. Seven Nepalese therapy bowls are strategically placed around the body to create an immersive vibrational field, though additional bowls can be incorporated as needed.

This technique allows the sound waves to flow effortlessly through the body, reaching deep into muscles, joints, and the nervous system. The combination of singing bowls and a Ghanti enhances relaxation, making this session ideal for releasing stress, alleviating anxiety, promoting comfort, reducing fatigue, and fostering grounding.



Figure 15 – Side-Lying pose

Instruments: 7 Chakra bowl set, a Ghanti

Ensure the meditator is lying on their preferred side with a pillow or bolster supporting their head and neck for comfort. Position seven Nepalese therapy bowls around the body, placing them near key energy centers (head, shoulders, arms, torso, hips, legs, and feet). Additional bowls can be included to enhance resonance.

Encourage the meditator to close their eyes, focus on their breath, and set an intention for the session.

Technique:

- ⌘ Strike the bowl near the feet to initiate grounding vibrations.
- ⌘ Strike the bowl near the hips and lower back, allowing the sound to resonate and release tension.
- ⌘ Strike the bowl positioned near the Heart center, facilitating emotional balance and openness.
- ⌘ Strike the bowl near the head, clearing mental clutter and inviting clarity.
- ⌘ Use a Ghanti gently above the body to refine and amplify the vibrational experience.
- ⌘ Strike all bowls in a slow, rhythmic sequence, following the natural breath cycle of the meditator.
- ⌘ Repeat steps the striking process, adjusting the rhythm based on the person's energy and response.
- ⌘ Conclude the session with a final series of soft strikes, allowing the sound to fade naturally into silence.

This side-lying sound healing session is a deeply soothing experience that supports both physical relaxation and emotional well-being, making it an excellent technique for anyone seeking comfort and release through vibrational therapy.

Benefits

- ⊗ Reduces anxiety and stress
- ⊗ Alleviates fatigue and tiredness
- ⊗ Enhance grounding and stability
- ⊗ Provides emotional comfort and encourages emotional release

Belly-Lying Pose

The **Belly-Lying Pose** is an incredibly grounding and comforting position, allowing the meditator to fully surrender to the healing process. In this posture, the individual lies face down with their head resting on one cheek, hands positioned at the sides with palms facing up, and feet close together with soles facing upward.

Carefully placed Nepalese therapy bowls align with key energy centers, creating a multidimensional vibrational field. The Crown Chakra bowl is positioned one foot above the head, while the Third-Eye Chakra bowl is placed at the side of the body. The Heart and Throat Chakra bowls rest on the back in alignment with their respective energy centers. Sacral and Solar-Plexus Chakra bowls can be placed on the palms, and a Root or Sacral Chakra bowl rests on the top of the thighs. The deepest resonating bowl or a Root Chakra bowl is placed at the soles of the feet, anchoring the session with profound grounding energy. Additional bowls can be incorporated to enhance the healing experience.

This deeply restorative session is particularly beneficial for those experiencing heaviness in the heart, mental fog, fatigue, or a lack of grounding. The positioning of the bowls allows the vibrations to penetrate deeply, creating a sense of release, clarity, and comfort.

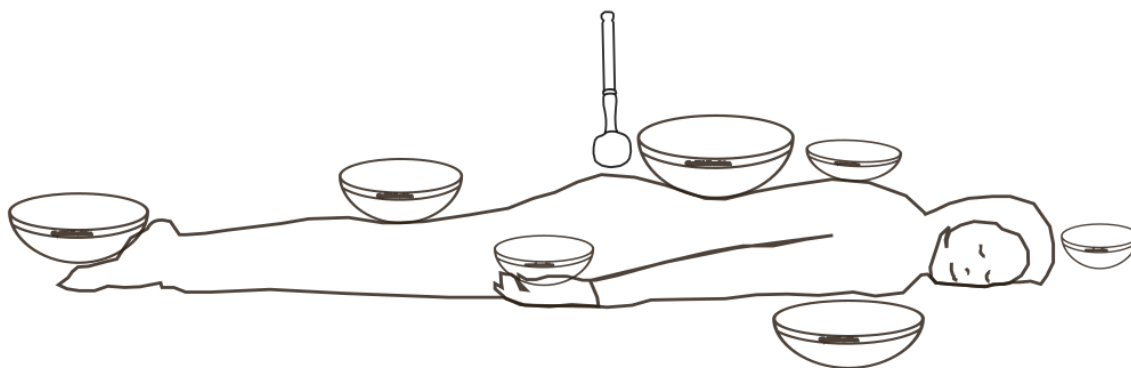


Figure 16 - Healing: Belly-Lying pose

Instruments: 7 Chakra bowl set, a Ghanti

Ensure the meditator is lying comfortably on their belly, with their face resting gently on one cheek.

Place the bowls according to their corresponding Chakras for optimal energy alignment. Encourage the meditator to relax, breathe deeply, and set an intention for their healing experience.

Technique:

- ⌘ Strike the Root Chakra bowl at the soles of the feet, grounding the energy and establishing stability.
- ⌘ Strike the bowl on the thighs, allowing the deep resonance to travel upward through the body.
- ⌘ Strike the Sacral and Solar-Plexus Chakra bowls on the palms, stimulating energy flow and emotional release.
- ⌘ Strike the Heart and Throat Chakra bowls, placed on the back, gently opening these energy centers.
- ⌘ Strike the Third-Eye Chakra bowl, encouraging mental clarity and deep awareness.
- ⌘ Strike the Crown Chakra bowl above the head, allowing its high-frequency vibrations to integrate into the session.
- ⌘ Use a Ghanti above the body to refine the energetic field and enhance the vibrational experience.
- ⌘ Repeat steps the sequence, adjusting the pace and intensity based on the meditator's response.
- ⌘ Conclude the session with soft, rhythmic strikes, allowing the sound to naturally fade into silence.

This Belly-Lying sound healing session is a deeply immersive and nurturing experience, allowing the body to absorb vibrations in a way that cultivates deeper relaxation, energetic alignment, and overall well-being.

Benefits

- ☸ Enhances mental clarity
- ☸ Reduces anxiety and stress
- ☸ Enhance grounding and stability
- ☸ Releases heaviness in the Heart Chakra
- ☸ Provides deep physical and emotional comfort

Free Flow

The **Free Flow technique** is a dynamic and intuitive approach, allowing the Tantrik's spirit to guide the movement of the bowls. Whether the meditator is lying on their back, sitting in a chair, or standing, the healer allows the sound to move freely, responding to the energy flow of the body. This technique doesn't follow a rigid structure; instead, it invites the tantrik to trust their intuition, flowing through different Chakras and energy centers, and using the sound to harmonize and balance the meditator's energy.

Technique:

Position the meditator in a comfortable posture laying on their back, sitting on a chair, or standing.

Gather a set of bowls, allowing space for movement as the healer's spirit guides where to place them.

Healing Process:

- ⌘ Begin by striking the first bowl in a soft, grounding rhythm.
- ⌘ As the sound emanates, let your intuition guide the movement—allow the bowls to flow from one Chakra to the next, following the energy of the body.

- ⌘ Move with ease, adapting the strikes and vibrations to the energy you sense from the meditator, trusting your spirit to guide you.
- ⌘ Incorporate different bowl sizes and resonances, focusing on the energy centers that require attention.
- ⌘ Repeat steps and adjust as needed, allowing the sound to shift and evolve, creating a dynamic healing experience.
- ⌘ To conclude the session, gradually bring the bowls into alignment, allowing the energy to settle and integrate before finishing the session.

The Free Flow technique invites both the Tantrik and a meditator to enter a state of intuitive flow, creating a powerful space for energetic healing and transformation.

Benefits

- ⌘ Encourages intuitive connection with the meditator's energy, enhancing spiritual awareness and personal growth.
- ⌘ Encourages a free-flowing connection, fostering harmony and transformation without constraints.

Playing Triads

Playing triads in Tantrik sound healing is considered one of the safest and simplest techniques for initiating a healing session. The use of three harmonious notes played together allows for a gentle, yet effective, approach to balancing the body's energetic system.

You can use **three singing bowls tuned to different notes** to create a triad. These notes might form a harmonious chord that supports healing. For example, you could choose notes based on a musical triad (such as the root, third, and fifth notes of a scale), or you might choose notes that resonate with the chakras you're working with. The key is that these notes should complement each other to create a peaceful, balanced sound.

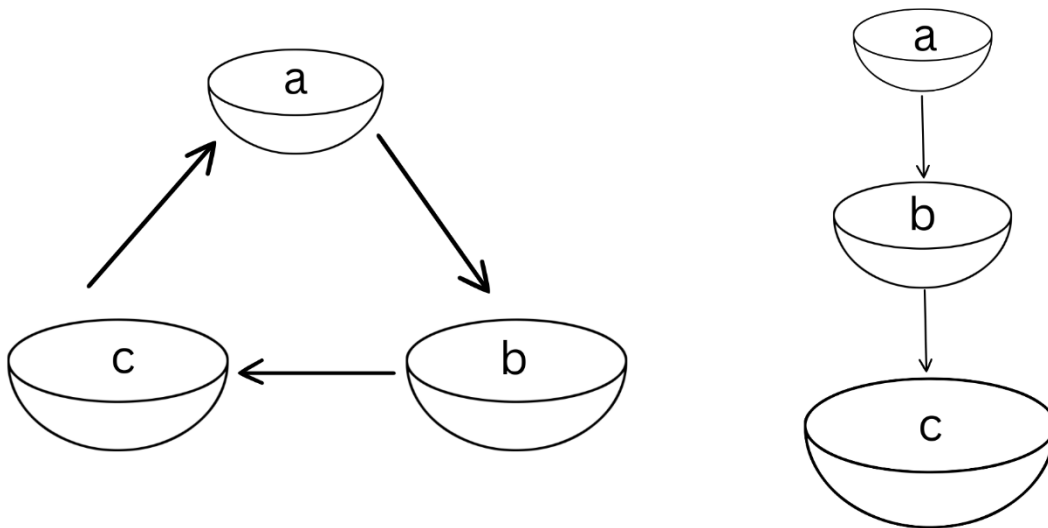


Figure 17 - Example of a Triads

This straightforward method is effective in tuning the body's energy centers without overwhelming the system, allowing for a gradual and harmonious healing process.

Here's a general approach:

Select three bowls with different notes—typically low, mid, and high pitches—that form a harmonious triad based on chakra frequencies or personal intuition.

1. **Play the first bowl:** Start by gently striking the first bowl, allowing its sound to resonate. Focus on the energy center or body area you're targeting.
2. **Introduce the second bowl:** Strike the second bowl, complementing the first. Let the tones overlap, building a deeper harmonic effect.
3. **Add the third bowl:** Introduce the highest-pitched bowl. Let it blend with the other two, either played together or alternated.

Let all three bowls' tones mix and harmonize, focusing on how the vibrations work together to balance and resonate with the energy field.

In many spiritual traditions, the combination of three notes or a triad symbolizes **unity, balance, and wholeness**, which are core. In this context, the triad aligns with the idea of the interconnectedness of mind, body, and spirit. The act of playing a triad fosters a deeper connection to spiritual consciousness, helping the client move into a meditative state where healing can occur on all levels—physical, emotional, and spiritual.

Triads can be played on/around the center of the body. The direction of the triangle can move energy up or down the body as directed. A triad can also be built around a specific body part that needs energy work.

Advanced Session

Objective: To provide a deep, transformative healing experience using advanced sound healing techniques. This advanced session is designed to address specific physical, emotional, or energetic imbalances, using Yantras (Bowl-Body placements) which utilize customized sound frequencies and a variety of instruments to facilitate profound healing and restoration.

Duration: 60-90 minutes

Setting:

- ⌘ A quiet, peaceful space, free from distractions, ideally in a private room with soft, ambient lighting (e.g., dimmed lights, candles, or Himalayan salt lamps).
- ⌘ The meditator should lie comfortably on a yoga mat or healing table, ensuring their body is fully supported.
- ⌘ Optional: Soft, cozy blankets or pillows to support relaxation and comfort.
- ⌘ Aromatherapy and cleansing: Incenses or Essential oils like lavender or frankincense can be diffused to enhance relaxation.

Sound Healing Instruments:

- ⌘ **Nepalese Therapy bowls** (various high to low resonating bowls or tuned to specific Chakras or frequencies, such as 432 Hz, 528 Hz, or 963 Hz)
- ⌘ **Ghantis** (customized to specific Chakras)
- ⌘ **Shamanic drums** (for grounding and rhythm)
- ⌘ **Conch shell** (for deep cleansing)
- ⌘ **Kundalini Mala bells** (for Shaking out heavy negative stored energies)
- ⌘ **Tingsha** (to signal transitions and clear energy)
- ⌘ **Gong** (for deep energetic cleansing and transformation)

- ⌘ **Mantra chanting** (mantras for deep vibrational healing)

Session Outline:

1. Pre-Session Consultation (5-10 minutes):

- ⌘ Begin by discussing any specific areas of concern with the meditator (physical, emotional, mental, or spiritual imbalances).
- ⌘ Based on the conversation, tailor the session to the meditator's needs, selecting specific Yantras, instruments and sound frequencies that best support their healing needs.
- ⌘ Set an intention together for the session. This could be related to releasing trauma, balancing energy, emotional clearing, or deep relaxation.

2. Grounding & Preparation (5-10 minutes):

- ⌘ Invite the meditator to sit comfortably, close their eyes, and begin taking deep, slow breaths.
- ⌘ Guide them through a brief grounding exercise, visualizing roots extending from their body into the earth, connecting with the earth's energy for stability.
- ⌘ Encourage the meditators to focus on their breath and let go of any external distractions or mental chatter.

Use previously introduced **Voice Commands** (refer to page 36 and 37): *feel free to add some other instructions to bring meditators into the mild hypnotic state.*

Relax

Go deeper into yourself

Forget everything

Empty your mind

All you need to do is listen to the sound and stay with the sound.

Submerge yourself into this experience

Relax

3. Sound Healing Journey (40-50 minutes):

- ⌘ Begin with Ghantis
- ⌘ Introduce singing bowls (details are provided in Yantra Chapter)
- ⌘ Add other instruments like drums, Ghantis, conch shell etc.

4. Deep Integration (5-10 minutes):

- ⌘ As the sound healing concludes, shift to gentler, more subtle sounds like chimes or soft singing bowl tones to signal the closing of the session.
- ⌘ Allow for silence in between the sound waves, providing time for the meditator to fully absorb and integrate the vibrations.
- ⌘ Gently guide the meditator's awareness back into their body, helping them reorient and reconnect to their physical presence.

5. Closing & Reflection (5-10 minutes):

- ⌘ Invite the meditator to slowly open their eyes and take a few deep, conscious breaths.
- ⌘ Allow a few moments of quiet reflection. Ask them to notice how they feel, and whether any emotional shifts or insights arose during the session.
- ⌘ Encourage them to write a journal or reflect on their experience after the session to further integrate the healing.
- ⌘ Offer guidance on hydration and self-care (e.g., potential breathwork exercises, drinking water, taking a walk, or resting after the session).

Key Goals of the Advanced Session:

- ✿ **Deep energetic clearing:** Address specific blockages in the body or energy field through targeted sound frequencies.
- ✿ **Emotional release & transformation:** Use sound to trigger emotional healing, helping to release trauma, stress, or old patterns.
- ✿ **Chakra balancing:** Align and harmonize the body's energy centers using specific frequencies and instruments.
- ✿ **Spiritual growth & connection:** Facilitate deeper spiritual connection, enhancing inner peace, self-awareness, and alignment with higher consciousness.

Bowl-Body Placement

In Tantrik sound therapy, the placement of the bowls or **Bowl-Body Placement** is considered one of the most important things to enhance the therapeutic effects of the session. Since placement creates the dynamic nature of the vibration and the sound, placements can enhance or diminish the quality of the session.

When placed on or near specific parts of the body, the bowls' vibrations directly resonate with the energy centers, or Chakras, helping to balance and clear any blockages. For example, placing a bowl tuned to the Root Chakra at the base of the spine or a Heart Chakra bowl over the chest can facilitate targeted healing. The arrangement of bowls can be used to create patterns that align with the body's energy flow, amplifying the effects by encouraging harmonious interaction between the different sound frequencies. The **Sacred Geometry patterns** can further enhance the sense of balance and unity during the session.

The strategic placement of sound bowls also influences the way sound waves interact and amplify within the space. The sound and the vibrations of the bowls overlap and create a richer, more layered soundscape creating interwoven sound patterns encouraging a deeper level of healing and experience. Additionally, the placement of bowls in specific patterns, such as around the head or body, helps create a sacred, energetically potent space for the meditator, fostering a deeper connection to the sound and facilitating a transformative healing process.

By carefully positioning the bowls around the body or in an intentional pattern, the Tantrik can focus on specific areas that require healing, whether it's physical tension, emotional stress, or energetic imbalances. Bowl placement allows for a customized healing experience, where sound is directed toward areas of discomfort, too-high energy or energetic stagnation. This targeted approach can help release blocked energy and restore balance within the body's energy field.

Remember, there is **not** one specific “**right way**” to place the bowls. Yantras (refer to page number 68) mentioned in this book represent some of the practical, common, safe and effective Bowl-Body placements used by Sound-Tantriks. These have been tested and refined by the author during hundreds of therapy sessions.

Work consistently with the sound bowls by being aware of the sound of the bowls, specific tone/frequency of the bowls, vibrational capacity of the bowl, as well as the physical attributes like size, depth, thickness and the density of the bowls.

Using Ghanti - Bells

Starting the Session:

Start by holding a bell (**will be referred to as Ghanti throughout the book**) gently in one hand.

- ⌘ Bring the Ghanti to the Third Eye Chakra (if on a group setting position yourself to the center of the space) and let the clapper strike once, gently. This helps to center mental energy and attention to the Third Eye.
- ⌘ After 5 seconds, let the clapper strike twice, quickly. Allow each strike to be clean. Be gentle.
- ⌘ After another 5 seconds, quickly, let the clapper three times. These strikes are intended to create a gradual buildup, encouraging both the mind and energy field to wake up gently.

These strikes create an auditory "opening" to the session, clearing up stagnant energy and drawing the meditator's awareness into the present moment. The sound can be felt physically, like a light vibration in the body, setting the stage for deeper energy work.

As the Ghanti rings, encourage the meditator to focus on the sound and feel the vibrations traveling through their body. Remind them, to breathe deeply, aligning with the rhythm of the sound.

Mid-Session:

In the middle of the session, when the meditator is in a relaxed, meditative state, the Ghanti's role shifts to subtle energy clearing. Use Ghanti to create moments of stillness within the sound healing session.

- ⌘ **Single gentle strike:** When it's time to use the Ghanti, gently strike it once. Let the clapper create a soft tone that lingers for about 10-15 seconds. The sustained sound creates a calming vibration that can help release blockages and deepen the meditator's connection to their inner state.
- ⌘ **Repeat strikes:** After the first gentle strike and a brief pause, strike the Ghanti again after 10-15 seconds. This repeated strike of the Ghanti brings meditators back to focus on the present moment, guiding them to let go of

distractions or deep-seated tension. Striking the Ghanti with this rhythm encourages a continual surrendering of unnecessary mental or emotional clutter.

Three Ghantis Technique:

Choose three Ghantis with distinct resonances—high, mid, and deep. Position them strategically within space, either by placing them in different areas or by holding two Ghantis in your hands and placing the third on the ground.

- ⌘ **Sequential Playing:** Begin by striking the high-resonance Ghanti and allow its sound to fully dissipate before proceeding. Next, play the mid-resonance Ghanti, again waiting for the sound to fade completely. Finally, strike the deep-resonance Ghanti. Repeat the same pattern. This sequential approach allows each tone to be fully experienced and absorbed.
- ⌘ **Alternating Technique:** Depending on the needs of the session, you may alternate between the Ghantis. For instance, after playing the high-resonance Ghanti, you might choose to play the deep-resonance Ghanti next, rather than following a strict high-to-low sequence.
- ⌘ **Simultaneous Playing:** To introduce dynamism into the session, you can play two Ghantis simultaneously by holding one in each hand. After allowing their combined resonance to fill the space, switch to the third one. This technique creates a rich, layered soundscape that can enhance the therapeutic effects of the session.

Multiple Ghantis-heavy strikes:

Hold multiple Ghantis with different frequencies in each hand. Beginning with a gentle shake, gradually increasing the intensity over time. Maintain this heightened intensity for about 20-30 seconds, then slowly reduce the force until it returns to a soft, gentle vibration, eventually allowing it to fade away completely.

This carefully orchestrated ringing of the Ghantis serves as a powerful, Tantrik spiritual experience—inviting them into a deep meditative state where the boundaries between the self and the divine dissolve, and they are bathed in the transformative energy of sound and vibration.

Mixing with Sound Bowls:

After the Ghanti has created a deep resonance, transition into the use of sound therapy bowls. Ghanti and bowls can work together to create a dynamic experience. Ghanti's sound resonance moves through the room and set up the energy field, while the bowls introduce harmonic frequencies to cleanse and balance the Chakras or energy centers.

Strike the Ghanti gently as you move through different sound frequencies of the bowls, allowing the two sounds to complement and layer over each other. This combination can enhance the overall effect of the session and assist in deeper energetic integration.

Rim Technique (Alternative way)

The Rim Technique involves gently rubbing a soft mallet along the outer rim of a Ghanti (like a singing bowl) to produce resonant, harmonic tones.

- ⌘ Hold the Ghanti in one hand and the mallet in another hand.
- ⌘ Place the mallet gently against the outer rim of the Ghanti at a 75-to-85-degree angle.
- ⌘ Apply light, even pressure and begin moving the mallet in a circular motion around the rim. The motion should be slow and deliberate.

Instead of switching back and forth to the bowl, you can use this technique to minimize your movement. You can take the clapper off to make Ghantis act like a bowl for this technique.

Ending the Session:

To conclude the session, bring the Ghanti back to the Third eye space, signaling the end of the sound healing journey. This helps the meditator transition back into a grounded state of awareness.

- ⌘ Strike the Ghanti gently once, letting it resonate deeply. Hold the sound for a moment and allow the resonance to settle within the meditator's body.
- ⌘ Wait 10 seconds and gently strike Ghanti twice.

- ⌘ After 10 seconds, quickly strike Ghanti three times. This final trio of sounds acts as a symbolic closure to the session, signaling that the energy work has completed, and the session is coming to an end.
-

Additional Considerations:

Intention setting: Before beginning, use Ghanti to set a strong, clear intention for the session. This can involve holding the Ghanti at the Third eye and silently affirming the intention or dedicating the session to healing a specific area of the body or mind. The sound of Ghanti can be a powerful tool to focus the energy on the right direction.

Frequency of strikes: The frequency and number of strikes are encouraged to be intuitive and matched to the meditator's energy state. Some people may benefit from a longer duration of sound, while others may prefer shorter, more frequent strikes. Adjust the pacing of the strikes to what feels right for both you and the meditator.

Cleansing the space: Nepalese Ghantis are also traditionally used for space clearing. If the room feels energetically heavy or unbalanced, use the Ghanti periodically to clear the energy of the space before, during, or after the session. Walking around space with the Ghanti can help shift stagnant energy and create a more harmonious environment for healing.

The sound of the Ghanti acts as a doorway to *Sunya* (in Buddhist concept) which is the nature of the self, and the source of all the vibrancy and energy is Sunya. In Tantra, Ghantis are seen to help awaken dormant energy or Kundalini within the body.

Yantras – Bowl-Body Placements, Techniques and Benefits

Nineteen **Bowl-Body placements** are introduced in the following table. Each following subsection identifies and defines the use(s) of the Yantra, providing details of the Bowl-Body layout(s), some bowls/Ghanti playing techniques, and the benefits associated with the Yantra. Use of these Yantras assumes the practitioner is familiar with the details provided earlier in this manual. Half of the Yantras are for individual seekers, and other half are designed for multiple simultaneous meditators.

Yantra	Objective	# of bowls
Chakra Yantra	Chakra cleansing	7
Shiva Yantra	Enhance clarity, peace	6
Shakti Yantra	Deeper relaxation, healing	6
Kalpa Vriksha Yantra	Enhances Clarity, Memory Power	10
Nadi/Kundalini Yantra	Chakra healing, visions	7
Tree of life Yantra	Aligning mind body and spirit	7
Trisula/Trident Yantra	Metal agony and pain relief	11
RatnaSambhava Yantra	Spiritual elevation, relaxation	9
Sahasara Yantra	Awakening inner energy, Mental clarity	15
Vajra Yantra	Balancing life and relationship	11
Tripundra/3-line Yantra	Inner peace, Relaxation, healing	10
Viswa Vajra Yantra	Binding Relationship, group	9
4-line Yantra	Inner peace, Relaxation, Group healing	13

Swastik Yantra	Growth, Prosperity, Mental clarity	13
5 Line Yantra	Inner peace, Relaxation, Group healing	16
Bhava-Chakka (Wheel of Life)	Spiritual awakening, Group healing	14
5 petal lotus Yantra	Spiritual awakening, Group healing	16
Turiya Yantra	Group Healing, Balancing energies	19
Dhamma Chakka Yantra	Group Healing, Balancing energies	19

The numbers specified for the bowls represent the ‘**minimum bowls required**’ to effectively perform the designated Yantra settings. While the Yantras outlined below recommend incorporating additional bowls to enhance the session, they have been discussed in a manner that allows for effective implementation without the extra bowls.

Individual Healing

Chakra Yantra

The 7-Chakra bowl set usually comes with the notes C, D, E, F, G, A, and B for the Root to Crown Chakras, respectively. Although specific notes are assigned to specific chakras for therapy sessions, this is not deemed critically important. A major consideration is the resonance and pitch of the bowls. Generally, lower chakra bowls are heavier, larger, and thicker, while upper chakra bowls are lighter, smaller, and thinner. However, this is not always the case.

Bowl Placement

- ∞ The Crown Chakra bowl is placed 10-15 inches above the top of the head.
- ∞ The Third Eye Chakra bowl is placed on or near (15-20 inches away) the Third Eye or Ajna Chakra.
- ∞ The Throat Chakra bowl is placed on or near (15-20 inches away) the Throat or Vishuddha Chakra.
- ∞ The Heart Chakra bowl is placed on or near (15-20 inches away) the Heart or Anahata Chakra.
- ∞ The Solar Plexus Chakra bowl is placed on or near (15-20 inches away) the Solar Plexus or Manipura Chakra.
- ∞ The Sacral Chakra bowl is placed on or near (15-20 inches away) the Sacral or Svadhisthana Chakra.
- ∞ The Root Chakra bowl is placed on or near (10-15 inches away) the Root or Muladhara Chakra.

Note: *If bowls are placed on the body, one should strike each bowl gently and be mindful of allowing maximum vibration to be absorbed by the body.*

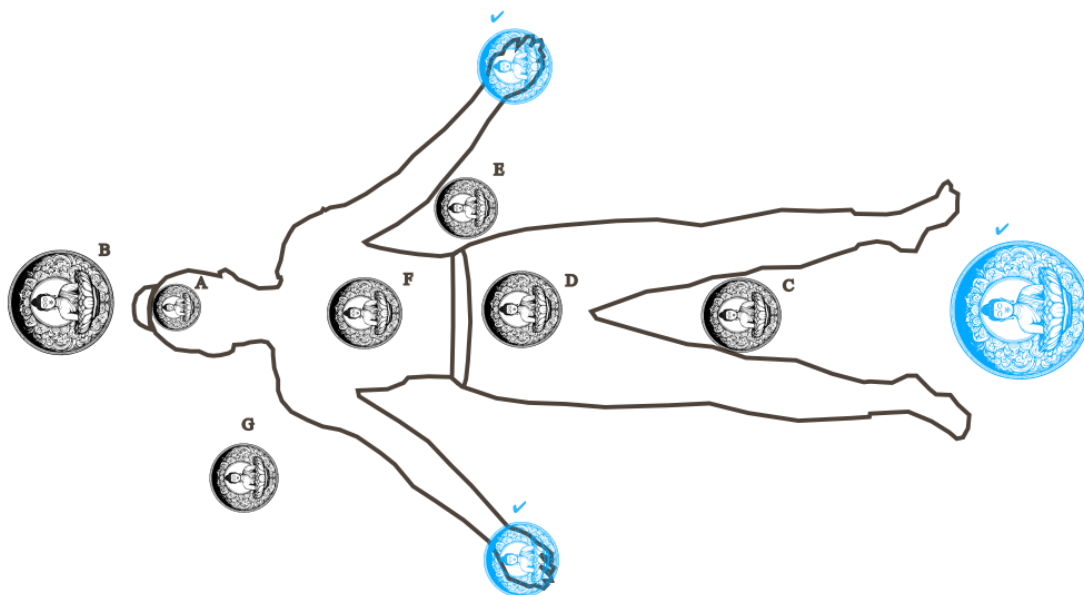


Figure 18 - Yantra: Chakra Yantra

Instruments: 7 bowls set, a Ghanti, Vajra therapy bowl, Tingsha

Bowl Group	Ring Duration
B, A	5 - 9 sec
G and F	7 - 11 secs
D, E, b and c	9 - 15 secs
a	12 – 18 secs

NOTE: One can also place a bowl on both palms of the meditator in any Yantra mentioned in this book to bless the meditator with more vibration, if needed.

Use the voice commands (refer to page 36 and 37) to calm the mind and body, and to elevate the meditator in the healing vibration.

Since these 7 Chakra bowls are tuned to specific notes, they create pleasant harmony and bestow a deep sense of relaxation and release.

Some healers also use this specific set of bowls to cleanse or open blocked chakras. If a person is more sensitive to energy points in the body, the Tantrik can work on those specific energy centers.

Technique

In this yantra, we will primarily focus on blocked chakras. These bowls can be used to diagnose or scan blocked chakras, or, if we already know which chakras to focus on, we can work specifically with those.

Bring a Ghanti to the Third eye space and let the clapper gently strike once. Wait 5 seconds, then let the clapper hit twice, wait 5 seconds and let the strike three times.

1. Strike the base bowl (if unavailable, skip the base bowl for the whole session).
2. Strike the Root Chakra bowl 'C'. Let it fade away for 12-18 secs.
3. Strike Heart Chakra bowl 'F' and let it fade away for 10-15 sec.
4. Gently tap the Crown bowl 'B'.
5. Repeat steps 1 through 3 (Repeat steps twice).
6. Now strike the Sacral bowl 'D'.
7. Tap Third Eye bowl 'A'.
8. Hit the Solar-Plexus bowl 'E'.
9. Hit to the Throat bowl 'G'.
10. Hit the Heart bowl 'F'.
11. Hit the bowls placed on palms (skip if unavailable) and Repeat steps 1-10.

Use the diagnosing method for blocked chakras (refer to page number 24 for the diagnosis method).

Let's work with the Root, Crown, and Heart bowl triad. Strike the base bowl (if available), strike 'C', 'B', and 'F', then the chakra that needs work. For example, if working on the Solar Plexus chakra:

12. Strike 'C', tap 'B', hit 'F' and hit 'E' (count to 3 between each strike and let it fade away). Strike the base bowl (if available).

If working on both Solar Plexus and Throat:

Strike 'C', tap 'B', hit 'F', 'E' and tap 'G' (count to 3 between each strike and let it fade away) and strike the base bowl.

Now, the gap increases to 7 seconds. For example, if working on the Solar-Plexus.

13. Strike 'C', tap 'B', hit 'F' and hit 'E' (count to 7 between each strike and let it fade away). Strike the base bowl (if available).

If working on Solar-Plexus and Throat. Strike 'C', tap 'B', hit 'F', 'E' and tap 'G' (count to 7 between each strike and let it fade away). Strike the base bowl.

Similarly, repeat steps the pattern, increasing the gap to 9 seconds, then 12 seconds, and finally 15 seconds.

At this point, use some Ghanti (refer to page 64) or Vajra therapy bowl (refer to page 159) to cleanse and drive out stagnant energy.

14. Hit 'F', to allow full vibration on the Heart Chakra (three times). We aim to direct energy to the Heart area by drawing energy from the other chakras, helping to release any blocked or stagnant energy.
15. Repeat steps 1 through 14.

You can strike the other bowls like Sacral and Third Eye bowls, if you observe it may improve energy flow. This can also help to release stuck energy from those chakras.

16. Fade away with triad: strike Root, tap Crown and hit Heart bowls and let them fade away.

You can use the voice commands (refer to page 36 and 37) and/or use Tingsha (refer to page 154) or Ghanti to gently bring meditators out of the session.

Benefits:

- ☸ Chakra healing
- ☸ Peace and relaxation
- ☸ Anxiety/Stress release
- ☸ Beneficial to migraines, headaches and body pain

Shiva Yantra or Upward Triangle Yantra

The **Upward Triangle Yantra** or Pyramid pattern is especially useful when meditators are less concerned with relaxation of the mind, stress, or anxiety but for seeking spiritual elevation. Rather than focusing solely on healing, if meditator wants to experience the spiritual aspect of sound therapy, this simple yet “experience-bestowing” Yantra pattern is ideal.

Bowl Placement

As shown in Figure 19, bowls are arranged to form an upward triangular pyramid.

- ∞ Higher frequency or sharper sounding bowls (usually small and thin) are placed at the top of the pyramid.
- ∞ Lower frequency or deeper sounding bowls (usually large and thick) are placed at the bottom of the pyramid.
- ∞ Place a high-resonating bowl above the head (10-15 inches away).
- ∞ Place bowls on each side of the Heart space and Root Chakra area (15-20 inches away). If enough bowls are unavailable, use one bowl for the Heart space and another for the Root space.
- ∞ Place 3 bowls at the bottom to form the base of the pyramid. Skip the middle bowl if there aren't enough bowls. These bottom bowls provide a firm base, ensuring stability and grounding for the meditators.

Instruments: 7 bowls set, Ghanti, Nirvana therapy bowl, Tingsha

Note: *If all the bowls depicted in the figure are unavailable, the tick-marked bowl may be excluded. While the sessions are designed to be effective without these specific bowls, their inclusion is recommended to ensure the highest quality of the session.*

Bowl Group	Ring Duration
a, b and c	7 - 11 secs
d and e	9 – 15 secs
f, g and h	12 – 18 secs

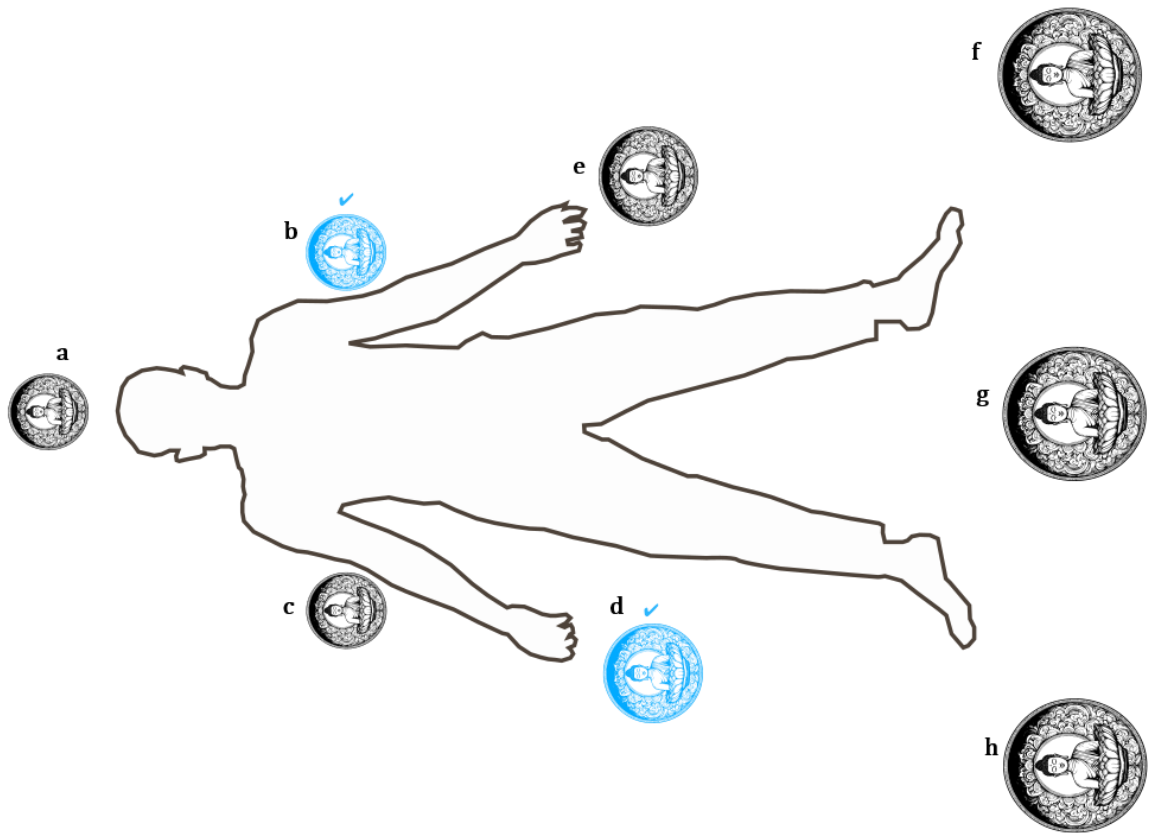


Figure 19 - Yantra: Shiva Yantra (Upward Triangle)

Technique

Use the voice commands (Refer to page number 36 and 37).

Bring a Ghanti to the Third Eye space and let the clapper strike once gently. Wait 5 seconds, then let the clapper strike twice. Wait for another 5 seconds and let the clapper strike three times.

1. Hit the base bowl 'g' twice and gently tap 'a'.
2. Strike the base bowl 'g' and tap 'a'.
3. Strike 'h' and strike 'f' and repeat step 2.
4. Hit 'b' and strike 'd' and repeat step 2.
5. Hit 'c' and then 'e' and repeat step 2.
6. Strike 'h' and strike 'f' and repeat step 2.
7. Strike 'h', 'e', hit 'c' and tap 'a'.
8. Strike 'f', 'd', hit 'b', and tap 'a' and repeat step 2.
9. Repeat steps 1 through 8.

Introduce other instruments (refer to page 154) or Ghantis (refer to page 64) at this point. You can also use a Heart Chakra-oriented or mid-resonating bowl to sing at this moment.

You may hold and strike or sing a bowl over the different Chakras or use Nirvana therapy bowl (refer to page 157) to drive stored stagnant energy out of the system.

Now, reverse the pattern above (steps 1 through 9):

10. Gently tap 'a' twice and hit the base bowl 'g'.
11. Gently tap 'a' and strike the base bowl 'g'.
12. Strike 'f' and strike 'h' and Repeat step 11.
13. Strike 'd' and then 'b' and Repeat step 11.
14. Strike 'e' and then 'c' and Repeat step 11.
15. Strike 'f' and strike 'h' and Repeat step 11.
16. Strike 'a', 'c', 'e' and 'h'.
17. Again, strike 'a', 'b', 'd', and 'f'.
18. Repeat steps 11 through 18.

At this point, you can add some other instruments as well. For Ghanti instructions, refer to page number 64.

19. Strike 'f', 'e', hit 'b' and tap 'a' (count to 3 between each strike and let it fade away).
20. Strike 'h', 'd', hit 'c' and tap 'a' (count to 3 between each strike and let it fade away).
21. Repeat steps 1 through 8 and 10 through 18
22. Gently tap 'a' and strike the base bowl 'g' (let it fade away till it fades away completely).

You can use the voice commands (refer to page 36 and 37) and/or use Tingsha/Ghanti to pull meditators out of the session

Benefits

- ✿ Clears the headspace
- ✿ Increase mental clarity
- ✿ Bestows spiritual upliftment
- ✿ Enhances memory and alertness

Note: Avoid using the Shiva Yantra on meditators who are going through significant hardship or emotional heaviness. This Yantra can agitate the mind if spiritual awareness is lacking.

Shakti Yantra or Downward Triangle Yantra

The **Downward Triangle Yantra**, or Inverse Pyramid pattern, is one of the most peace-bestowing Yantras. This Yantra is highly effective for meditators dealing with anxiety, frustration, restlessness, and instability. If you want to perform a powerful sound bath, you can't go wrong with this pattern. It bestows a deep sense of peace and relaxation to the meditators.

Bowl Placement

- Lower-frequency bowls, typically larger and thicker, are placed closer to the head space, forming an inverted pyramid.
- Higher-frequency bowls, typically smaller and thinner, are placed in the leg space.
- The bowls' placement from the head space to the leg space follows the natural progression of deeper-tone bowls descending to higher-tone bowls.

Instruments: 7 bowls set, Ghanti, Nirvana therapy bowl, Tingsha, Kundalini Mala bells

Bowl Group	Ring Duration
a, b and c	7 – 11 secs
d and e	9 – 15 secs
f, g and h	12 - 18 secs

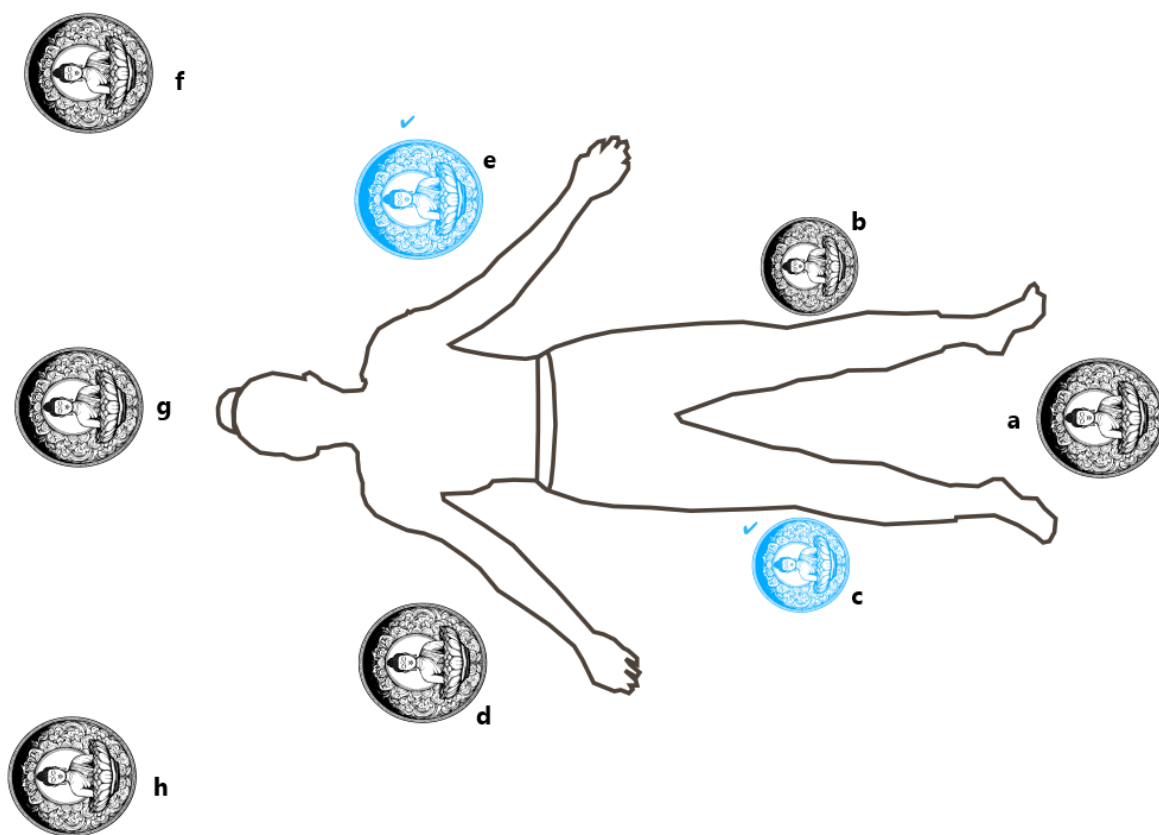


Figure 20 - Yantra: Shakti Yantra (Downward Triangle)

Note: If all the bowls depicted in the figure are unavailable, the tick-marked bowl may be excluded. While the sessions are designed to be effective without these specific bowls, their inclusion is recommended to ensure the highest quality of the session.

Technique:

Use the voice commands (Refer to page number 36 and 37).

Bring a Ghanti to the Third Eye space and let the clapper strike once gently. Wait 5 seconds, then let the clapper strike twice. Wait for another 5 seconds and let the clapper strike three times.

1. Tap Crown bowl 'g' and strike 'a'.
2. Repeat step 1.
3. Hit 'h', 'f' and Repeat step 1.
4. Hit 'd', 'b' and Repeat step 1.
5. Strike 'e', 'c' and Repeat step 1.
6. Strike 'h', 'f' and Repeat step 1.
7. Strike 'h', 'e', 'c' and 'a'.
8. Strike 'f', 'd', 'b', and 'a' and Repeat step 1.
9. Repeat steps 1 through 8.

Introduce other instruments (refer to page 154) or Ghantis (refer to page 64) at this point. You can also use a Heart Chakra-oriented or mid-resonating bowl to sing at this moment. You may hold and strike or sing a bowl over the different Chakras or use Nirvana therapy bowl to drive stored stagnant energy out of the system.

Now reverse the pattern above (steps 1 through 9):

10. Strike 'a' and gently tap 'g'.
11. Repeat step 10.
12. Strike 'f' and strike 'h' and Repeat step 10.
13. Strike 'b' and then 'd' and Repeat step 10.
14. Strike 'c' and then 'e' and Repeat step 10.
15. Strike 'f' and strike 'h' and Repeat step 10.
16. Strike a, c, e, h.
17. Similarly strike a, b, d, and f Repeat step 10.
18. Repeat steps 10 through 17

At this point, you can add other instruments as well. Use of Kundalini-Mala bells (refer to page 169) are recommended for this session.

19. Strike 'f', 'e', 'b' and tap 'a' (count to 3 between each strike and let it fade away).
20. Strike 'h', 'd', 'c' and tap 'a' (count to 3 between each strike and let it fade away).
21. Repeat step 1 through 8 and 10 through 18
22. Repeat step 10 and let it fade away completely.

You can use voice commands (refer to page 36 and 37) and/or Tingsha/Ghanti to gently guide meditators out of the session.

Benefits

- ✿ Deeper state of relaxation
- ✿ Grants a balanced outlook.
- ✿ Removes heaviness and burden
- ✿ Provides freshness to the mind and body

Note: Meditators with gentle energy or high vibrating energy may not find this pattern as effective. This Yantra is more focused on healing the lower plane of existence, thus directing it to anxiety, stress, heaviness, etc..

NOTE: Remember to express gratitude for the entire experience at the end of each session. This practice allows healers to be more receptive to the energy of the meditators in future sessions.

Kalpa Vriksha Yantra

This is another highly effective Yantra or pattern for the individual private session or the couple therapy sessions. Kalpa Vriksha is a wishful-filling divine tree in Hindu, Buddhist, Jain and Sikh cultures. This Yantra helps one clear head space and develop imaginative power. It is a powerful Yantra for spiritual awakening.

Bowls Placement

As shown in Figure 21, the low frequency bowls are placed at the bottom or near the foot area and other bowls are placed progressively higher in frequency as we go up to the head space.

For effective placement, you will need 10-12 bowls. The bowls are placed side by side near the body in accordance with the Chakra areas.

- ∞ The highest-frequency bowl is placed at the Crown Chakra, 10–20 inches away from the top of the head.
- ∞ Two of the second-highest-frequency bowls are placed 1.5 to 2 feet away on each side of the center of the Third Eye Chakra or Throat Chakra.
- ∞ Two of the third-highest-frequency bowls are placed 1.5 to 2 feet away on each side of the center of the Heart Chakra.
- ∞ Gradually decreasing the frequency of the bowls, two of the four remaining bowls are placed 1.5 to 2 feet away on each side of the center of the Solar Plexus Chakra or Sacral Chakra.
- ∞ Following a similar pattern, two bowls are placed on each side of the Root Chakra or buttock area.
- ∞ Two bowls are placed 2 to 3 feet away on each side of the knee area.
- ∞ The heaviest and/or lowest vibration bowl is placed right beneath the feet.

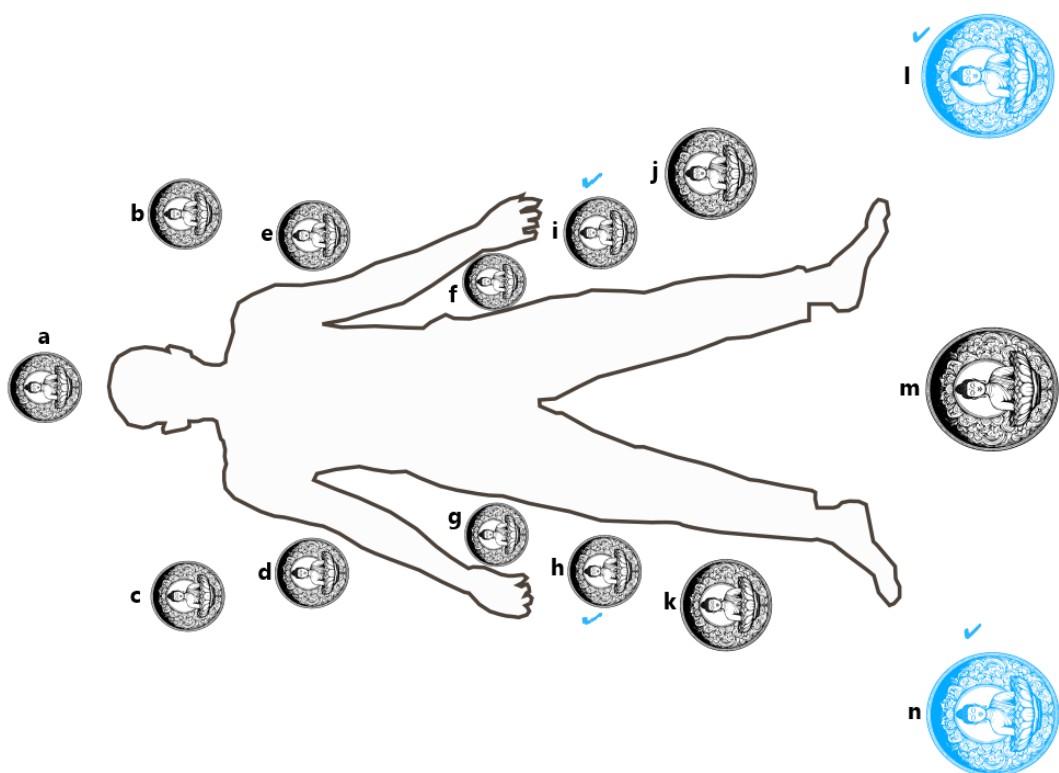


Figure 21 - Yantra: Kalpa Vriksha (Wish Fulfilling Tree)

Note: If all the bowls depicted in the figure are unavailable, the tick-marked bowl may be excluded. While the sessions are designed to be effective without these specific bowls, their inclusion is recommended to ensure the highest quality of the session.

Instruments: 12 bowl set, a Ghanti, Vajra therapy bowls, Tingsha

Bowl Group	Ring Duration
a	5 - 9 sec
b, c, d, and e	7 - 11 secs
f, g, h, i, j and k	9 - 15 secs
l, m and n	12 – 18 secs

Technique:

Use the voice commands (refer to page 36 and 37).

Bring a Ghanti to the Third Eye space and let the clapper strike once gently. Wait 5 seconds, then let the clapper strike twice. Wait for another 5 seconds and let the clapper strike three times.

1. Hit 'm' and tap 'a'.
2. Strike 'm' and tap 'a'.
3. Strike 'l' and 'n' (skip 'n', if unavailable) and 'm'.
4. Strike 'h' and 'i'.
5. Hit 'd' and 'e'.
6. Tap 'a'.
7. Strike 'g' and 'f' (no gap in between, almost striking simultaneously)
8. Repeat step 2.
9. Strike 'k' and 'j'.
10. Strike 'g' and 'f'.
11. Hit 'b' and 'c' and 'a' triad.
12. Strike 'l' and 'n' (skip 'n', if unavailable) and 'm'.
13. Hit 'd', 'e', and tap 'a' triad.
14. Repeat steps 1 through 13

Introduce other instruments (refer to page 154) or Ghantis (refer to page 64) at this point. At this point, using Binayo (refer to page 172) places the meditators into trance state.

15. Repeat step 2.
16. Strike 'n', 'j', 'h', 'f', 'd', 'b' and 'a'.
17. Strike 'l', 'k', 'i', 'g', 'e', 'c' and 'a'.
18. Repeat step 7.
19. Hit 'd', 'e', and tap 'a' (this is a triad).
20. Repeat steps 1 through 13.

At this point, you can add other instruments. Use Nirvana therapy bowls (refer to page 157) to drive out stagnant energy.

21. Strike 'l' and 'n' (skip 'n', if unavailable) and 'm'.
22. Strike 'g', 'f' and 'a'.
23. Repeat step 21 and Strike 'd' and 'e' and 'a' triad.
24. Repeat step 21 and Strike 'c' and 'b' and 'a' triad.
25. Strike 'l', 'j', 'i', 'f', 'b', 'e' and 'a' (count to 3 between each strike and let it fade away).
26. Strike 'n', 'k', 'h', 'g', 'd', 'c' and 'a' (count to 3 between each strike and let it fade away).
27. Strike 'm' and let it fade away until it fades away.

Use the voice commands (refer to page 36 and 37) and/or Tingsha (refer to page 154) and/or Ghanti to gently guide meditators out of the session.

Benefits

- ✿ Chakra balancing
- ✿ Peace and relaxation
- ✿ Increases memory power
- ✿ Clears the mind and bestows vitality.

Nadi Yantra or Kundalini Yantra

Nadi is one of the fundamental concepts in the yogic tradition. Nadis are channels through which prana (life energy) flows within the physical, subtle, and causal bodies. The term "nadi" comes from the Sanskrit word meaning "flow" or "stream." Nadis serves as a channel for the movement of energy, much like the circulatory system transports blood.

Following this pattern can help raise Kundalini energy, elevate the subtle body to a higher vibrational state, and provide meditators with a fresh and heightened perspective. It can even facilitate an instant spiritual awakening.

Bowl Placement

This pattern is a mix of Chakra and KalpaVirkha Yantra, forming a setup that resembles the hood of a striking cobra. This pattern follows the infinity symbol where the center meeting point is Heart Chakra and other two ends are top of the head (Crown Chakra) and bottom of the foot or Root Chakra. Refer to figure 22.

- ∞ The highest frequency bowl is placed 18 inches to 2 feet away from the top of the head (Crown Chakra).
- ∞ The Third-Eye Chakra bowl is placed on the Third-Eye Chakra or Ajna Chakra.
- ∞ Two of the mid-frequency bowls are placed about 18 inches away, adjacent on both sides of the Throat Chakra.
- ∞ The Heart Chakra bowl (mid-frequency) is placed on the Heart Chakra or Anahata Chakra.
- ∞ Two lower-frequency bowls are placed 18 inches to 2 feet away, adjacent to both sides of the thigh area.
- ∞ The deepest and the lowest vibrating bowl is placed at Root Chakra, near to the feet.

In this Yantra, the primary goal is to raise Kundalini energy upward. Sound is used to guide the energy step by step through the upper Chakras, culminating at the Crown Chakra. There are three principal Nadis in the body: Ida and Pingala coil up like a serpent, connecting at each Chakra, while Sushumna moves in a straight path from the Root to the Crown. A similar pattern is employed to facilitate the upward movement of energy.

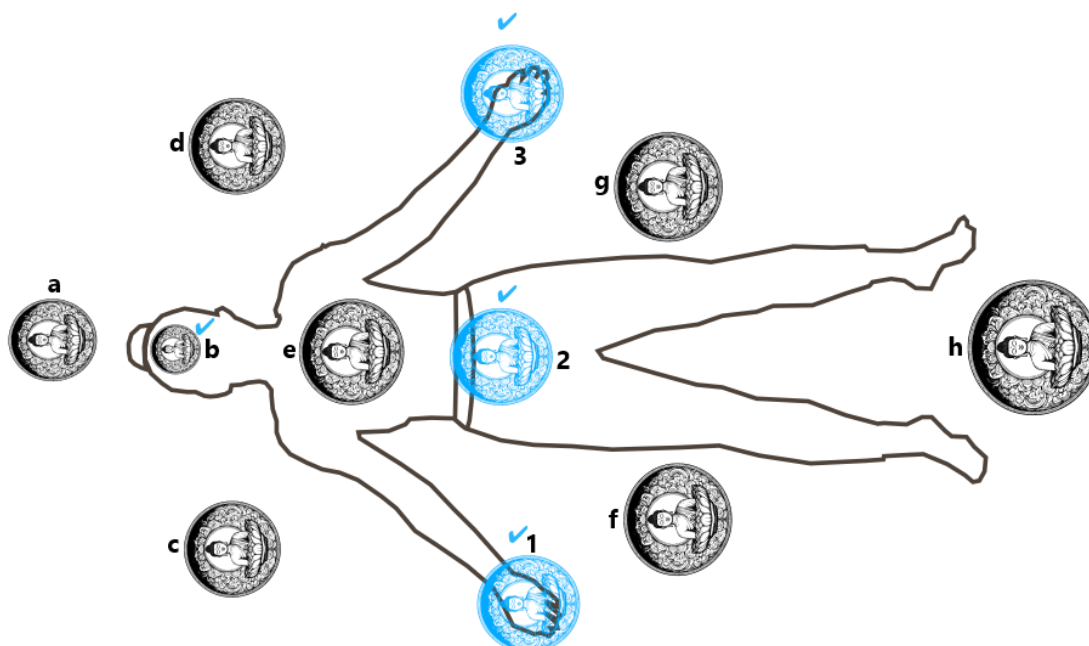


Figure 22 - Yantra: Nadi or Kundalini

Note: If all the bowls depicted in the figure are unavailable, the tick-marked bowl may be excluded. While the sessions are designed to be effective without these specific bowls, their inclusion is recommended to ensure the highest quality of the session.

Instruments: 7 bowls set or more, a Ghanti, Jhakri drum, Damaru, Kundalini Mala bells

Bowl Group	Ring Duration
a	5 - 9 sec
b, c and d	7 - 11 secs
1, 2 and 3	9 - 15 secs
f, g and h	12 – 18 secs

Use the voice commands. (refer to page 36 and 37 for voice commands)

Bring a Ghanti to the Third-Eye space and let the clapper strike once gently. Wait 5 seconds, then let the clapper strike twice. Wait another 5 seconds and let it strike thrice.

Technique:

- Strike 'h' (three times).
 - ✧ Observe the body's energy and how the vibrations affect the meditator.
 - ✧ If the meditator appears relaxed, proceed to strike the bowls near the thigh space or Root Chakra.
- Strike 'f', 'g' and Repeat step 1 (two times).
 - ✧ If the meditator struggles to resonate with the vibrations, return to 'h' and repeat steps 1 and 2.
 - ✧ Gradually, move the bowl upward while observing the meditator's energy.

3. Hit Heart Chakra bowl 'e' (let it vibrate until it fades away).
4. Repeat steps 1 through 3.
 - ✧ Raising the vibration of the subtle body should be gradual—do not rush.
 - ✧ Now move to the bowls adjacent to the Throat Chakra.
5. Strike 'c' and immediately strike 'd' simultaneously.
6. Repeat steps 1 through 5
7. Strike bowls '1' and '3'. If unavailable, skip bowls '1', '2' and '3'.
 - ✧ If the meditator's energy is not well-aligned, repeat steps 1 through 5.

How do you observe the comfort or alignment of body energy?

The meditator's energy should be completely relaxed as the process moves upward. In deeper states, body jerks may occur.

8. Strike 'h', 'g', hit bowls '3', '2', 'e', and Tap 'd', 'b', and 'a'.
9. Strike 'h', 'f', hit bowls '1', '2', 'e' and Tap 'c', 'b', and 'a'.

Introduce Ghantis (refer to page 64), Jhakri dum (refer to page 167) and/or Damaru (refer to page 165).

Now we are ready to shift our efforts to the upper Chakras.

10. Tap 'b'.
 - ✧ Raise energy upwards starting from the Heart Chakra.
 - ✧ If necessary, repeat steps 3 through 5.

At this point, you can add other instruments as well. Use of Kundalini-Mala bells (refer to page 169) are recommended for this session.

Finally, to the Crown Chakra. The brighter, lighter, cleaner and clearer the sound of the Crown Chakra bowl the more effective it is for this Yantra to work.

11. Tap 'a'.

✧ At this stage, play only with the Throat, Third Eye, and Crown Chakra bowls to prevent energy from sinking to a lower state.

12. Tap 'b', 'c', and 'd' triad and tap 'a' (three times).

13. Tap 'b', 'd', and 'c' triad and tap 'a' (two times).

14. Tap 'd', 'c' and 'b' triad and tap 'a'.

✧ If rapid eye movement or stretching occurs, Yantra has had a profound effect.

✧ This step may induce a euphoric state.

✧ A brightened face and heightened intensity suggest a successful process.

✧ Maintain this state by tapping the Crown Chakra bowl a few more times.

It is like the pinnacle or climax of therapy.

15. Finally, strike 'h' and let it ring until all sounds fade away.

Use the voice commands (refer to page 36 and 37) and/or use Tingsha/Ghantis to bring meditators out of the session.

Benefits

- ✿ Kundalini Awakening
- ✿ Enhanced clarity and alertness
- ✿ Spiritual visions and experiences
- ✿ Improved memory and cognitive function.

Tree of Life Yantra or Mushroom Pattern

The **Tree of Life Yantra** can be used to facilitate spiritual awakening, enhance imaginative power, and clear the mind. The Tree of Life is a cosmic symbol that connects all realms, including the underworld and the heavens, thereby linking all aspects of life. This pattern effectively realigns the body, mind, and spirit. In this arrangement, bowls are placed in a formation resembling a tree or mushroom structure.

In this Yantra, we elevate energy to the upper Chakras and then guide it back to the Root, ensuring grounding. This technique helps meditators step beyond their comfort zone while maintaining relaxation and fostering a spirit of exploration.

Bowl Placement

- ∞ Highest frequency bowls are positioned at Crown Chakra area, 18 inches to 2 feet away.
- ∞ Gradually descending, lower frequency bowls on both sides adjacent to Third-Eye Chakra or Throat Chakra area (2 feet away).
- ∞ Mid-frequency bowls are placed adjacent to the Heart Chakra area on both sides (3 feet away).
- ∞ A lower vibrating bowl is placed on top of Sacral Chakra.
- ∞ The lowest or deepest vibrating bowl is placed at the Root or foot area.

This bowl layout forms a tree or mushroom-shaped Yantra.

Instruments: 7 bowls set, Ghanti, Nirvana therapy bowl, Jhakri drum, Damaru

Bowl Group	Ring Duration
a	5 - 9 sec
b and c	7 - 11 secs
d and e	9 - 15 secs
f and g	12 – 18 secs

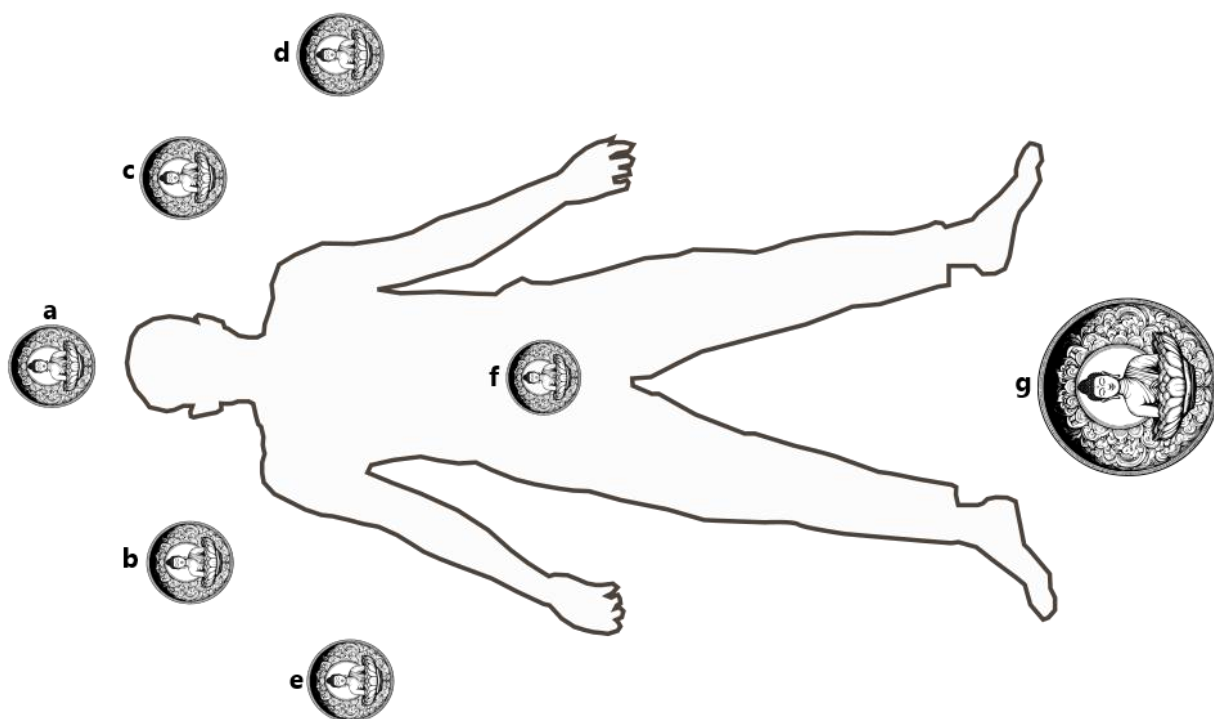


Figure 23 - Yantra: Tree of life or Umbrella pattern

Use the voice commands (refer to page 36 and 37).

Bring a Ghanti to the Third eye space and let the clapper strike once gently, wait 5 secs and let the clapper hit twice, wait 5 secs and let the clapper hit thrice.

Technique:

This bowl layout allows flexibility, enabling the Tantrik to begin from any point or bowl. Typically, lower or mid-resonating bowls are struck first to ground the body's energy.

Various patterns can be followed throughout the session, including moving from low to high, bottom to top, left to right, or right to left.

1. Strike 'g' three times.
2. Hit 'f' twice and tap 'a'.
3. Hit 'g', 'f', 'd'.
4. Hit 'g', 'f', 'e'.
5. Hit 'g', 'f', 'c'.
6. Hit 'g', 'f', 'b'.
7. Hit 'g', 'f', and 'a'.
8. Repeat steps 1 through 7.
9. Hit 'd', 'c' and tap 'a'.
10. Hit 'e', 'b' and Tap 'a'.
11. Hit 'f' and Tap 'a'.

Introduce other instruments (refer to page 154) or Ghantis (refer to page 64) at this point. You can also use a Heart Chakra-oriented or mid-resonating bowl to sing at this moment. You may hold and strike or sing a bowl over the different Chakras or use Nirvana therapy bowl to drive stored stagnant energy out of the system.

Vajra therapy bowls or Viswa vajra therapy bowls are super effective for mid-session in most of the mentioned Yantras throughout the book.

12. Repeat steps 1 through 7.
13. Tap 'd', 'c', 'a', 'b', 'e', (count to 3 between each strike and let it fade away).
14. Strike 'g' and hit 'f'.
15. Tap 'e', 'b', 'a', 'c', 'd' (count to 3 between each strike and let it fade away).
16. Repeat steps 14.

17. Repeat steps 3 through 7.

At this stage, additional instruments can be incorporated. Using Jhakri drum (refer to page 167) or Damaru (refer to page 165) can be beneficial at this point.

18. Hit 'b', 'c' and 'f'.

19. Hit 'e', 'd' and tap 'a'.

20. Strike 'g', 'f', and tap 'a'.

21. Repeat steps 13 through 16.

22. Repeat steps 7 through 1 (in the order of 7, 6, 5,4,3,2 and 1).

Lastly, bring a Ghanti to the Third-Eye space, let the clapper strike once gently, wait 5 seconds, then let the clapper hit twice, wait 5 more seconds, and let the clapper hit thrice.

Use the voice commands (refer to page 36 and 37) and/or use Tingsha (refer to page 154) to bring meditators out of the session.

Benefits

- ☸ Chakra balancing
- ☸ Peace and relaxation
- ☸ Enhanced memory power
- ☸ Clarity of mind and renewed vitality.

Reminder: Express gratitude for the entire experience at the end of each session. This practice allows healers to be more receptive to the energy of the meditators in future sessions.

Trisula or Trident Yantra

The Trisula or Trident is a weapon associated with Mahadev (Shiva), the god of destruction—symbolizing the destruction of ego and illusory perception. "Tri" means three, and "Sula" refers to sufferings: self-inflicted, inflicted by others, and inflicted by nature. This Yantra benefits those suffering from mental agony, pain, fear, and anxiety.

Note: *If a seeker meditates on Shiva during the session, the effects may be amplified.*

Mantra: Om Namaha Shivaya. Bring this mantra to your heart and ask for the blessing from Shiva for the desired outcome. Shiva is supreme and one of the most benevolent energies.

Bowl Placement

- ∞ Place a bowl on the Heart Chakra and the Sacral Chakra.
- ∞ The lowest resonating bowl is placed at the bottom of the feet.
- ∞ Six additional bowls are required:
 - Two lower resonance bowls (placed 2 feet away from the Heart Chakra on each side).
 - Two medium resonance bowls (placed 2 feet away adjacent to the Throat Chakra).
 - Two high resonance bowls (placed 2 feet away adjacent to the Third-Eye Chakra).

This Yantra forms a **Trident pattern**.

Instruments: 12 bowls set, Ghanti, Vajra therapy bowl, Damaru

Bowl Group	Ring Duration
a	5 - 9 sec
b and c	7 - 11 secs
d, g, h, i, j, k, and l	9 - 15 secs
e and f	12 – 18 secs

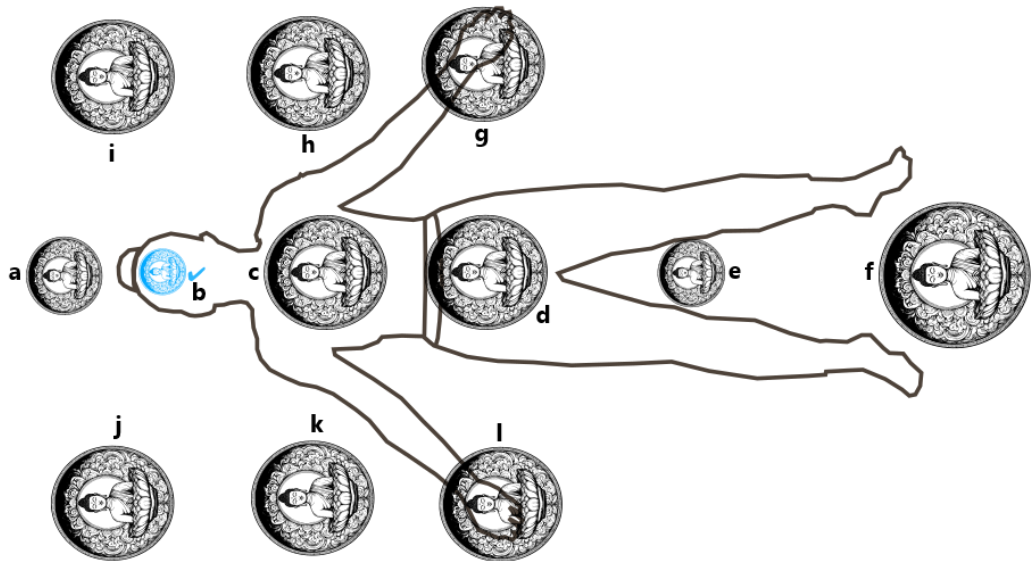


Figure 24 - Yantra: Trisula or Trident

Guidance

Ask meditators to focus on Shiva or Rudra. Use the voice commands (refer to page 36 and 37).

Note: if meditators do not know about Shiva, you can give some insight into Shiva and the image of Shiva so that they can meditate on him during a session.

Bring a Ghanti to the Third Eye, striking it gently once, then twice after 5 seconds, and thrice after another 5 seconds.

Technique:

1. Strike 'f' twice and strike 'e'.
2. Hit 'd' and 'c'.
3. Strike 'f' and 'e', hit 'd' and 'c'.
4. Repeat steps 1 through 3.
5. Tap 'b' and 'a'.
6. Repeat steps 4 and 5.
7. Hit 'g', count to 3 and hit 'l'.
8. Tap 'b' and 'a'.
9. Repeat step 3.
10. Hit 'h' count to 3 and hit 'k'.
11. Tap 'b' and 'a'.
12. Repeat step 3.
13. Hit 'i' and count to 3 and hit 'j'.
14. Tap 'b' and 'a'.
15. Repeat step 3.

Introduce other instruments (refer to page 154) or Ghantis (refer to page 64) at this point. You can also use a Heart Chakra-oriented or mid-resonating bowl to sing at this moment. You may hold and strike or sing a bowl over the different Chakras or use Nirvana therapy bowl to drive stored stagnant energy out of the system.

Vajra therapy bowls or Viswa vajra therapy bowls are super effective for mid-session in most of the mentioned Yantras throughout the book.

16. Hit 'g', 'l' and strike 'f' (count to 3 between each strike and let it fade away until it fades away).

17. Hit 'h', 'k' and strike 'e' (count to 3 between each strike and let it fade away until it fades away).
18. Tap 'i', 'j' and Hit 'd' (count to 3 between each strike and let it fade away until it fades away).
19. Hit 'c', tap 'a' and 'b' (count to 3 between each strike and let it fade away until it fades away).
20. Strike 'f' & 'e', hit 'd', 'c' and tap 'b', 'a' (count to 3 between each strike and let it fade away until it fades away).
21. Repeat steps 1, 2, 3 and 5.
22. Repeat steps 16 through 20.
23. Repeat steps 7 through 15.

At this point, incorporate some other instruments. Use of Vajra therapy bowl (page number 159) and/or Damaru (page 165) is recommended. Refer to the earlier instructions for other instruments.

24. Repeat steps 16 through 22.
25. Hit 'c' and strike 'f'.
26. Hit 'd' and strike 'f'.
27. Strike 'e' and 'f' twice and let it fade away until it fades.

Use voice commands (refer to page 36 and 37) and/or use Tingsha (refer to page 154) and/or Ghantis to bring meditators out of the session.

Benefits

- ✿ Chakra balancing
- ✿ Bestows peace and vitality
- ✿ Improved sleeping pattern
- ✿ Strengthened mind and body
- ✿ Instant stress and anxiety relief

Ratna-Sambhava Yantra or Womb Pattern

This is another effective Yantra or bowl layout for individual, private, or couple sessions. It is particularly beneficial for meditators seeking alignment with an illuminated mind or spiritual enrichment.

Ratna-Sambhava means "**Jewel Manifest**" and is one of the Dhyani Buddhas in Vajrayana or Tantrik Buddhism. He is associated with human emotions, sensations, and their connection to human consciousness. Meditators dealing with emotional imbalance and instability may benefit from this Yantra. Couples experiencing difficulties in their relationship can also find immense support through this practice.

Bowl Placement

This Yantra requires more than seven bowls. The bowls are arranged to resemble a womb or water drop pattern, allowing one or two people to be treated inside the layout.

Like previous bowl placements, Yantra follows the principle of placing higher-frequency bowls near the Crown Chakra and progressively lowering the frequencies towards the feet, with the lowest-frequency bowl positioned underneath the feet.

Instruments: 7 bowls set, Multiple Ghantis, Jhakri drum, Conch shell, Damaru

Bowl Group	Ring Duration
a	5 - 9 sec
b and c	7 - 11 secs
d, e and f	9 - 15 secs
h, g, and i	12 – 18 secs

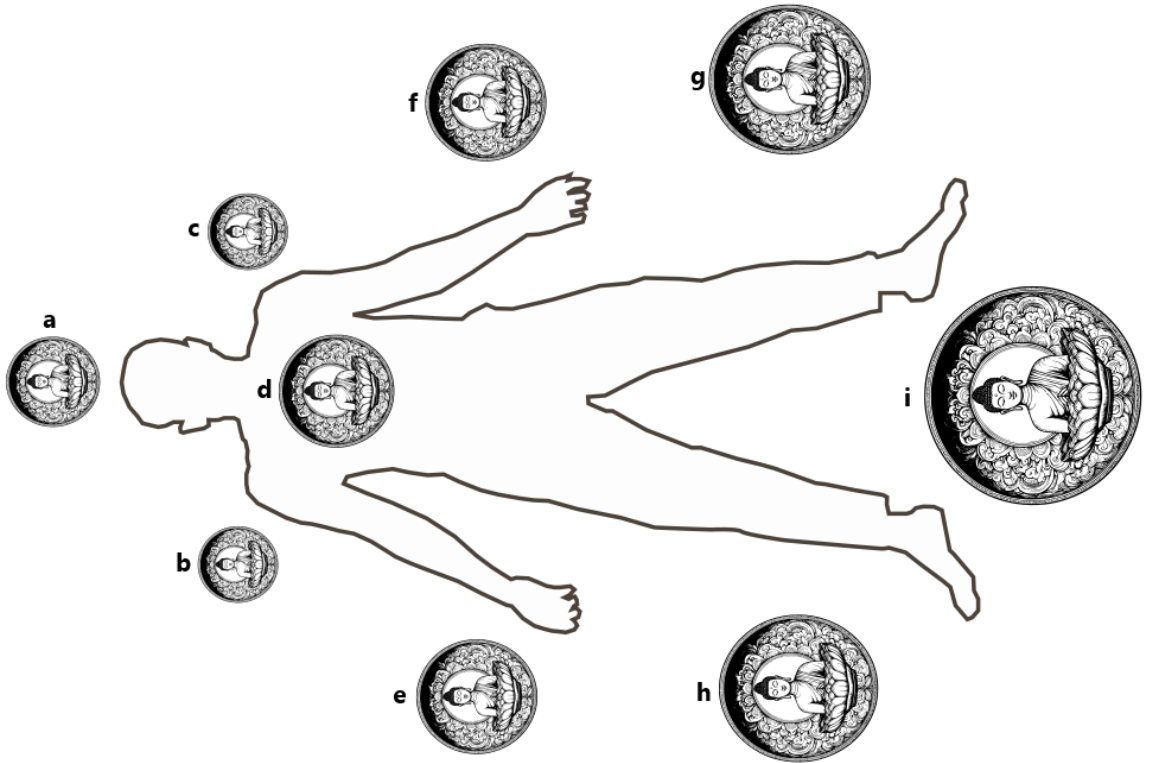


Figure 25 - Yantra: Ratna-Sambhava or Womb pattern

Use the voice commands (refer to page 36 and 37).

Bring a Ghanti to the Third eye space and let the clapper strike once gently, wait 5 seconds and let the clapper hit twice, wait 5 seconds and let the clapper hit thrice.

Technique:

This Yantra begins by using a Heart-centered bowl. Unlike previous Yantras, this one focuses on emotions and expanding the senses.

1. Hit 'd' twice.
2. Hit 'e', 'f' and 'd'.
3. Tap 'b', 'c' and then hit 'd'.

4. Strike 'g', 'h' and then hit 'd'.
5. Strike 'i', tap 'a' and hit 'd' (twice).
6. Repeat steps 2 through 5.
7. Tap 'a', 'b' and 'c' and hit 'd'.
8. Tap 'a' and hit 'e', 'f' and 'd'.
9. Tap 'a' and strike 'h', 'g' and hit 'd'.
10. Repeat step 5.

At this point, incorporate Ghantis (refer to page 64) and/or Damaru (refer to page 165). If using Ghantis, refer to the earlier instructions in this book.

11. Strike 'i', 'h', hit 'e', tap 'b', 'a', 'c', hit 'f', strike 'g' and 'd' (count to 3 between each strike and allow the sound to fade away until it fades away).
12. Repeat step 5
13. Strike 'i', 'g', hit 'f', tap 'c', 'a', 'b', hit 'e', strike 'h' and 'd' (count to 3 between each strike and allow the sound to fade away until it fades away).
14. Repeat step 5
15. Strike 'i', 'h', 'g', hit 'e', 'f', tap 'b', 'c' and 'd' (count to 3 between each strike and allow the sound to fade away until it fades away).
16. Repeat step 5.
17. Strike 'i', 'g', 'h', hit 'f', 'e', tap 'c', 'b', and 'd' (count to 3 between each strike and allow the sound to fade away until it fades away).
18. Repeat step 5.

Introduce Jhakri drum (refer to page 167) or Conch shell (refer to page 163).

19. Repeat steps 1 through 10, allowing the sound to fade away until it fades away.

It is recommended to use Ghantis to conclude the session. Ghanti's resonance brings clarity to the meditator's mind, reinforcing the session's Heart Chakra orientation. Use the voice commands (refer to page 36 and 37).

Benefits

- ⊗ Instant relaxation
- ⊗ Radiates body energy
- ⊗ Balances thoughts and emotions
- ⊗ Enhance deeper connection in relationship

Sahasara or Shesha Naga Yantra

Shesha Naga is revered in Hindu mythology as the King of Nagas, depicted with a thousand heads, symbolizing his vastness and cosmic significance.

Similarly, **Sahasrara Chakra** is the seventh primary Chakra in yogic traditions, representing the highest level of consciousness and spiritual enlightenment.

Shesha Naga and Sahasrara Chakra both symbolize transcendence and infinite potential. Shesha Naga's thousand heads represent his boundless nature, akin to the Sahasrara Chakra, which is associated with the infinite and the divine. Moreover, Shesha Naga's role as support to Lord Vishnu, carrying the universe on his hood, mirrors the Sahasrara Chakra's function as the gateway to divine consciousness, enabling individuals to connect with the cosmos.

This Yantra is designed to activate the Sahasrara Chakra with the Shesha Naga Yantra. Proper use of this Yantra can propel meditators towards higher states of awareness and enlightenment as it directly engages the Crown Chakra.

Bowl Placement

Various bowls of different resonances and frequencies are placed around the head space, so it looks like a hood of a snake and each of the bowls are individual hood of the Shesha Naga as shown in figure 26.

- ॐ Place mid-resonating bowl or Heart Chakra bowl right on the Crown Chakra area.
- ॐ Above it, place a higher resonating bowl.
- ॐ At the top of Yantra, place the highest-resonating bowl, creating 3 layers of bowls.
- ॐ Extend the branches on each side, placing three bowls of varying frequencies on each side, with the lowest-frequency bowls at the ends.
- ॐ Position a Third Eye Chakra bowl on the Ajna Chakra.
- ॐ Two mid-frequency bowls should be placed about 1.5 feet away on either side of the Throat Chakra.

- ཨྲ A Heart Chakra bowl should be placed on the Anahata Chakra.
- ཨྲ Two lower-frequency bowls should be placed 18 inches to 2 feet away on either side of the thighs.
- ཨྲ The deepest, lowest-vibrating bowl should be placed below the feet.

Note: This Yantra demands a larger number of bowls, but one can omit the few tick-marked bowls shown in the picture if one lacks enough bowls. Darker shade bowls are recommended to include in the session.

We can also use two sets of seven Chakra bowls spreading one set of bowls ordering from the Crown Chakra bowl to Root Chakra bowl. These are arranged on either side of the head space, making an umbrella. Each seven bowl Chakra set has both Crown Chakra and Root Chakra at the ends of their placement.

Instruments: 27 bowls, Ghanti, Jhakri drum, Conch shell, Binayo, Tinghsa

Bowl Group	Ring Duration
a, b, c, d, e and i	5 - 9 sec
f, g, h, j, k, l, n, o, p, q and r	9 - 11 secs
s, u, m, 1, 2 and 3	11 - 15 secs
v, w and x	12 – 18 secs

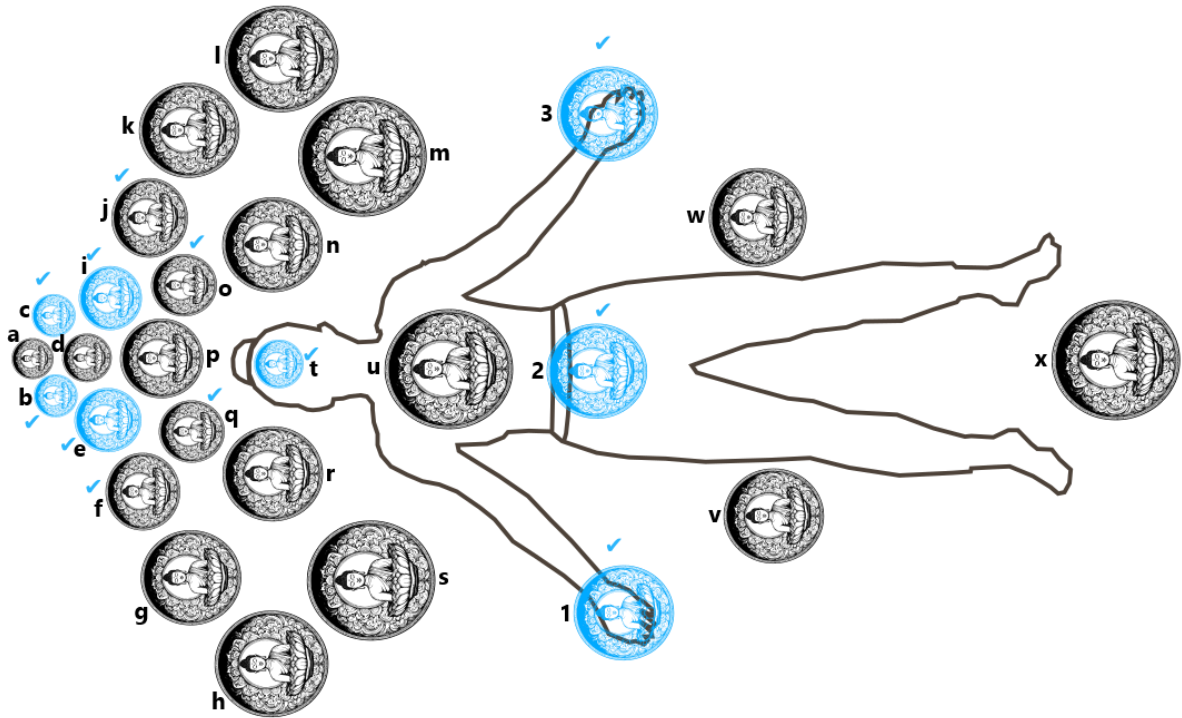


Figure 26 - Yantra: Sahasrara or Shesha Naga

Note: If all the bowls depicted in the figure are unavailable, the tick-marked bowl may be excluded. While the sessions are designed to be effective without these specific bowls, their inclusion is recommended to ensure the highest quality of the session.

Use the voice commands (refer to page 36 and 37).

Bring a Ghanti to the Third eye space and let the clapper strike once gently, wait 5 secs and let the clapper hit twice, wait 5 secs and let the clapper hit thrice.

Technique:

In this Yantra we can start with the base bowl 'x' (bottom of the foot) or Heart Chakra bowl 'u' or with the Crown Chakra bowl 'a'. Let's begin with base bowl 'x'.

1. Strike 'x' twice.
2. Tap 'a' twice.
3. Repeat steps 1 and 2.
4. Tap 'b', 'c' and 'a' (tap 'f' and 'j' or 'g' and 'k' if 'b' and 'c' are not available).
5. Tap 'a', 'd', 'p', 'b' and 'c' (count 3 between each strike and let it fade away).
6. Strike the 'x', 'v', 'w' triad.
7. Hit 'u'.
8. Tap 't'.
9. Repeat step 4.
10. Tap 'a', 'd', 'p', 'e' and 'i' (count to 3 in between each strike and let it fade away, tap 'f' and 'j' or 'g' and 'k' if 'a' and 'c' are not available).
11. Repeat steps 6 and 7.
12. Hit '2', '1', and '3' (skip this step if bowls are not available).
13. Tap 'p', 'q', 'r', 's', 'o', 'n' and 'm' (count to 3 in between each strike and let it fade away).
14. Tap 'a' (three times).
15. Strike 'x', 'v' and 'w' triad. (count to 3 in between each strike and let it fade away).

Incorporate Binayo (refer to page 172) at his point. You can also use Heart Chakra-oriented or mid-resonating bowl to sing at this moment.

Alternatively, you can use Jhakri drum (refer to page 167).

16. Hit 's', 'h', 'm', and 'l' (count to 3 between each strike and let it fade away).
17. Repeat step 14.
18. Tap 'a', 'd', 'p', 'q', 'o' 'f' and 'j' (there should be almost no gap in between the strikes and let them fade away).
19. Tap 's', 'h', 'm', and 'l' (there should be almost no gap in between the strikes and let them fade away).
20. Tap 'g', 'r', 'n', and 'k' (there should be almost no gap in between the strikes and let them fade away).
21. Repeat step 12.
22. Repeat step 15.
23. Repeat steps 4 through 8.

Use of Binayo (refer to page 172) and/or Conch shell (refer to page 163) is recommended at this point.

24. Tap 'a' let it fade away for about 30 secs (Repeat steps 5 times)
25. Repeat step 18.
26. Repeat step 4.
27. Repeat step 24.
28. Repeat steps 12, 7 and 8.
29. Tap 'a', 'b' and 'c' (with no gap between the strikes and let them fade away).
30. Tap 'a', 'd', 'p', 'q', 'r', 's', 'o', 'n', 'm' and 't' (with no gap between the strikes and let them fade away).
31. Tap 'a', 'd', 'e', 'f', 'h', 'i', 'j', 'k', 'l' and 't' (with no gap between the strikes and let them fade away).
32. Strike 'x', 'v', 'w' triad.
33. Tap 'a', 'b' and 'c' triad.

Use the voice commands (refer to page 36 and 37). Alternatively, you can use Ghantis or Tingsha (refer to page 154) to wake up meditators out of the deep state.

Benefits

- ✿ Instant awakening
- ✿ Aids emotional wellbeing
- ✿ Improves blood circulation
- ✿ Balances mind body and spirit

Vajra Yantra

Vajra is a mythical weapon of a god in Hindu mythology which is as strikingly powerful as thunderbolt and indestructible like diamond. This is also a symbol for (Tibetan or Nepalese) Vajrayana Buddhism and it is hence known as Vajrayana. Vajra refers to that weapon and Yana means a vehicle. Vaj means that which is making a buzzing sound and Ra meaning an intense shaking which makes “Vajra”. This Yantra can bestow meditators an enlightening experience if precisely curated.

Symbol

The Center of the Vajra is a sphere symbolizing ***Sunyata***, the primordial nature of the universe and the unity of all things. From it emerge two eight-petaled lotus flowers: one representing the world of phenomena or *Samsara*, and the other symbolizing the realm of the noumenon, *Nirvana*. This powerful symbolism encapsulates the duality of existence, harmonizing the transient and the eternal, the worldly and the divine, guiding meditators on the path of enlightenment towards the interconnectedness of all aspects in the vast cosmos.

Vajra in Hinduism: A Story

Once, in the heavenly realm of Devaloka, King Indra faced a formidable Asura/Demon named Vritra, who possessed a boon, rendering him invincible to any weapon known at the time of his receiving the boon and immune to wooden or metal weapons. Defeated and driven out of his kingdom, Indra and other gods approached Vishnu, who revealed the only way to defeat Vritra was with a **weapon made from the bones** of the Sage Dadhichi who had exceptional yogic powers and stored karma. Sage Dadhichi agrees to end his life for the benefit of the world. The Devas fashioned the **Vajra from his spine**. With this powerful potent weapon, Vritra was destroyed, and Indra was restored to his throne, bringing harmony back to Devaloka and immortalizing the legend of bravery and sacrifice.

Bowl placement

For an Individual

Bowl placement is very similar to Nadi Yantra or Kundalini Yantra, but this requires at least nine bowls to perform.

We are creating a **Vajra symbol** or **infinity-like pattern** and on this pattern each side has the same weight of resonance and vibration. There are two different bowl layouts to perform this Yantra. Both patterns are geared toward balancing the spiritual side and physical side of the meditators.

Pattern 1

Pattern 1 is recommended for a release, relaxation and grounding session.

- ∞ Lowest and deeper resonating bowls at the Crown Chakra 'a' and below the feet 'k'. (2 feet away on both ends of the body)
- ∞ Gradually moving towards Third-Eye Chakra 'b' and 'c' and knee area with lower resonating bowls 3 feet away on each side. Place a high resonating bowl '1' on the Third eye if available.
- ∞ Moving to Throat Chakra 'd' and 'e' and Root Chakra (buttock) area 'g' and 'h' with higher resonating bowls 18 inches away on both sides.
- ∞ Finally, the highest resonating bowl 'f' on the Heart Chakra or Sacral Chakra.

Pattern 2

Pattern 2 is recommended for aiding meditators in the spiritual side of one's life.

This pattern is simply a reverse of 'pattern 1'. We will be exchanging the placement of the bowls according to their frequency and resonance.

- ∞ Highest and bright resonating bowls at the Crown Chakra area 'a' and bottom of the feet 'k'. (2 feet away on both ends of the body)

- ॐ Gradually moving towards Third-Eye Chakra 'b' and 'c' and knee area 'i' and 'j' with higher resonating bowls 3 feet away on both sides. Place a high resonating bowl '1' on the Third eye if available.
- ॐ Moving to Throat Chakra 'd and 'e' and Root Chakra (buttock) area 'g' and 'h' with lower resonating bowls 2 feet away on both sides.
- ॐ Finally, the lowest resonating bowl on the Heart Chakra or Sacral Chakra 'f'.

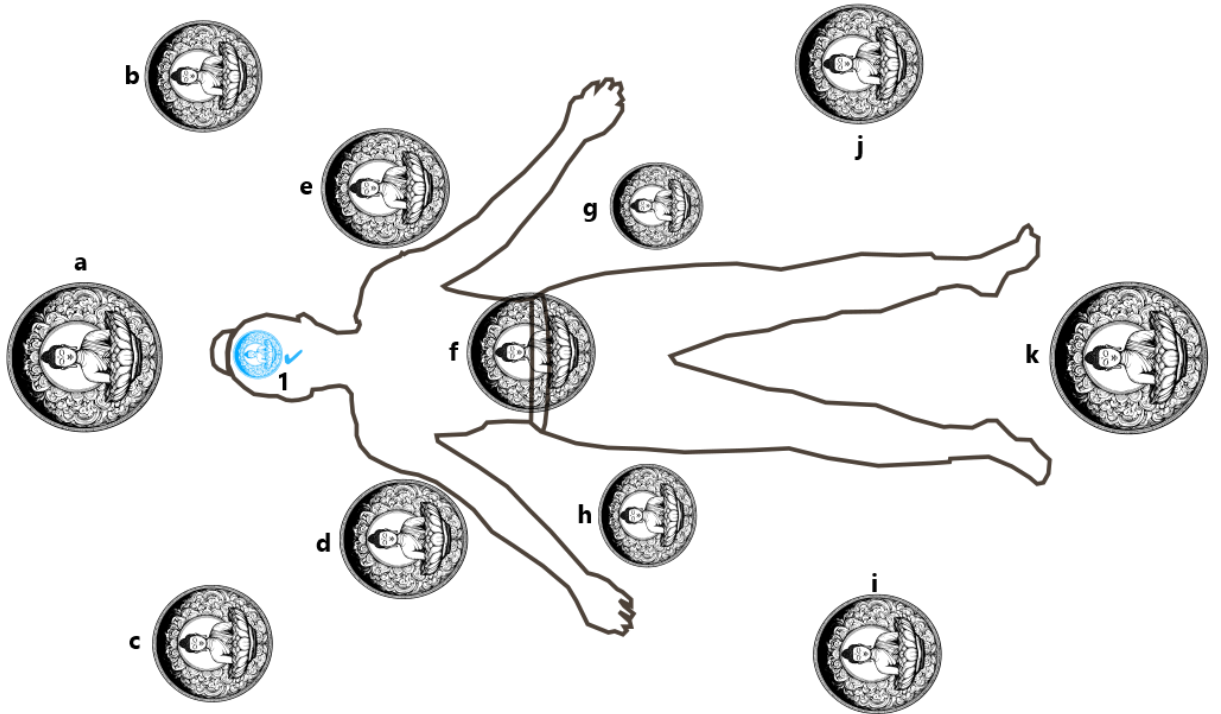


Figure 27 - Yantra: Vajra Yantra

Instruments: 12 bowls, Ghanti, Vajra, Vajra therapy bowl and Viswa-Vajra therapy bowl, Tinghsa

Bowl Group	Ring Duration
a, b, c, l, k, i, j, f	12 - 18 sec
d, e, g, and h	9- 15 secs

Use the voice commands (refer to page 36 and 37).

Bring a Ghanti to the Third eye space and let the clapper strike once gently, wait 5 seconds and let the clapper hit twice, wait 5 seconds and let the clapper hit thrice.

Technique: (Pattern 2)

1. Tap 'k', strike 'a' and hit 'f'.
2. Tap 'k', strike 'a' and hit 'f' and tap 'l'. (skip 'l' if not available)
3. Strike 'k', hit 'g', tap 'a', hit 'd' and 'f'.
4. Strike 'k', hit 'h', tap 'a', hit 'e' and 'f'.
5. Strike 'k', 'j', tap 'a', 'c' and hit 'f'.
6. Strike 'k', 'i', tap 'a', 'b' and hit 'f'.
7. Repeat step 2.
8. Strike 'k', 'i', 'h', hit 'f', strike 'g' and 'j' (count 3 interval on each strike and let it fade away until it fades).
9. Tap 'a', 'b', 'e' 'd' and 'e' (count to 3 between each strike and let it fade away until it fades away).
10. Repeat steps 2.

Introduce Ghanti (refer to page 64) and Vajra (refer to 171) at this point. Traditionally, Ghanti and Vajra are often used together to create harmony and balance.

Ghanti can be gently rung to clear stagnant energy, creating a high-pitched sound that resonates with the body's chakras, while the Vajra channels and invokes protection, focus, and spiritual awakening.

11. Repeat steps 1 through 7.
12. Strike 'k', 'i' and 'j'.
13. Tap 'a', 'b' and 'c'.

14. Strike 'k', 'g' and 'h'.
15. Tap 'a', 'd' and 'e'.
16. Repeat step 2.

At this point, you can introduce other instruments. Vajra therapy bowls (refer to page 159) or Viswa vajra therapy (refer to page 161) bowls are super effective in this Yantra.

17. Repeat steps 1 through 7.
18. Strike 'k', 'i', 'h', hit 'f', tap 'e', 'b', 'a', 'c', 'd', hit 'f', 'strike g', 'j', 'k' and tap 'i' e' (count to 3 between each strike and let it fade away until it fades away). Perform this three times

Use voice guidance (refer to page 36 and 37) or/and Ghanti/Tingsha (refer to page 154) to wake the meditators.

It is recommended to use Ghantis (refer to page 64) to end this session. Ghantis help to bring clarity to the meditator's mind after the session which is dedicated and oriented to the Heart Chakra.

Benefits

- ✿ Instant awakening
- ✿ Aids emotional wellbeing
- ✿ Improves blood circulation
- ✿ Balances mind body and spirit

Group Healing

The Yantras mentioned above are designed for individual use, whereas those that follow are intended for group applications.

Vajra Yantra (2 people)

Refer to **Vajra Yantra** patterns for single person, this follows exact the same pattern having 2 people lying on Savasana posture, top of their head facing each other making a perfect 180-degree straight line legs facing away from each other. Instead of working with one person, now we will be working with two individuals.

These are some of the complex yantras which might require help or an extra hand to perform a session.

Bowl Placement

This pattern demands at least 12 bowls to execute the session successfully. You can skip bowls like 'I', 'J', 'D', 'E', 'i', 'j', 'd' and 'e' if less bowl available. 'F', and 'f' can also be omitted. To have a full effect on meditators using all the bowls is recommended.

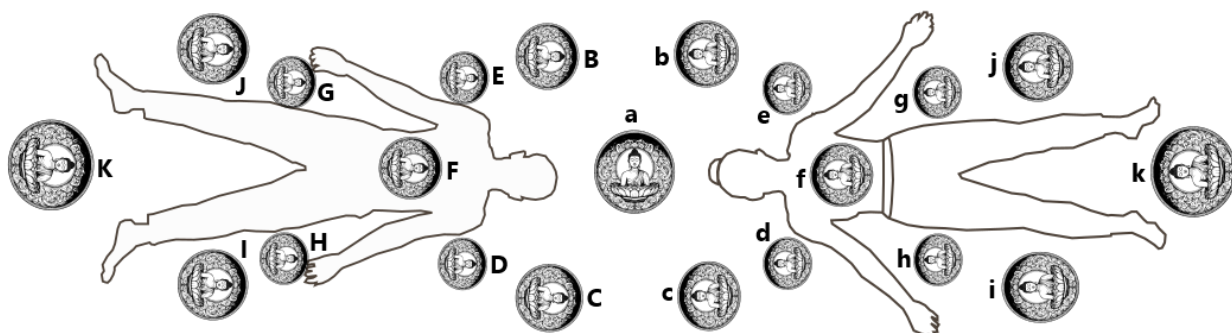


Figure 28 - Yantra: Vajra Yantra for 2 individuals

Similar to Vajra Yantra, a single person, although both patterns are geared toward balancing the spiritual side and physical side of the meditators, pattern 1 is recommended for releasing tension in relationship, relaxation and grounding session and pattern 2 is recommended for aiding meditators to bind spiritual energy together and helps meditators work towards a similar goal or mindset. This Yantra could also be used to balance imbalanced marriage life.

Another way to perform session on 2 people using this Yantra is to move all the higher resonating bowls to one side and lower resonating bowls to another side. This can help bind two totally different types of energy into one harmonious energy just like a yin yang. Feel free to experiment.

Instruments: 21 bowls, Multiple Ghantis, Vajra, Vajra therapy bowl, Kundalini Mala bells

Bowl Group	Ring Duration
a, b, c, k, i, j, f, B, C, I, J, K	12 - 18 sec
d, e, f, g, h D, E, F, G, H	9- 15 secs

Use the voice commands (refer to page 36 and 37).

Bring a Ghanti to the Third eye space and let the clapper strike once gently, wait 5 secs and let the clapper hit twice, wait 5 secs and let the clapper hit thrice.

If one has help or extra hand, you can follow the Vajra Yantra technique here as well. One person handling each individual body. While working together facilitators should really be in the flow and at ease with each other. The second person follows each step of the first facilitator.

For example, first person goes

1. Tap 'k', strike 'a' and hit 'f'

And then second facilitator Repeat steps that playing pattern within 10-15 secs of 'f' bowl being stroked and he/she taps 'K', strikes 'A' and hits 'F'

And then first person goes to step 2 so on.

Technique:

1. Tap 'a', 'B' and 'C'.
2. Tap 'a', 'b' and 'c'.
3. Tap 'a', 'D' and 'E'.
4. Tap 'a', 'd' and 'e'.
5. Hit 'F', tap 'B' and 'C'.
6. Hit 'f', tap 'b' and 'c'.
7. Hit 'F', tap 'D' and 'E'.
8. Hit 'f', tap 'd' and 'e'.
9. Tap 'a'.
10. Strike 'K', 'G' 'H' and tap 'a'.
11. Strike 'K', 'I' 'J' and tap 'a'.
12. Hit 'F'.
13. Strike 'k', 'g' 'h' and tap 'a'.
14. Strike 'k', 'i' 'j' and tap 'a'.
15. Hit 'f'.

Introduce Ghanti (refer to page 64) and Vajra (refer to 171) at this point. Traditionally, Ghanti and Vajra are often used together to create harmony and balance.

Ghanti can be gently rung to clear stagnant energy, creating a high-pitched sound that resonates with the body's chakras, while the Vajra channels and invokes protection, focus, and spiritual awakening.

16. Tap 'a', 'B', 'E', hit 'F', tap 'D', 'C' (count to 3 between each strike and let them fade away).
17. Tap 'a', 'b', 'e', 'f', 'd', 'c' (count to 3 between each strike and let them fade away).
18. Repeat steps 9 through 15.
19. Repeat steps 1 through 9.

At this point, you can add Ghantis or Kundalini Mala bells. Vajra therapy bowls (refer to page 159) or Viswa-Vajra therapy bowls (refer to page 161) are super effective for mid-session in any of the mentioned Yantras.

20. Tap 'K', 'F', 'a', 'f' and 'k' (count 5 secs in between each strike and let it fade)
21. Strike 'k', 'i', 'h', tap 'd', 'c', 'C', 'D', strike 'H', 'T', 'K', 'J', 'G', tap 'E', 'B', 'b', 'e', strike 'g', 'j', and 'k' tap 'a' (count to 5 between each strike and let them fade away).
22. Repeat steps 20.
23. Strike 'K', 'T', 'H', tap 'D', 'C', 'c', 'd', strike 'h', 'i', 'k', 'j', 'g', tap 'e', 'b', 'B', 'E', 'G', 'J', 'K' and tap 'a' (count to 5 between each strike and let them fade away).
24. Repeat step 20.
25. Repeat steps 1 through 9.

Use voice guidance (refer to page 36 and 37) or/and Ghanti/Tingsha to awaken meditators.

It is recommended to use Ghantis to end this session. Ghantis help to bring clarity to the meditators mind after the session which is dedicated and oriented to Heart Chakra.

Benefits

- ❁ Deep relaxation
- ❁ Emotional release
- ❁ Relationship balancing
- ❁ Binding energy together

Tripundra or 3 Line Yantra

Tripundra refers to the 3 horizontal lines in Shaivite Culture which can also be seen as past, present and future; or positive, negative and neutral; or mind, body and spirit; and creation, sustenance, destruction on a superficial level.

Bowl placement

In this Yantra we make Yantra out of the people instead of making Yantra of the singing bowls. That means we are making meditators lie down so that it creates 3 lines.

- ∞ 3 people on Savasana pose right next to each other making a Tripundra (leave enough space to move around for Healers), heads on one side and legs on other side.
- ∞ Individual Bowls are placed on the top part of the head or Crown Chakra space for each individual and same for the leg side.
- ∞ Another bowl is placed adjacent to the Heart Chakra on both sides. This requires 10 bowls to fully operate the session but could be adjusted with 8 bowls (with only 2 bowls adjacent to the Heart Chakra outside each end seeker).

Since this Yantra is used to create harmony and balance, it does not require specific placement on sound pitches. How do you create balance? That is your homework.

Instruments: 10 Bowls, Ghanti, Kundalini Mala bells, Nirvana therapy bowl

Bowl Group	Ring Duration
a, b and c	7 - 11 secs
d, e, f and g	9 - 15 secs

h, i and j	12 - 18 secs
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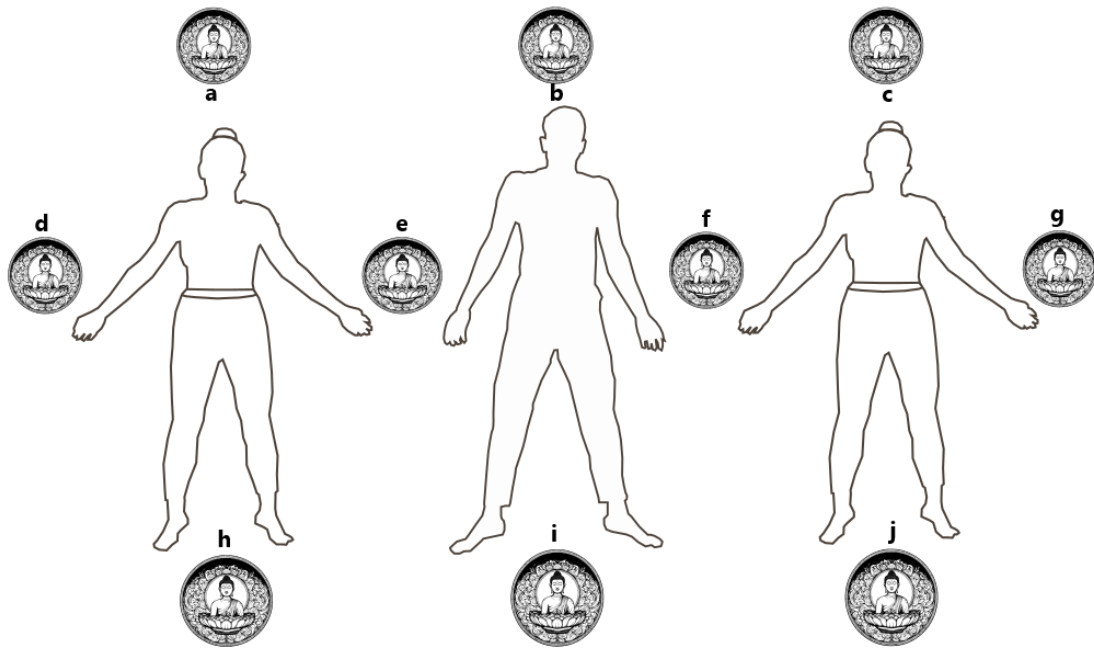


Figure 29- Yantra: Tripundra or 3 Lines

Use the voice commands (refer to page 36 and 37).

Bring a Ghanti to the Third eye space and let the clapper strike once gently, wait 5 secs and let the clapper hit twice, wait 5 secs and let the clapper hit thrice.

Technique:

For simpler and effective sessions, working with triads can be super helpful, especially on these types of placements where bowls are spread out facilitating the use of triad sequences.

1. Tap 'b', hit 'e' and 'f'.
2. Tap 'c', hit 'g' and 'f'.
3. Tap 'a', hit 'd' and 'e'.
4. Strike 'j', hit 'g' and 'f'.
5. Strike 'i', hit 'e' and 'f'.

6. Strike 'h', hit 'd' and 'e'.
7. Tap 'c', hit 'f' and 'g'.
8. Strike 'i', hit 'e' and 'f'.
9. Tap 'a', hit 'd' and 'e'.
10. Strike 'h', 'i' and 'j' (count to 3 between each strike and let it fade away).
11. Strike 'c', 'b' and 'a' (count to 3 between each strike and let it fade away).
12. Repeat steps 1 through 11.

Introduce some Ghantis (refer to page 64) and/or some other instruments. You can also use Heart Chakra-oriented or mid-resonating bowl to sing at this moment. You can hold and play a bowl or Nirvana therapy bowl (refer to page 157) and play over the different Chakras.

13. Tap 'a', hit 'd', 'h', 'e', 'b', 'f', 'i', 'j', 'g' and 'c' (count to 3 in between each strike and let it fade away) twice.
14. Repeat steps 1 through 11.
15. Repeat step 13.

At this point, you can add other instruments as well. Use of Kundalini-Mala bells (refer to page 169) or Viswa-Vajra therapy bowls (refer to page 161).

16. Tap 'h', hit 'd' and 'a'.
17. Tap 'c', hit 'g' and 'j'.
18. Strike 'i' and hit 'e', 'b' and 'f'.
19. Tap 'a', hit 'd' and strike 'h'.
20. Strike 'j', hit 'g' and tap 'c'.
21. Tap 'b' and hit 'e', 'i' and 'f'.
22. Repeat steps 5 through 11.
23. Repeat step 13.

Use voice guidance (refer to page 36 and 37) or/and Ghanti/Tingsha to awaken the meditators.

Benefits

- ☸ Relaxed state
- ☸ Binding group energy
- ☸ Balancing mind, body and spirit

Viswa Vajra Yantra or Double Vajra (4 people)

Viswa Vajra is a cross-shaped Vajra with lotus petals pointed in four directions (East, West, North, and South). The center sphere represents the absolute reality or nothingness. Petals and center sphere represent five elements, five Buddhas, five poisons, or five wisdoms. Yantra symbolizes absolute stability.

Bowl Placement

Four individuals are reclined in Savasana (as shown in figure 30), are about 5 feet away from each other's top of the head, making a cross.

- ∞ The center point of the Yantra should have one deeper resonating bowl and/or four harmonious bowls on the Crown Chakra area (about 1 foot away from the top of the head) of everyone making a circle.
- ∞ Four High resonating, harmonious bowls can be placed beneath the feet area.
- ∞ Four bowls are to be placed adjacent to the Heart Chakra area of everyone so that each person has 2 bowls placed on both sides of his/her Heart Chakra. Additional bowls can also be introduced on both sides of the Root or Sacral Chakra area of individuals (not shown in a diagram).

This Yantra requires at least 9 bowls to successfully perform a session considering only one bowl at the center of the Yantra.

Another pattern can be created by simply switching the higher resonating bowls and lower resonating bowls in order like we discussed earlier depending upon the necessity of the session. And you are advised to experiment each time to add some of your essence to your session.

Instruments: 13 bowls, Multiple Ghantis, Nirvana therapy bowl, Kundalini Mala bells, Tingsha

Bowl Group	Ring Duration
1,2, 3, 4	7 - 11 sec
b, c, d, e and Root/foot bowls	9 - 15 secs
a, f, g, h, and i	12 - 18 secs

One of the bowls is not mentioned here but to keep in mind is to have it near to the entrance to reflect the negative energy away which does not let other energy enter the session.

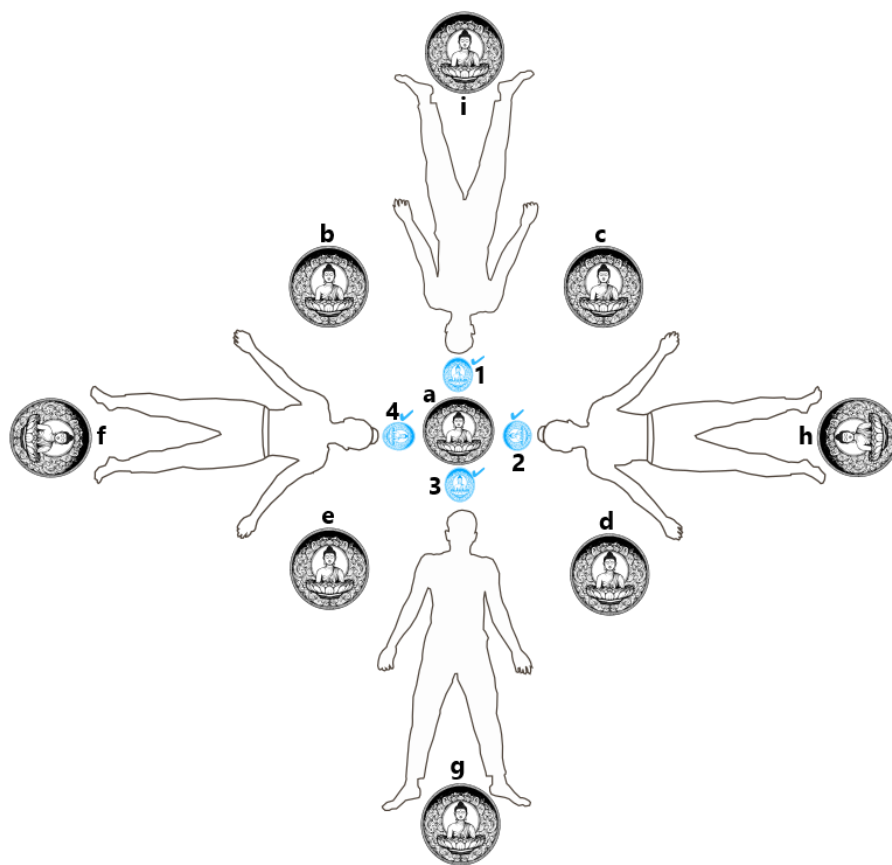


Figure 30 - Yantra: Viswa Vajra or Double Vajra (4 people)

Use the voice commands (refer to page 36 and 37). Bring a Ghanti to the bowl space 'a' and let the clapper strike once gently, wait 5 seconds and let the clapper hit twice, wait 5 seconds and let the clapper hit thrice.

The session has 3 segments, and each segment follows the same sequence.

Technique:

1. Hit 'a' twice.
2. Tap 1, 2, 3 and 4, if available (3 second count between each strike and let it fade away).
3. Hit 'b', 'c', 'd' and 'e'.
4. Strike 'f', 'i', 'h' and 'g'.
5. Strike 'f', 'b', 'e' and 'a' (count 5 in between each strike and let it fade away).
6. Strike 'h', 'c', 'd' and 'a' (count 5 in between each strike and let it fade away).
7. Strike 'g', 'e', 'd' and 'a' (count 5 in between each strike and let it fade away).
8. Strike 'i', 'b', 'c' and 'a' (count 5 in between each strike and let it fade away).
9. Repeat steps 2 through 4.
10. Repeat step 1.
11. Repeat steps 9 and 10.

Introduce other instruments (refer to page 154) or Ghantis (refer to page 64) at this point. You can also use a Heart Chakra-oriented or mid-resonating bowl to sing at this moment. You may hold and strike or sing a bowl over the different Chakras or use Nirvana therapy bowl to drive stored stagnant energy out of the system.

12. Repeat steps 1 through 11.

At this point, you can add other instruments as well. Use of Kundalini-Mala bells (refer to page 169) are recommended for this session.

13. Repeat steps 1 through 11.

Use voice guidance or/and Ghanti/tingsha to awaken meditators.

Benefits

- ☸ Deeper relaxation
- ☸ Biding group energy
- ☸ Relieve anxiety, depression and mental instability

4-Line Yantra

Four people lying right next to each other make the four lines. It is one line added to the 3-line Yantra. This type of Yantra is very commonly used intuitively because of its simplicity and ease for its setup and for the movement.

Usually, This Yantra is used for deep relaxation and trauma relief-oriented therapies.

Bowl placement

- ∞ Mid resonating bowls are placed on the Crown Chakra area of each of the individuals and lower vibrating bowls are placed at the foot area.
- ∞ Crown Chakra bowls could also be alternated to make 'a' high resonating bowl and 'b' mid resonating bowl and same pattern follows 'c' and 'd'. One can also navigate the individual energy and place the bowls accordingly.
- ∞ Heart Chakra bowls are placed on each side of Heart Chakra to connect the Heart Chakra energies.
- ∞ If available, one lowest resonating bowl 'n' (usually bigger in size) is placed at the mid center bottom of the yantra. This bowl will help bind the whole energy of the session.

Instruments: 14 Bowls, Ghanti, Nirvana therapy bowl, Kundalini Mala bells

Bowl Group	Ring Duration
a, b, c and d	7 - 11 secs
e, f, g, h and i	9 - 15 secs
j, k, l, m and n	12 - 18 secs

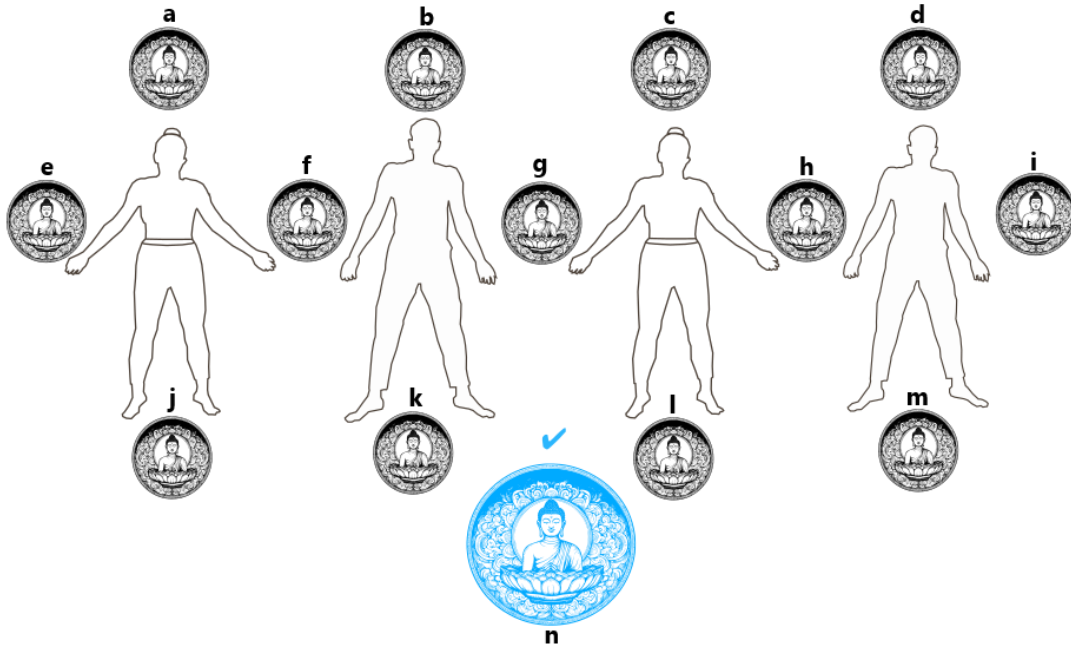


Figure 31 - Yantra: 4 Line

Use voice command (refer to page 36 and 37).

Bring a Ghanti to the Third eye space and let the clapper strike once gently, wait 5 seconds and let the clapper hit twice, wait 5 seconds and let the clapper hit thrice.

Technique:

For simple and effective sessions, working on triads can be super effective, especially on these types of placements where bowls are spread out which aligns with triad sequence. The only disadvantage of working with triads with a bigger number of people is one must continually move and jump around. If one has help or an extra hand feel free to experiment with triads. The recommended steps are to minimize the constant jumping.

1. Strike 'n' three times (if available).
2. Tap 'b', hit 'c' and 'g', and strike 'n'.
3. Strike 'l', hit 'h', tap 'd', hit 'i', strike 'm' and 'n'.

4. Strike 'k', hit 'f', tap 'a', hit 'e', strike 'j', and 'n'.
5. Strike 'm', hit 'i', tap 'd', and hit 'h' (count 5 between each strike and let it fade away).
6. Strike 'j', hit 'e', tap 'a', and hit 'f' (count 5 in between each strike and let it fade away).
7. Repeat steps 2 through 4.
8. Repeat step 2.

Introduce other instruments (refer to page 154) or Ghantis (refer to page 64) at this point. You can also use a Heart Chakra-oriented or mid-resonating bowl to sing at this moment. You may hold and strike or sing a bowl over the different Chakras or use Nirvana therapy bowl to drive stored stagnant energy out of the system.

9. Tap 'a', 'b', 'c', 'd' and strike 'm', 'l', 'k', 'j' and 'n' (Count 5 in between each strike and let it fade away) twice.
10. Hit 'e', tap 'a', hit 'f'.
11. Repeat step 2.
12. Hit 'i', tap 'd', and hit 'h'.
13. Repeat step 2.
14. Strike 'k', 'j', hit 'e' tap 'a', 'b', 'c', 'd', hit 'i' and strike 'm', 'l' and 'n' (count 3 in between each strike and let it fade away).
15. Repeat step 2.

At this point, you can add other instruments as well. Use of Kundalini-Mala bells (refer to page 169) are recommended for this session.

16. Repeat steps 2 through 8.

Use voice guidance or/and Ghanti/Tingsha (refer to page 154) to awaken the meditators.

Benefits

- ✿ Provides clarity
- ✿ Deeper state of relaxation
- ✿ Effective in binding group energy
- ✿ Relieve anxiety, depression and mental instability

Swastik Yantra

The **Swastik** is one of the most ancient and sacred symbols in Hinduism, representing auspiciousness, prosperity, and good fortune. The word "Swastik" is derived from the Sanskrit words "**su**" (meaning "good" or "well") and "**asti**" (meaning "being" or "existence"), which together convey the idea of well-being or blessings.

The four arms of Swastik signifies four directions, four Vedas (Rig, Yajur, Sama, Atharva) or four goals of life (Dharma - duty, Artha - prosperity, Kama - desires, Moksha - liberation) thus representing universal harmony and balance. It is usually drawn during sacred rituals on the walls, or floors, to invoke universal blessings.

This Yantra can be useful for four individuals or two couples.

Bowl Placement

Pattern 1:

Pattern 1 is beneficial to support meditators navigating emotional and psychological challenges such as anxiety, stress, relationship issues, fear, anger, and lack of focus. It is also particularly effective for those seeking to balance the materialistic aspects of life, helping individuals cultivate clarity, emotional stability, and inner peace.

- ∞ Center bowl: 'i,' (lowest resonance among all the bowls.)
- ∞ Lower-resonating bowls: 'e,' 'j,' 'm,' and 'h'.
- ∞ Higher resonance bowls 'b,' 'k,' 'p,' 'g,' 'c,' 'l,' 'o,' and 'f'
- ∞ Highest resonance 'a,' 'd,' 'n,' and 'q.'

Body Placement

Meditators are in Savasana pose with their heads facing each opening.

Pattern 2:

Pattern 2 is beneficial for meditators seeking direction in life, whether it involves achieving work-life balance, regulating sleep cycles, or boosting energy to pursue personal or professional goals. Additionally, this pattern supports those exploring the spiritual dimensions of life, including spiritual awakening, deeper spiritual experiences, and the alignment of mind, body, and spirit.

- ∞ Center bowl: 'i,' (lowest resonance among all the bowls.)
- ∞ Highest-resonating bowls: 'e,' 'j,' 'm,' and 'h'.
- ∞ Lower resonance bowls 'b,' 'k,' 'p,' 'g,' 'c,' 'l,' 'o,' and 'f'
- ∞ Lowest resonance (aside from the center bowl): 'a,' 'd,' 'n,' and 'q.'

Body Placement

Meditators are in Savasana pose with their feet facing each opening. 2-3 bowls making an outside 4 straight lines and the center bowl is placed at the intersection of two inner lines as shown in a picture.

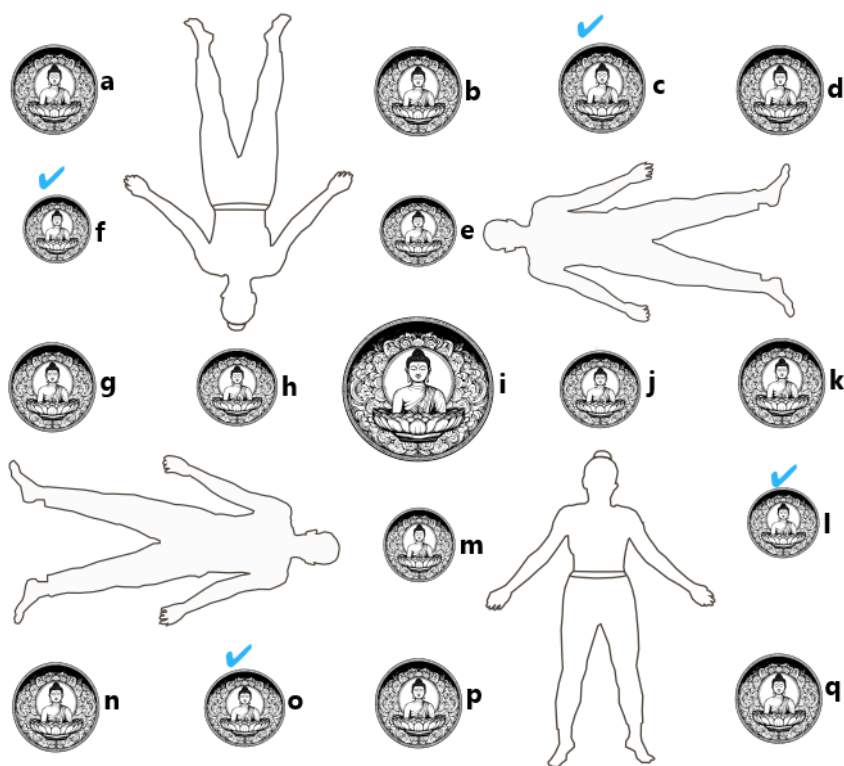


Figure 32 - Yantra: Swastik (Pattern 1)

Instruments: 17 Bowls, Multiple Ghantis, Gong, Nirvana therapy bowl, Vajra therapy bowl, Conch shell

Bowl Group	Ring Duration
a, d, n, q and i	12 - 18 secs
All other bowls	11-15 secs

Use voice commands (refer to page 36 and 37).

Bring a Ghanti to the Third eye space and let the clapper strike once gently, wait 5 secs and let the clapper hit twice, wait 5 secs and let the clapper hit thrice.

Technique:

1. Strike 'i' twice.
2. Tap 'e', 'j', 'm', 'h' and strike 'i' (twice).
3. Strike 'a', 'd', 'q' and 'n'.
4. Strike 'd', hit 'c', 'b', 'e', 'i', 'm', 'p', 'o' and strike 'n' (Count 3 in between each strike and let it fade away).
5. Strike 'a', hit 'f', 'g', 'h', 'i', 'j', 'k', 'l' and strike 'q' (Count 3 in between each strike and let it fade away).
6. Repeat steps 1 through 5.

Introduce other instruments (refer to page 154) or Ghantis (refer to page 64) at this point. You can also use a Heart Chakra-oriented or mid-resonating bowl to sing at this moment. You may hold and strike or sing a bowl over the different Chakras or use Nirvana therapy bowl to drive stored stagnant energy out of the system.

7. Repeat steps 4 and 5.
8. Repeat steps 1 and 2.
9. Strike 'd' and hit 'c', 'b', 'e', 'i', 'j' and 'k' (count 3 in between each strike and let it fade away).
10. Strike 'n' and hit 'o', 'p', 'm', 'i', 'h', and 'g' (count 3 in between each strike and let it fade away).
11. Strike 'a' and hit 'f', 'g', 'h', 'i', 'e', and 'b' (count 3 in between each strike and let it fade away).

12. Strike ‘q’ and hit ‘l’, ‘k’, ‘j’, ‘i’, ‘m’, and ‘p’ (count 3 in between each strike and let it fade away.)

At this point, you can add other instruments as well. Vajra therapy bowls (refer to page 159) or Viswa vajra therapy (refer to page 161) bowls are super effective for mid-session in any of the mentioned Yantras. Playing Conch shell (refer to page 163) can be super effective.

13. Repeat steps 1 through 6.

Use some Ghanti (refer to page 64) at the end of the session.

Use voice guidance to bring the meditators out from the meditative state. Gongs (refer to page 175) can also be used to conclude the session for a large group.

Benefits

- ☸ Bestows mindfulness
- ☸ Blesses with clarity and peace
- ☸ Awakens the inner spirit
- ☸ Builds relationship in energy bodies

5 Line Yantra

Like 4-line yantra with one more added line with similar Bowl placement pattern. There can be 6-line Yantra, 7-line Yantra and so on depending upon the necessity and the space.

For the techniques, refer to 3-line and 4-line Yantras, follow similar pattern. Experiment yourself.

5 Petal Lotus Yantra

The lotus holds deep symbolic significance in both Hinduism and Buddhism, representing spiritual growth, purity, enlightenment, and the potential for transcendence. Its significance is further extended in sound therapy, where its pattern and symbolism are used for healing and transformation.

The geometric pattern of the lotus flower stimulates the body’s energetic fields in ways that mirror the lotus’s blooming process, facilitating emotional and spiritual release.

Bowls Placement

Each bowl is positioned according to its resonant frequency, with specific placements on the body. High-resonating bowls are placed over the Crown Chakra, while mid-resonating bowls are placed around the Heart Chakra area, on each side of the individual. The low vibrating bowls are positioned at the Root Chakra area.

At the center of the leg space, a large, low-resonating bowl can be placed as a focal point, acting as an anchor to unify the entire session.

Instruments: 17 Bowls, a Ghanti, Gong, Conch shell, Kundalini Mala bells

Bowl Group	Ring Duration
a, b, c, d and e	9 - 12 secs
f, g, h, i, j, and k	11 - 15 secs
l, m, n, o, p and q	12 - 18 secs

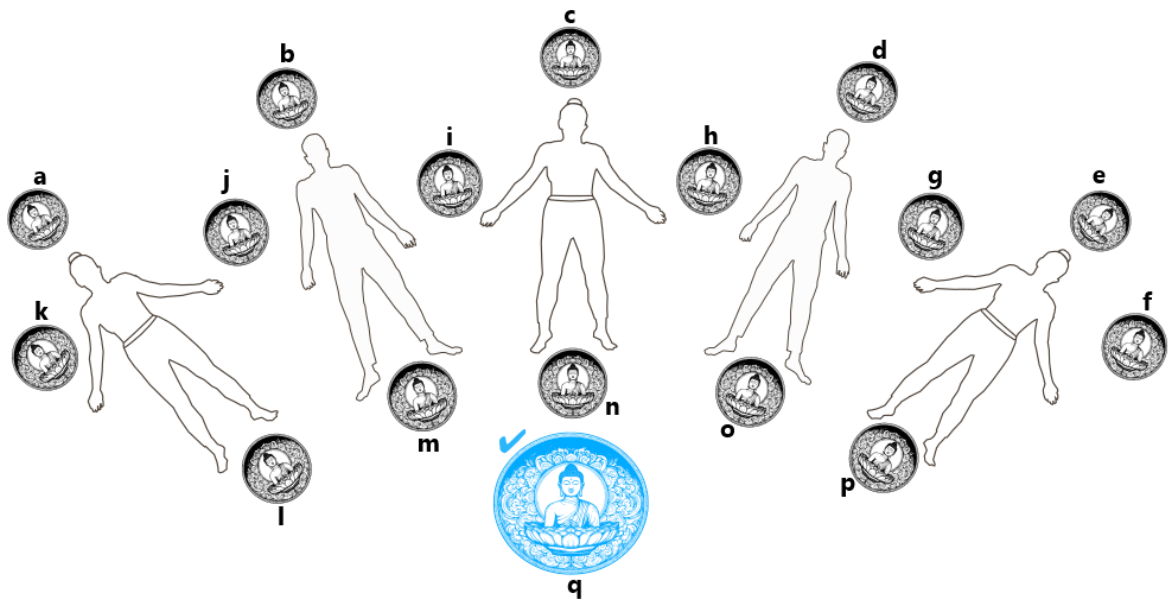


Figure 33 - Yantra: 5 Petal Lotus

It is recommended to have two Tantriks in these complex Yantras.

Use the voice commands that were introduced earlier in this book.

Hold a Ghanti and position yourself centered in front of the bowl 'c' facing meditators and let the clapper strike once, wait 5 secs and let the clapper hit twice, wait 5 secs and let the clapper hit thrice and let it fade away.

Technique:

1. Strike 'q' twice.
2. Strike 'l', 'p' and 'q'.
3. Strike 'm', 'o' and 'q'.
4. Strike 'n' and 'q'.
5. Strike 'l', hit 'k', tap 'a', hit 'j' and strike 'q'.
6. Strike 'p', hit 'f', tap 'e', hit 'g' and strike 'q'.
7. Strike 'm', hit 'i', tap 'b', hit 'j' and strike 'q'.
8. Strike 'o', hit 'h', tap 'd', hit 'g' and strike 'q'.
9. Strike 'n', hit 'i', 'h', tap 'c' and strike 'q'.
10. Strike 'l', 'p' and 'q'.
11. Tap 'b', 'c', 'd' and strike 'q'.

Introduce other instruments (refer to page 154) or Ghantis (refer to page 64) at this point. You may hold and strike or sing a bowl over the different Chakras or use Nirvana therapy bowl (refer to page 157) to drive stagnant energy stored out of the system.

12. Hit 'i' count 3 and hit 'h'.
13. Hit 'j' count 3 and hit 'g'.
14. Hit 'k' count 3 and hit 'f'.
15. Tap 'a' count 3 and tap 'e' (three times).
16. Tap 'b', 'd', 'a' and 'e' (count to 3 between each strike and let it fade away).
17. Tap 'c', 'a' and 'e' (count to 3 in between each strike and let it fade away).
18. Tap 'a' and 'e'.
19. Tap 'c' three times.
20. Strike 'l', 'm', 'n', 'o', 'p' and 'c' (count to 3 between each strike and let it fade away) twice.
21. Repeat steps 12 through 15 and tap 'c'.

At this point, introduce Conch shell (refer to page 163). Use of Kundalini-Mala bells (refer to page 169) can be effective on any group sessions.

22. Tap 'a', 'b', 'c', 'd' and 'e' (count to 5 between each strike and let it fade away)
23. Strike 'l', 'm', 'n', 'o', 'p' and tap 'c' (count to 3 between each strike and let it fade away)
24. Hit 'q' ten times (count to 5 between each strike) and while another person plays Ghantis simultaneously.
25. Repeat steps 5 through 9.
26. Repeat step 25 (each strike becomes gentler than the prior strike and let it fade away).

Using Gongs (refer to page 175) and Ghantis (refer to page 64) is recommended to awaken the meditators. Use voice guidance to conclude the session.

Benefits

- ☸ Energy balancing
- ☸ Emotional healing
- ☸ Enhanced creativity
- ☸ Cultivating warmth and compassion

BhavaChakra Yantra or Wheel of life

The **Wheel of Life**, or **BhavaChakra**, is a symbolic representation of the cycle of birth, death, and rebirth in Buddhism. It illustrates the interconnected nature of existence, showing how beings are trapped in Samsara, the cycle of suffering and continual rebirth. This Yantra helps in releasing mental agony.

In this Yantra, six individuals are arranged in a circle, each person positioned in a way that their head points to the feet of another. This circular formation embodies the cyclical nature of life, akin to the traditional Wheel of Life in Buddhism, where the interconnectedness of all beings and experiences is highlighted. Each individual represents a facet of human experience—body, mind, emotions, spirit, relationships, and energy—coming together to create a balanced whole. The connection of the head to the feet symbolizes the unity of thought and action, the physical and spiritual realms, which are crucial in achieving harmony and healing.

In sound healing therapy, this setup amplifies the power of vibration and resonance. As the energy of sound moves through the circle, it flows seamlessly from one individual to another, facilitating a collective healing experience.

This is one of the perfect balancing Yantra for family or group of friends who are struggling to build relationships with each other, or for regular group therapy.

Bowl Placement

- ॐ High vibrating meditators to low vibrating meditators are positioned in Savasana in a circle in an order with one's head facing the legs of another individual as shown in the picture.
- ॐ A deeper resonating bowl is placed at the center of the circle surrounded by three lower resonance bowls.
- ॐ A Heart Chakra bowl is placed near the left shoulder of each person. Deeper resonating bowls are placed in the four outside corners of the layout.

Make best efforts to assign to higher vibrating people a lower resonating head bowl and a lower vibrating individuals a higher resonating head bowl (have 2 feet between one's head and the other's feet) making a perfect circle.

This Yantra can help allow each other's energy to pass through each other's body and allows binding of those energies to a deeper level.

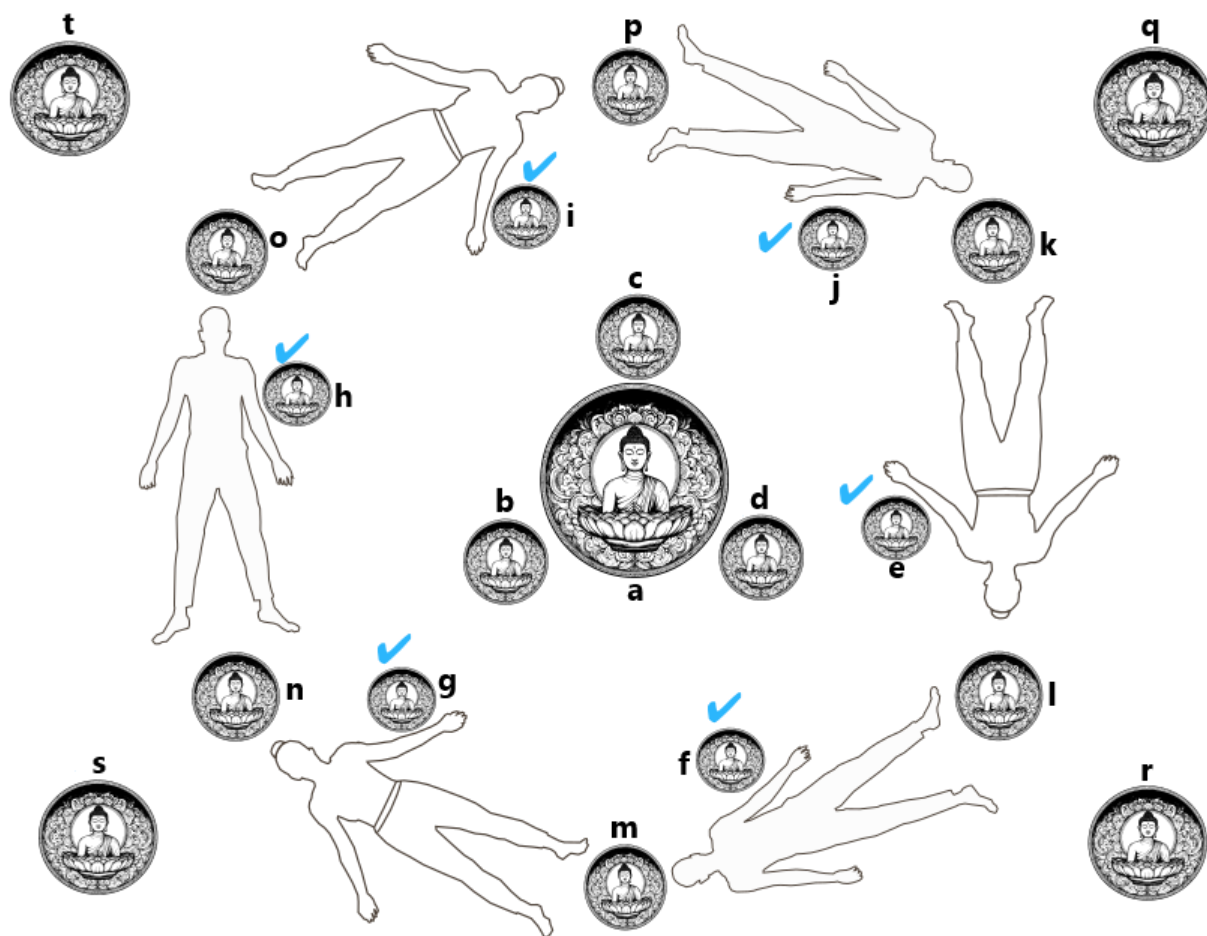


Figure 34 - Yantra: Bhava Chakra (Wheel of Life)

Note: If all the bowls depicted in the figure are unavailable, the tick-marked bowl may be excluded. While the sessions are designed to be effective without these specific bowls, their inclusion is recommended to ensure the highest quality of the session.

Instruments: 20 Bowls, Multiple Ghantis, Gong, Viswa Vajra therapy bowl, Kundalini Mala bells, Jhakri drum

Bowl Group	Ring Duration
b, c and d	7 – 11 sec
e, f, g, h, i, j, k, l, m, n, o and p	9 – 11 secs
a, q, r, s, t	12 – 18 secs

Technique:

1. Strike 'a' twice.
2. Strike 'b', 'c', 'd' and 'a'.
3. Strike 'q', 'r', 's' and 't.'
4. Repeat step 2.
5. Hit 'f', 'i', 'g', 'j', 'h', 'e' and strike 'a'.
6. Repeat steps 2 and 3.
7. Hit 'm', 'p', 'n', 'k', 'o', 'l' and strike 'a'.
8. Repeat steps 1 through 7.

Introduce other instruments (refer to page 154) or Ghantis (refer to page 64) at this point. You can also use a Heart Chakra-oriented or mid-resonating bowl to sing at this moment. You may hold and strike or sing a bowl over the different Chakras or use Nirvana therapy bowl to drive stored stagnant energy out of the system.

Vajra therapy bowls (refer to page 159) or Viswa vajra therapy (refer to page 161) bowls are super effective for mid-session in any of the mentioned Yantras.

9. Repeat steps 1 and 2.
10. Hit 'k', 'l', 'm', 'n', 'o', and 'p'.
11. Repeat steps 1 through 3.
12. Repeat steps 10 and 11.
13. Repeat step 3 four times.
14. Repeat steps 1 through 3.

At this point, you can introduce other instruments like Jhakri drum (refer to page 167). Use of Kundalini-Mala bells (refer to page 169) are recommended for large groups to fill up the room).

15. Repeat steps 1, through 4.
16. Strike 'a', 'b', 'c' and 'd' (count 3 in between each strike and let it fade away).
17. Repeat steps 3.
18. Hit 'g', 'h', 'i', 'j', 'e' and 'f' (count 5 in between each strike and let it fade away).
19. Repeat step 3.
20. Hit 'k', 'l', 'm', 'n', 'o', and 'p' (count 5 in between each strike and let it fade away).
21. Repeat steps 3 ,16 and 1 (let it completely fade away).

Gongs (refer to page number 175) are useful to help release from the deep meditative state. You can slightly increase the intensity and slowly bring it down until it fades away. Use voice guidance to conclude the session. Be mindful not to rush to awaken the meditators. Follow the lead of the meditators.

Benefits

- ✿ Detoxification
- ✿ Allows transformation
- ✿ Heightened awareness
- ✿ Balances and binds group energy

Turiya Yantra

Turiya is represented as silence beyond the sound in the symbol of Om (ॐ). The Om symbol comprises three curves, a crescent, and a dot. The large lower curve symbolizes the waking state (Jagrat), the middle curve represents the dream state (Swapna), and the upper curve signifies the deep sleep state (Sushupti). The crescent and the dot together signify Turiya, the fourth state of consciousness, which transcends the other three. Turiya is the ultimate, infinite state of pure awareness and bliss, where the individual self merges with universal consciousness. It is beyond words, thoughts, and dualities, symbolizing the silence that encompasses and completes the sacred vibration of Om. This silence is not empty but full of potential and represents the highest realization of self and the universe. It can also be called a crescent moon yantra.



This Yantra can be a complete blessing for those who are seeking peace and bliss in life. It can help the meditator to transcend to a higher vibrational space. This Yantra allows group therapy with as many people as tantrik wants or as many people the space permits.

Bowls Placement

Each individual bowl is placed on the Crown Chakra area and has the same pattern in the leg space. The Heart Chakra area contains bowls on each side of an individual. Refer to figure 33.

- ॐ 'a' is the lowest resonating one.
- ॐ 'c', 'd', 'e', 'f', 'g', 'h', 'i', 'r' and 's' are high resonating bowls, placed on the Crown Chakra area.
- ॐ 'b' and 'j' are mid-resonating bowls at Heart Chakra space, you can add more bowls at the side of the Heart Chakra area if available.

ॐ 'k', 'l', 'm', 'n', 'o', 'p' and 'q' are the Low-resonating bowls at the Root Chakra area.

Instruments: 19 Bowls, Multiple Ghantis, Kundalini Mala bells, Conch shell

Bowl Group	Ring Duration
a, b, c and d	7 - 11 secs
e, f, g, h and i	9 - 15 secs
j, k, l, m and n	12 - 18 secs

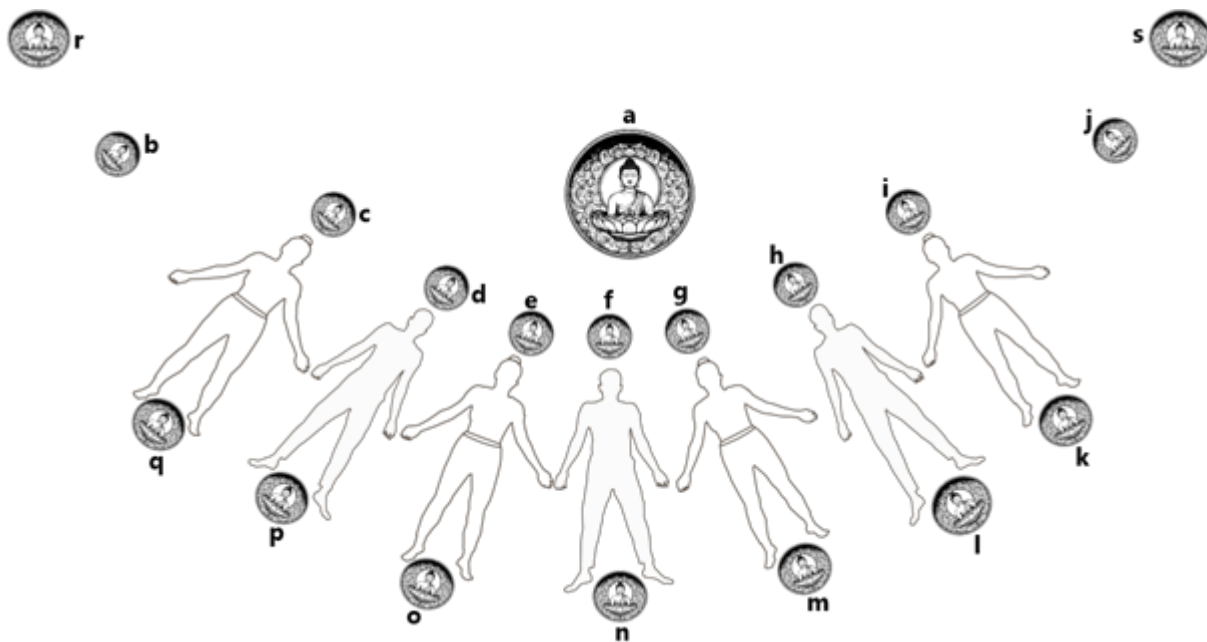


Figure 35 - Yantra: Turiya

It is recommended to have two Tantriks in these complex yantras.

Use the Voice command that was mentioned earlier in this book. Bring a Ghanti to the Third eye space and let the clapper strike once gently, wait 5 secs and let the clapper hit twice, wait 5 secs and let the clapper hit thrice.

Technique:

1. Strike 'a' three times.
2. Strike 'r', 's' and 'a' (count to 3 between each strike and let it fade away).
3. Strike 'b', 'j' and 'a' (count to 3 between each strike and let it fade away).'
4. Tap 'c', 'd', 'e', 'i', 'h', 'g', strike 'a' and tap 'f' (count to 3 between each strike and let it fade away).
5. Tap 'i', 'h', 'g', 'c', 'd', 'e', strike 'a' and tap 'f' (count to 3 between each strike and let it fade away).
6. Strike 'r', 'b', 's', 'j' (count to 5 between each strike and let it fade away).
7. Strike 'a'.
8. Strike 'n', 'm', 'l', 'k', 'j' and 's' (count to 5 between each strike and let it fade away).
9. Strike 'a'.
10. Strike 'n', 'o', 'p', 'q', 'b' and 'r' (count to 5 between each strike and let it fade away).

Introduce other instruments (refer to page 154) or Ghantis (refer to page 64) at this point. You can also use **a rim technique** to play a Heart Chakra-oriented or mid-resonating bowl to sing at this moment.

11. Strike 's', 'j', tap 'i, and strike 'k' (count to 5 between each strike and let it fade away).
12. Strike 'r', 'b', tap 'c' and strike 'q' (count to 5 between each strike and let it fade away).
13. Tap 'd', 'f' and 'h'.
14. Strike 'p', 'n' and 'l'.
15. Tap 'e' and 'g'.
16. Strike 'o' and 'm'.
17. Repeat steps 14 and 15 and strike 'a'.

At this point, introduce Conch shell (refer to page 163). Use of Kundalini-Mala bells (refer to page 169) can be effective on any group sessions.

18. Strike 'q', 'p', 'o', 'n', 'm', 'l' and 'k' (count to 5 between each strike and let it fade away).
19. Tap 'c', 'd', 'e', 'f', 'g', 'h', and 'i' (count to 5 between each strike and let it fade away).
20. Tap 'f' count to 5 and strike 'a'. (let it fade away).
21. Strike 'n', count to 5 and strike 'a'. (let it fade away).
22. Strike 'r' (let it fade away).
23. Strike 's' (let it fade away).
24. Repeat steps 18 and 19.
25. Strike 'r', 'b', 's', 'j' and 'a' (count to 5 between each strike and let it fade away).
26. Strike 'a' three times.

Add some Ghantis (refer to page 64) or Conch shell (refer to page 163) at the end of the session.

Use voice guidance to bring the meditators out of their meditative state.

Benefits:

- ✿ Spiritual upliftment
- ✿ Peace and calmness
- ✿ Builds group harmony
- ✿ Enlightening experience

DhammaChakka Yantra

The **DhammaChakka** is an essential symbol in Buddhism, often found in Buddhist art, scriptures, temples, and other religious objects. Its presence serves as a reminder of the Buddha's teachings and the path to enlightenment for Buddhists around the world.

Dhamma means to keep or to hold what is understood, hence the law of nature and Chakka or Chakra means cycle. Dhammachakka is a cyclical movement of nature of reality. It is also known as the “Wheel of Dharma”

The Dhammachakka typically consists of a wheel with eight spokes, symbolizing the Noble Eightfold Path—a guide to ethical conduct, mental discipline, and wisdom. The circular form represents the cyclical nature of life, death, and rebirth (*samsara*), while its motion signifies progress on the spiritual path. In essence, the Dhammachakka serves as a reminder of balance, harmony, and the pursuit of liberation from suffering.

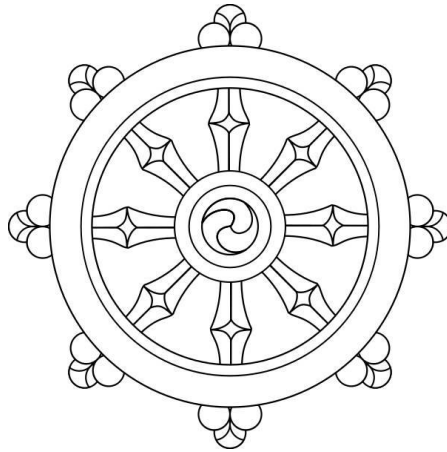


Figure 36 - Dhammachakka

The yantra serves as an energetic focus, channeling the transformative power of sound to calm the mind and clear negative energy. As the bowls' vibrations merge with the intentions of the practitioner, they facilitate deep relaxation, emotional release, and spiritual growth, creating a sacred space for holistic healing and inner harmony.

This Yantra is great for a group of eight individuals. This works greatly for groups of people working together in some companies or organizations since this

yantra promotes balance. Lay meditators on Savasana making 4 straight lines or 2 crosses making space at the center for bowls to place and for you to move around.

Bowl Placement

Pattern 1 is useful when the goal is to create a deep grounding and centering experience, providing a calm and stable energy flow, especially for those seeking emotional healing or balance.

Pattern 1

- ∞ The deepest resonating bowl is placed at the center of the Yantra. (At least 2 feet away from the top of the head)
- ∞ The inner circle of head bowls is of low-resonance – these are ticked as optional in the diagram of the Yantra
- ∞ Eight medium harmonious resonating bowls are placed adjacent to everyone's Heart Chakra so that each person has one bowl on both sides.
- ∞ Highest and/or harmonious bowls are placed at the bottom of the feet (1 foot away).

Pattern 2 is effective when the intention is to uplift the participants' energy, stimulate higher consciousness, or activate a more expansive, energizing experience. It can be used when the session aims to elevate energy and promote spiritual connection or awakening. If the group energy is searching for some direction in life, this helps open new dimensions.

Pattern 2 (figure 37)

- ∞ The highest resonating bowl is placed at the center of the Yantra.
- ∞ The inner circle of head bowls is of high-resonance – these are ticked as optional.
- ∞ Eight medium harmonious resonating bowls are placed adjacent to everyone's Heart Chakra so that each person has one bowl on both sides.
- ∞ Lowest and/or harmonious bowls are placed at the bottom of the feet (1 foot away)

You can also add 4 bowls on 4 corners like we placed on BhavaChakra Yantra to enhance the experience.

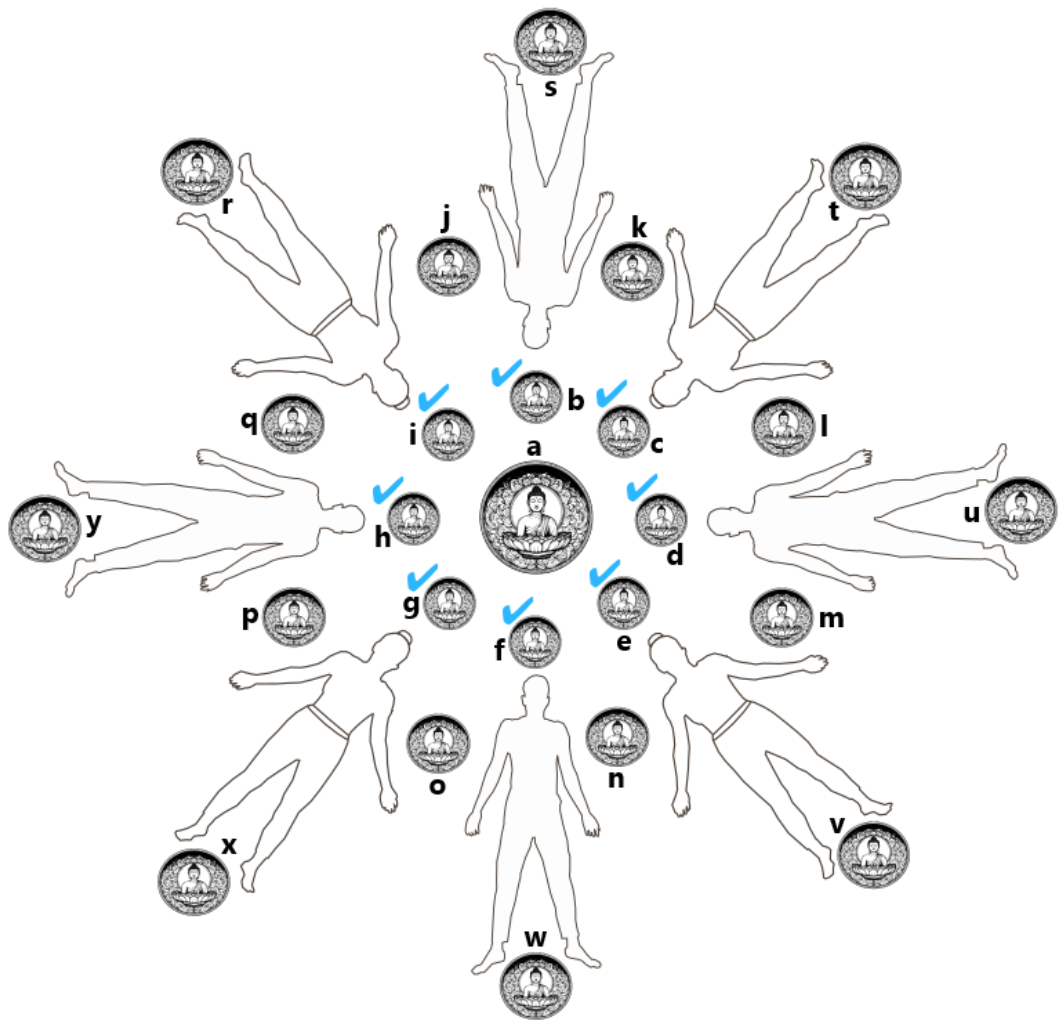


Figure 37 - Yantra: DhammaChakka (Pattern 2)

Instruments: 25 Bowls, Multiple Ghantis, Kundalini Mala Bell, Gong

Bowl Group	Ring Duration
b, c, d, e, f, g, h and i	7 – 11 sec (for high resonance)

j, k, l, m, n, o, p and q	9 – 15 secs (for low resonance)
A, r, s, t, u, v, w and x	12 – 18 secs

Technique:

1. Strike 'a' (three times).
2. Tap 'b', count to 5 and tap 'f'.
3. Tap 'd' count to 5 and tap 'h'.
4. Tap 'c', count to 5 and tap 'g'.
5. Tap 'e', count to 5, tap 'i' and strike 'a'.
6. Repeat steps 1 through 5.
7. Hit 'j', count to 5 and hit 'n'.
8. Hit 'l' count to 5 and hit 'p'.
9. Hit 'k', count to 5 and hit 'o'.
10. Hit 'm', count to 5, hit 'q' and strike 'a'.
11. Repeat steps 1 through 5.
12. Strike 's', count to 5 and strike 'w'.
13. Strike 'u' count to 5 and strike 'y'.
14. Strike 't', count to 5 and strike 'x'.
15. Strike 'v', count to 5, strike 'r' and strike 'a'.
16. Repeat steps 1 through 6.
17. Repeat step 1.

Introduce other instruments (refer to page 154) or Ghantis (refer to page 64) at this point. You can also use a Heart Chakra-oriented or mid-resonating bowl to sing at this moment. You may hold and strike or sing a bowl over the different Chakras or use Nirvana therapy bowl to drive stored stagnant energy out of the system.

Vajra therapy bowls (refer to page 159) or Viswa vajra therapy (refer to page 161) bowls are super effective for mid-session in any of the mentioned Yantras.

18. Strike 'a' twice.
19. Tap 'b', count to 5 and tap 'c'.
20. Tap 'd' count to 5 and tap 'e'.
21. Tap 'f', count to 5 and tap 'g'.
22. Tap 'h', count to 5, tap 'i' and strike 'a'.
23. Repeat steps 1 through 6.

24. Hit 'j', count to 5 and hit 'k'.
25. Hit 'l' count to 5 and hit 'm'.
26. Hit 'n', count to 5 and hit 'o'.
27. Hit 'p', count to 5 and hit 'q' and strike 'a'.
28. Repeat steps 1 through 6.
29. Strike 'r', count to 5 and strike 's'.
30. Strike 't' count to 5 and strike 'u'.
31. Strike 'v', count to 5 and strike 'w'.
32. Strike 'x', count to 5, strike 'y' and strike 'a'.
33. Repeat steps 1 through 6.
34. Strike 'a' (three times).

You can use Nirvana handle bowl with the above-mentioned steps. At this point, you can add other instruments as well. Kundalini Mala bells (refer to page 169) or Gongs (refer to page 173) can be super-efficient for large group settings.

35. Strike 'a' twice.
36. Tap 'b', and 'c' (with no gap in between) and repeat step 35.
37. Tap 'd', and 'e' (with no gap in between) and repeat step 35.
38. Tap 'f', and 'g' (with no gap in between) and repeat step 35.
39. Tap 'h', and 'i' (with no gap in between) and repeat step 35.
40. Repeat steps 24 through 34.

Use voice guidance and other instruments (refer to page 154) to conclude the session. Be mindful not to rush meditators to wake up.

Benefits:

- ☸ Bestows peace
- ☸ Builds compassion
- ☸ Emotional balance
- ☸ Relationship balance

Tantriks are encouraged to experiment playing and placing the bowls intuitively. They are not advised on limiting themselves on the Yantras introduced in this book. However, the use of these Yantras should be enough for any kind of session.

Some Other Yantras

Below mentioned Yantras can be used for any size group of people. Patterns are shown for visual understanding of placement of bowls.

Five Elements or Five Buddha Yantra

The Five Elements or Five Buddha Yantra is a simple yet potent sound healing formation that aligns individuals with the elemental forces of nature and the wisdom of the Five Dhyani Buddhas. By working with the five elements within each person, it creates deep harmony and balance, both individually and collectively.

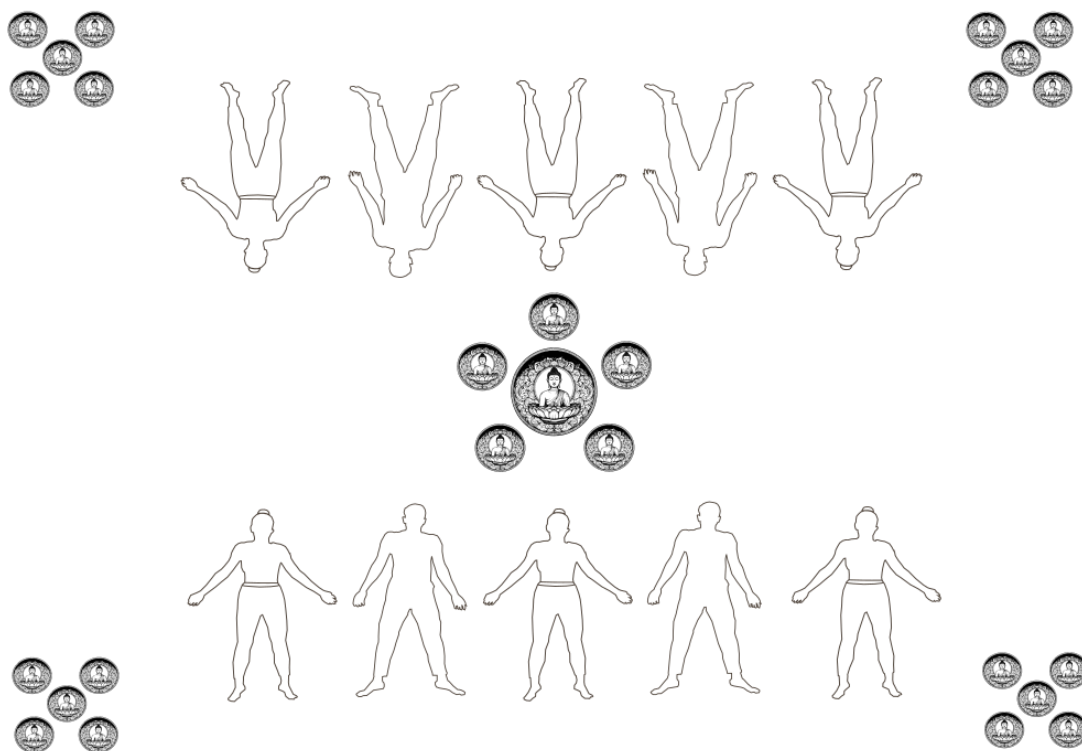


Figure 38 - Yantra: Five Elements or Five Buddha

- Each bowl grouping contains bowls that have a mix of resonance, and each bowl grouping can be of unique or of same harmony with each other while the center bowl is the deepest and lowest resonating bowl.
- Each group mentioned above should be harmonious within the group and recommended to be harmonious with other groups.

Starfish Yantra

This Yantra is adaptable for larger groups while utilizing a limited number of bowls, making it an efficient yet powerful arrangement for sound healing. The bowls placed around outer space create an energetic boundary, forming a protective and resonant envelope that contains and amplifies the vibrations within. Meanwhile, the bowls positioned between the participants, lying head-to-head, act as focal points of energy exchange, releasing stagnant energy and uplifting the collective vibration.

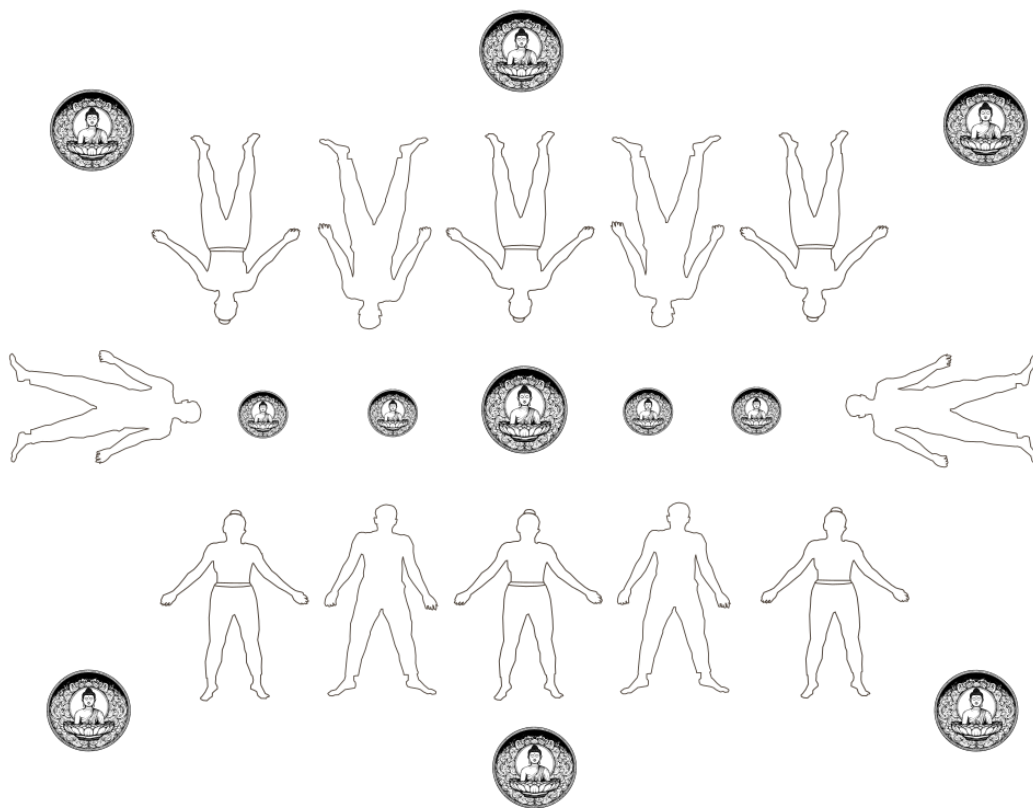


Figure 39 - Yantra: Starfish

- ཨ The center bowl is the deepest and lowest resonating bowl.
- ཨ The six bowls forming the outer circle are mixed with deeper tones.
- ཨ The four bowls placed within the inner alignment consist of higher-resonating tones.

Taranga Nada or Wave Yantra

"Taranga" (तरंग), meaning "wave" or "undulating motion," and "Nada" (नाद), referring to "primordial sound" or "cosmic vibration." This Yantra's structure mirrors the dynamic interplay of sound waves. This configuration allows energy to ripple outward while maintaining a continuous harmonic flow, guiding participants into a state of deep alignment, balance, and expanded awareness.

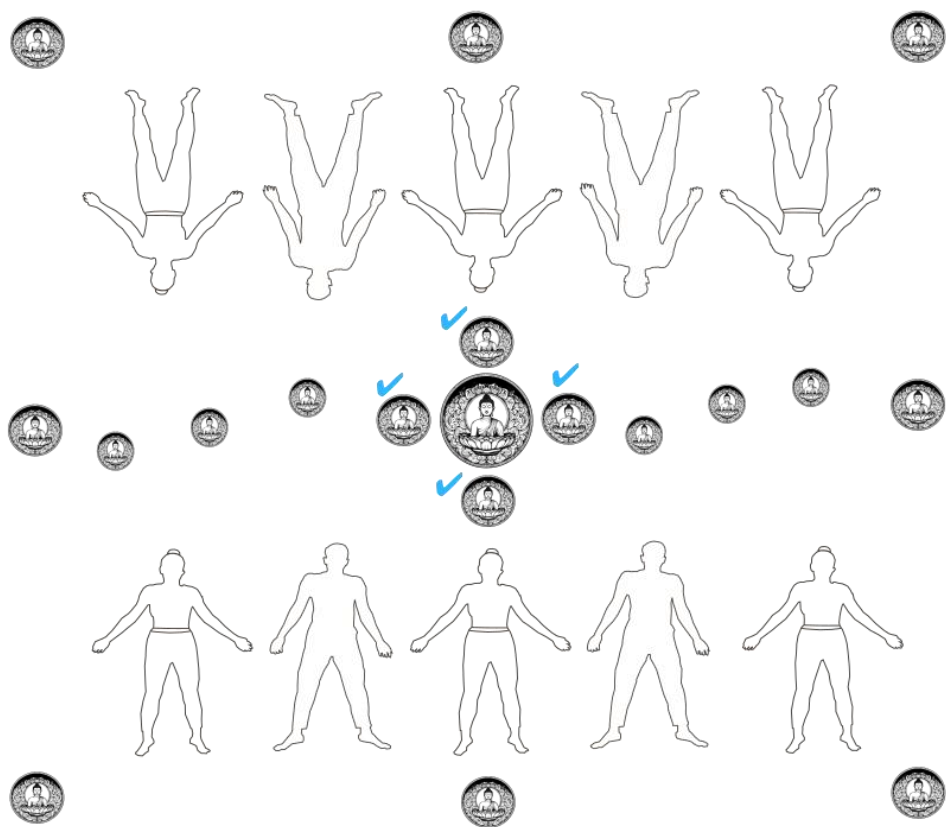


Figure 40 - Yantra: Caged Serpent

- ॐ The central bowl has the deepest, lowest resonance, surrounded by four bowls with a mix of high and low tones.
- ॐ The eight outer bowls consist of deeper resonating sounds, while the six bowls forming the wave structure are a blend of higher resonating tones.

Jyotirlinga or Rising Sun Yantra

Jyotirlinga Yantra channels Shiva's cosmic presence, aligning meditators with the transformative power of divine illumination and inner awakening. Through its precise structure and vibrational resonance, it leads to purification, protection, and deep meditative absorption into Shiva consciousness.

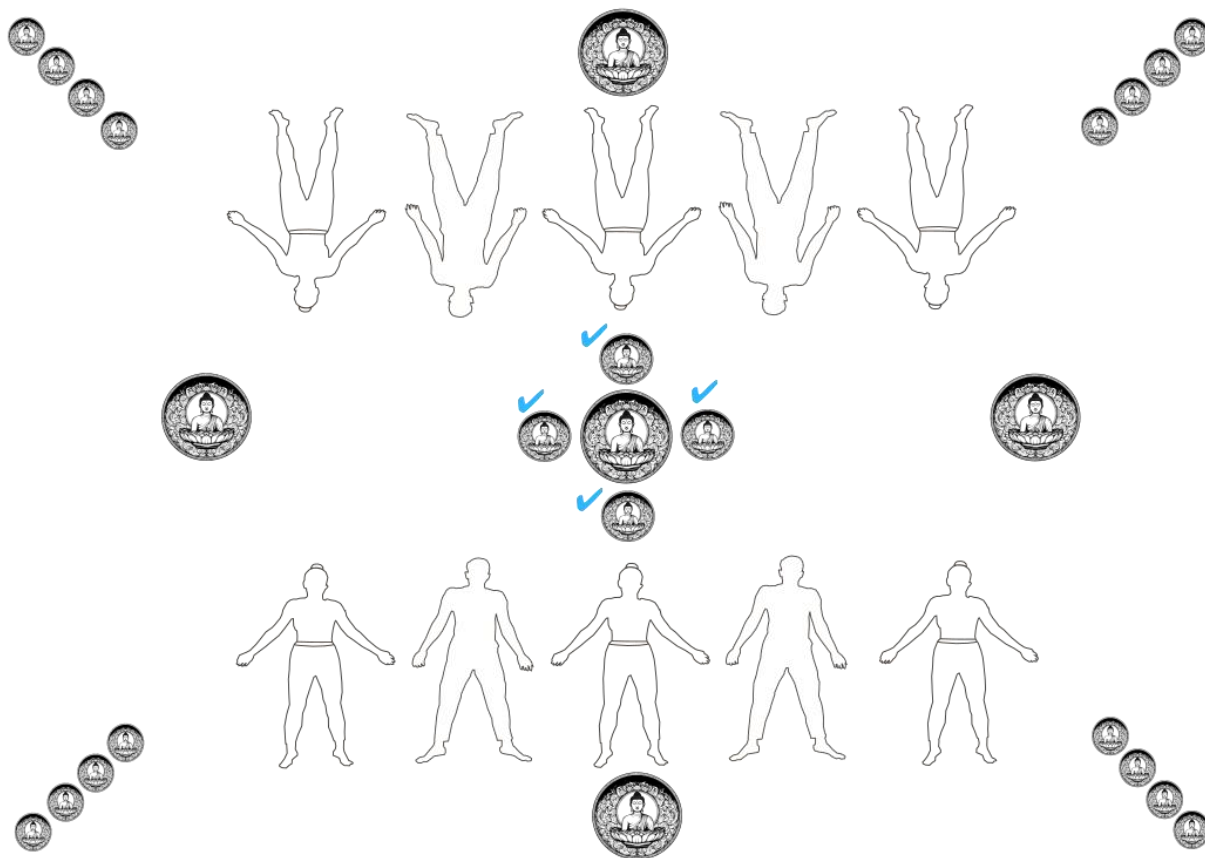


Figure 41 - Yantra: Jyotirlinga or Rising Sun

- ∞ The central bowl has the deepest, lowest resonance, surrounded by four bowls with a mix of mid and lower tones.
- ∞ Four bowls on the four directions are a mix of deeper resonance.
- ∞ Bowls grouped together in each corner are a mix of higher resonance. Each group mentioned above should be harmonious within the group and recommended to be harmonious with other groups.

Taking Care of Your Bowls

Respect

Despite being perceived as non-living entities in a modern context, it is essential to treat bowls as living, breathing energy bodies. As previously discussed in this book, in Nepalese and Tibetan culture, spiritual tools, such as these bowls, are revered as objects of worship. It is believed that universal energy manifests in various shapes and forms, and these bowls are seen as expressions of that same divine energy.

When returning the bowls to their original place, ensure the surface is provided with a cushion or base. Keep the space clean and sacred.

Traveling with the Bowls

When traveling with metal singing bowls, it's important to handle them with care to avoid damage or loss of sound quality. To protect the bowls, wrap them in soft, padded material such as towels, bubble wrap, or a specialized carrying case with compartments. This will cushion the bowls and prevent scratches, dents, or cracks. It's also advisable to pack them in a sturdy bag or suitcase to keep them secure during transit. When placing the bowls in your luggage, ensure they are positioned upright or supported to prevent unnecessary movement.

For air travel, consider carrying these in your hand luggage to avoid the rough handling of checked baggage. Proper care and protection will ensure the bowls retain their resonance and effectiveness wherever you go.

Cleaning the Bowls

When cleaning metal therapy bowls follow these simple steps. Wiping them regularly to remove dust can help keep the bowl shining. If fingerprints and stains are observed, wipe them with wet cloth and dry them. Stubborn stains can be removed by cleaning with mixture of lemon and warm water. Rinse it with clean water and dry it with soft cloth.

For Golden metal bowls brass metal cleaner can be used to restore shining. For antique style bowls this is not recommended. One can apply any essential oils all over the bowl lightly to polish it and make a protective layer.

Shakti Tantrik Therapy

Shakti loosely means energy and is often depicted as powerful goddesses like Durga, Kali, Chinnamasta or Chinnamunda. This style of rituals is much more prevalent in Nepal and Northern India. This requires sharp and multiple resonating Ghantis. When one is in a super relaxed state and intervenes with sharp Ghanti sounds, Kundalini energy can jump directly towards Crown Chakra bestowing meditators an eye-opening experience towards spirituality.

This style of therapy is most beneficial to those individuals or groups who are already on the spiritual path but lacking momentum or direction. This can activate Crown Chakra and Kundalini energy.

1. Setting Space

The session begins with creating a sacred, serene environment. The Tantrik prepares the room with dim lighting, incense, and natural elements to invoke a sense of tranquility. A small altar may be set up with traditional items like conch shells (shankha), flowers, vermilion, malas, and candles to honor the tantrik lineage and invite positive energy.

Meditators are guided to sit or lie down comfortably on a mat. The therapist explains the session's flow, ensuring everyone feels safe and grounded.

2. Invoking the Energy

The Tantrik starts the session by ringing a Tibetan Ghanti or Drillbu to mark the beginning. The clear, resonant tone symbolizes the dispelling of negative energy and the invitation of wisdom and calm.

Shamanic drums may be played rhythmically, creating a primal, grounding vibration that connects meditators to the Earth's energy. The sound vibrations prepare the body and mind to receive healing.

3. Kundalini Breathwork

Next, the Tantrik guides meditators through **Kundalini breathwork**. This includes:

- ⌘ **Nadi Shodhana (alternate nostril breathing):** To balance the body's energy channels.

- ⌘ **Kapalabhati (skull-shining breath):** To activate the SolarPlexus and energize the system.
- ⌘ **Kumbhaka (breath retention):** To deepen awareness and awaken latent energy at the base of the spine.

Meditators may feel subtle sensations of warmth, tingling, or energy movement as they progress.

4. Body Shaking and Movement

Meditators are invited to stand or sit up and gently shake their bodies in rhythm with the sound of the **Kundalini Mala Ghantis**. These Ghantis, attached to a leather strap and worn across the shoulder or as a belt, produce melodic jingling sounds that stimulate energy flow.

The Tantrik may encourage free-flowing body movements or light dancing to release tension, dislodge stagnant energy, and invigorate the spirit. This dynamic phase is often accompanied by **shamanic drums** for a powerful, rhythmic backdrop.

5. Sound Healing

Once the body and energy are activated, meditators lie down for a sound healing journey. The therapist uses:

- ⌘ Bowls placed on or near the body to create soothing vibrations that align the Chakras.
- ⌘ **Conch shell sounds** to invoke spiritual purity and deepen relaxation.
- ⌘ **Ghantis of varying resonance** to cleanse the energy field and create a meditative state.

Hold multiple Ghantis with distinct frequencies in each hand, creating a harmonious symphony of sound. Start with a gentle, rhythmic shake, gradually building in intensity over time. Fade away this heightened energy for 20-30 seconds, allowing the vibrant resonance to fill the space and awaken the senses. Then, slowly ease the movement, softening the sound into a delicate, soothing vibration before letting it fade away completely. This intentional progression of ringing creates a profound tantrik experience, guiding meditators into a deep meditative state where the

boundaries between self and the divine dissolve, immersing them in the transformative power of sound and vibration

Meditators are encouraged to focus on the sounds, allowing them to penetrate deeply into the mind and body.

6. Guided Meditation and Silence

The sound healing transitions into a guided meditation. The therapist's gentle voice leads meditators to connect with their inner self, visualize energy flowing through their Chakras, and experience a state of unity with the universe.

This is followed by a period of silence, allowing meditators to integrate the experience and connect with their stillness.

7. Closing Ritual

The session concludes with a closing ritual to ground meditators. The therapist uses a final ring of **Ghanti** and a short prayer or mantra, such as “**Om Shakti Namaha,**” to honor the divine feminine energy invoked during the session.

Meditators are invited to share their experiences, sip herbal tea, and slowly transition back to their day.

Supreme Tantrik Goddess: Mother ChinnaMasta

ChinnaMasta is a very well worshiped tantrik goddess in both Hindu and Buddhist tradition in Nepal. Buddhists call her ChinnaMunda and Hindus ChinnaMasta, both mean Decapitated Head. One of the Hindu Versions of a story tells how once bathing in Mandakini River, Jaya and Bijaya two female attendants ask Parvati to satisfy their hunger, Parvati decapitates herself and gives them her blood to fulfill their hunger.

This image tells the entire view of the nature of reality. Mother ChinnMasta is seen as a nature herself which is the cause of Duality (her attendants). She is the one feeding the duality and self-fade awaying absolute reality, herself and once one raises beyond their worldly desires and hunger (Couple Copulating) and decapitates one's ego then he/she will be able to see the entire dance of creation and dissolution going on around him/her and thus enlightenment.



Figure 42 - Mother ChinnaMasta

She is also seen as an awakening of Kundalini energy where 3 Nadis (Ida, Pingala and Sushumna) are herself and her two attendants.

Tantrik Instruments and Usage

Tingsha

Tingshas are great tools to cleanse or clear the ‘negative’ energies in the space because the sound it produces are clear sharp high-pitched tone and does have a capacity to travel super-fast across the space when struck together.

In premium-quality tingsha, both cymbals exhibit matching tones, being either identical or nearly identical. However, the majority of tingsha are not perfectly matched, resulting in each producing a distinct and different tone.



Use

Cymbals are left hanging while holding on to the strings on both sides and gently bringing those pairs to contact produces clean chime which induces deeper state of subconscious exploration and allows the mind to be more less anxious to that exploration.

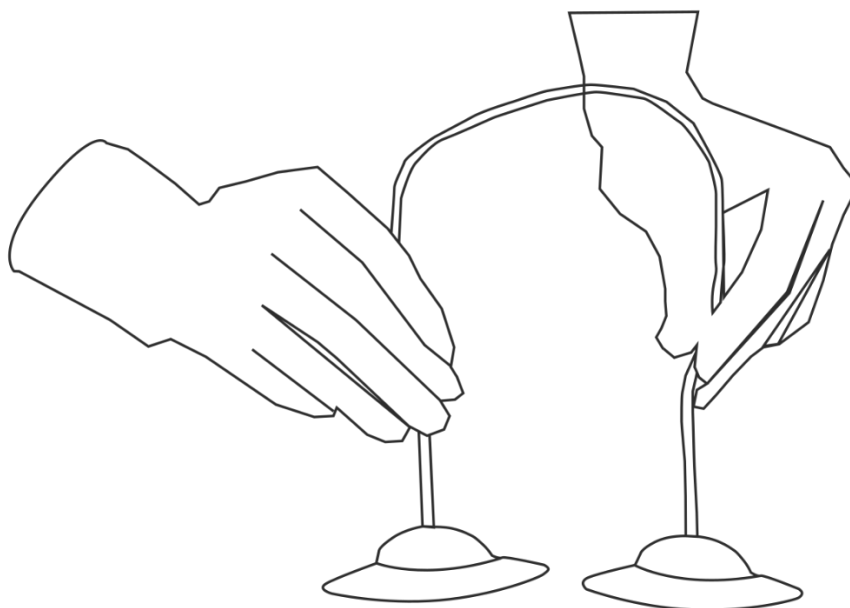


Figure 43 - Tingsha striking (Hanging)

Another way, if loud resonance is needed, hold these just above metallic disks and clang those disks.

One can also use these to induce the wakeful state by striking ends swiftly.

Do not strike these near to the ear of a meditator, it can damage the ear tube if mindfully not used. Softly and gently strike and move it across each side of the ear. Keep it moving since it can create sharp noise thus can be infuriating to meditators.

To cleanse the space, strike the cymbals three times. You can stay at the same spot while it's ringing or move to the space where you want to push the energy out from.

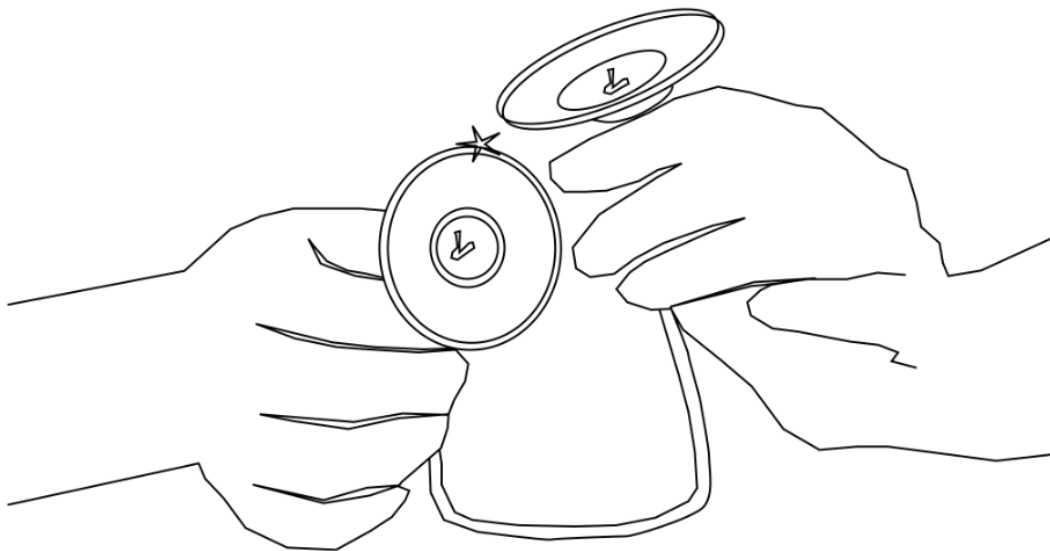


Figure 44 - Tingsha striking (Clasping)

Choosing Tingsha

Tingsha which are traditionally used are plain and simple looking ones which are clear and good quality in their nature which is recommended for therapy usages. There are many Tingshas available in the market that use brass metal and casting processes to make them which usually leads to low quality end results.

As mentioned above, good quality Tingshas are paired identically in sound which exhibits clear tone and long sustenance of the resonance. Like singing bowls they come in different notes and tones.

Nirvana Therapy Handle bowl

The **Nirvana Handle Bowl** is a variation of the traditional Tibetan singing bowl, distinguished by its attached handle and has become an essential tool in modern sound healing practices. It allows for more control and precision in directing the sound vibrations to specific energy points or Chakras. This makes it an ideal instrument for targeted healing, moving energy, and conducting thorough sound therapy sessions.

One key advantage of the Nirvana Handle Bowl is its ability to slowly fade away vibrations for an extended period. Because of the handle's structure, less surface area of the bowl is in contact with the body or hand, allowing the sound to resonate for a longer duration. The less physical interference with the bowl's vibrations, the purer and more sustained the sound becomes. This feature is particularly beneficial when the goal is to create a prolonged energetic influence on the body, allowing the sound to deeply penetrate and harmonize the meditator's energy field.



Use

To enhance Chakra healing, use specific techniques with a therapy bowl. Strike the bowl while holding it by the handle, focusing on a particular Chakra to promote healing through the vibrations.

Another effective method is striking the bowl and moving it around different parts of the body to target multiple energy points, facilitating the flow of healing vibrations.

Additionally, placing the wooden tip on specific energy points channels the vibrations directly into those areas, much like a tuning fork, amplifying the healing effect.

Choosing Nirvana therapy handle bowl

Assess bowl's vibration and sound quality like any other bowls. The tone should be clear and sustained, resonating at the right frequency for your healing goals.

Check that the screws are securely fastened, as loose screws can affect the bowl's vibrations and its ability to withstand repeated striking during sessions.

Finally, consider the durability and craftsmanship of the bowl; a high-quality, well-maintained bowl will provide a more effective and lasting therapy experience.

Vajra Handle Therapy Bowl

Vajra Handle Bowl is named after sacred Vajrayana Buddhist symbols, which add layers of spiritual significance to their use. This is crafted with the intention of amplifying the spiritual power and vibrational resonance, making them not just healing tools, but sacred instruments that embody these Buddhist principles.

Each of these bowls combines multiple singing bowls into one integrated piece, Vajra Handle bowl has a handle with two singing bowls with two different notes or octaves on each end, which allow practitioners to work with complex sound structures that resonate across multiple layers of the mind, body, and spirit.



Use

One effective technique is to strike each bowl individually, allowing the sound to fade away before striking the other bowl. This gives each note the space to resonate fully, creating a clear and distinct vibration that can help balance the body's energy. Focus on specific Chakras by moving between the two bowls, using their distinct frequencies to target different energy centers. For example, the lower

octave can be used to resonate with the Root Chakra, while the higher octave can work with the Crown Chakra.

Another technique is to strike both bowls together, creating a harmonic blend of sound. This simultaneous vibration can help harmonize the energy flow across the body, promoting emotional and spiritual balance. This bowl also can be combined with the stationary bowls on the floor to create more dynamism for the session. This is a must-have tool for Tantrik sound healers.

Choosing Vajra handle bowls

Check each bowl's vibration and sound quality. Like any other singing bowl, the tone should be clear and sustained, resonating at the right frequency for your specific healing goals. A high-quality bowl will emit a sound that is pure and harmonically balanced, without any harsh or dissonant overtones.

Check that the screws are securely fastened, as loose screws can affect the bowl's vibrations and its ability to withstand Repeated striking during sessions.

Finally, consider the durability and craftsmanship of the bowl; a high-quality, well-maintained bowl will provide a more effective and lasting therapy experience.

Viswa-Vajra Handle Therapy Bowl

The **Viswa-Vajra Handle Bowl** is a unique and powerful instrument in sound healing, inspired by the sacred Vajrayana symbol of the Viswa Vajra, representing the crossing of opposites and the attainment of balance. This bowl features four singing bowls attached to each end of a central wooden handle, each producing different notes or octaves of two distinct tones. Its dynamic sound capabilities make it particularly effective in group therapy settings, allowing practitioners to work with multiple frequencies that harmonize the body's energy centers while promoting a sense of collective healing and balance.



Use

Each bowl can be struck individually to focus on specific energy points, allowing for a more detailed approach to sound healing. By striking each bowl in turn, the practitioner can create a layered and progressive harmonic sequence that resonates deeply with different Chakras and energetic centers.

Alternatively, the bowls can be played together, allowing their frequencies to interact and create a rich, multi-dimensional sound. This combined resonance can be particularly effective for general energy alignment or for clearing blockages across multiple energy centers at once.

For a more dynamic sound experience, it can be used in conjunction with bowls placed on the floor. The bowls on the handle can be moved around the body to create a fluid, dynamic sound, while the stationary bowls on the floor provide a more grounded, stable vibration. This dynamic interplay is ideal for group therapy, as it allows multiple frequencies to interact and resonate across the room, creating a rich, immersive sound experience that affects everyone present.

Choosing Viswa-Vajra handle bowls

Assess its vibration and sound quality just as you would with any other bowl. The tone should be clear, sustained, and resonate at the appropriate frequency for your healing objectives. The four bowls should resonate nicely.

Ensure that the screws securing the bowls to the handle are tightly fastened, as loose screws can interfere with the bowl's vibrations and its ability to withstand repeated striking during sessions.

And consider the overall durability and craftsmanship of the bowl.

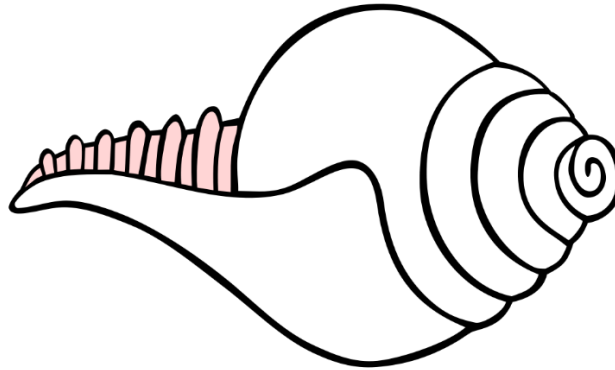
Conch Shell

The **Conch Shell**, known as '**Shankha**,' holds significance in Hindu and Buddhist scriptures, stories, and legends. It is used in Nepal for spiritual ceremonies, cleansing and some cases for healing.

The conch shell's sound is symbolic of the sacred 'Om' sound and is associated with Vishnu, often depicted holding it in his right hand.

In Hinduism, blowing the conch is believed to represent the divine sound of the universe, purifying the environment, and warding off negative energy.

According to the Hindu mythology, the Shankha originated from the cosmic ocean during the churning of the ocean of milk known as Samudra Manthan. This is why it is believed that one can hear it reverberating the sound of the ocean just by holding it right next to the ear.



Sound Therapy and Vibration

The sound produced by the conch shell is considered therapeutic, with its vibrations contributing to a sense of healing and well-being.

Conch shell sound contains smooth continuum of Nada or roaring Sound which is seen as cosmic vibrations believed to purify the environment. In ancient scriptures, conch shells are associated with gods and war

In Buddhism, the Shankha represents the voice of Buddha and the truth of his teachings. It is considered an instrument of great importance in rituals, symbolizing the resonance of Buddha's words.

And in mainstream Buddhism, it is associated with courage, power, and sovereignty which signifies strength and is revered for its symbolic meanings within the Buddhist context.

In conclusion, the conch shell's role in sound therapy is deeply Rooted in ancient scriptures, mythological stories, and cultural symbolism, making it a revered instrument with healing properties since ancient Vedic times.

Use

To produce a sound, gently position the sealed opening of the Shankh against your lips, ensuring an airtight seal. Blow into the Shankh, guiding the airflow into the cavity. An effective way is to blow it like a succession of waves like in the ocean itself, with a blow of little force and then be gentle on the force and again little force. 3 to 4 rhythms of such completes one full breath blow. 2 to 5 full breath blow is good enough as one set blow in a healing session or even for the whole session itself.

One can clear the energy of the space or purify the energy of the space with Conch shell sound at beginning the healing session itself.

In the middle of the session while meditators are in a deeper state of relaxation and meditation, healers can blow 3 continuous sounds which brings more purification and alertness to the meditators.

And one can use this at the end of the session itself right before one wake them up, to purify the energy and uplift the spirit of the meditators.

Choosing Shankha

Get the conch which feels comfortable on your lips while blowing the air in. The more easily it produces a sound, the less work one has to do.

Deeper and smoother sound producing conch shell is recommended.

To test the quality of the sound, simply place the conch hole near to your ear, the better the orchestral sound of the ocean one can hear, the better the quality of the sound.

Damaru

Damaru is one of the most used instruments by Vajrayana, Shaiva and Shakta tantrik culture for rituals because of its philosophical significance. The two sides of Damaru are seen as a Male and Female energy (Shiva and Shakti). Two attached strings with round end act like a striker to the drum. Philosophically it is seen as the movement of the Shakti, or the energy (strings of Damru) produces the sound and the sound itself is the creation on itself. Neither side is bigger or smaller in size (equal) and it produces the same sound and emergent of the one instrument or one movement. And this is one of the reason Shiva is depicted as ArdhaNareswara, a half Man and Half Women. And the sound produced by the Damaru represents a continuum Nada or Sound created by Shiva and Shakti.

Traditional damarus is often made from wood and animal hide, but you can also find modern versions made from resin or other materials.

Damaru tends to bring forth the anxiety, stress, tension stored in the system to the surface and can act as an excellent healing tool if one knows how to use it properly.



Use

One of the primary techniques when using the damaru is to play it in rhythmic intervals, aligning the beats with the energy centers (chakras) of the body. For

example, a slower, more deliberate beat can be used to activate the Root chakra, while faster, more rapid beats may energize the upper chakras. This rhythmic pulsation assists in unblocking stagnant energy and balancing the body's energetic field. The *damaru* complements the Tibetan bowls by guiding the sound waves through the body, creating a resonance that helps clear energetic blockages.

Damaru can be used in the middle of the therapy when everything is settled, and the meditators are deep into the trance-like stage. The sound of the Damaru helps to activate the strength stored in the Heart and helps expel fear out of it. It also activates the energy flow from the Root Chakra to Crown Chakra depending upon the spiritual elevation of the meditators. This tool can be used in herbal medicine therapy or even with psychedelic medicines.

Choosing Damaru

Each side of the Damaru should create the same sound. The sound should be clear, rich, and resonant. A damp sounding Damaru should be avoided.

Size: Smaller Damaru are lighter and more portable, and they produce higher-pitched, more piercing sounds. These are ideal if you want a more subtle and focused sound, perfect for activating higher chakras or using in personal meditation. And Larger Damaru tends to have a more grounding and deep tone, which can create a fuller, more enveloping sound. If you are looking to use the *damaru* for energy clearing or deep vibrational healing, a larger drum may be preferable.

Check for a tight skin: The tension of the drumhead affects the pitch and tone. Make sure the hide is evenly stretched and securely fastened.

Examine the construction: Look for any defects such as cracks in the wood, loose parts, or imperfections in the drumhead that could affect sound quality.

Jhakri Drum (a Nepalese Shamanic drum)

Jhakri drum is a traditional Nepalese shamanic drum which is used mostly used by Jhakri/Dhamis (shamans) in Tantrik shamanic practices to invoke gods or different energies to have them come into their body and/or the body of the meditators. Although these drums have two sides, both sides sound the same.



Use

This Tool alone can be used for a whole therapy. In Nepalese tradition this is used as a tool to slowly put meditators into the trance state. These can be used at the beginning, middle or at the end of the session.

Gentle continuous rhythmic beating at the beginning of the session helps meditators to relax and makes them ready to explore the depth of their spirit. This also can be used with herbal medicine therapy or even with psychedelic medicines.

Strike it close to the different Chakra areas. Striking near the Heart Chakra area gives the Heart an extra boost and helps one to come out of the deep-Rooted fear stored in the Chakra itself. Meditators can feel the vibration of the drum when striking harder near to the body which can add deeper spiritual exploration.

Choosing Jhakri Drum

Each side of the Jhakri Drum should create the same sound. Deeper the sound better for the trance meditation.

Check for a tight skin: The tension of the drumhead affects the pitch and tone. Make sure the hide is evenly stretched and securely fastened. Damp sounding drums should be avoided.

Examine the construction: Look for any defects such as cracks in the wood, loose parts, or imperfections in the drumhead that could affect sound quality.

Kundalini Mala Bells

Kundalini Mala Bells are the Nepalese Tantrik and shamanic tool which is usually used by shamans (Dhami and Jhakri) for their practices which also includes calling spirits or different energies to the human body or the earthly realm. These are one of the excellent sound healing tools from Nepal. Sixteen Ghantis are attached to the leather strap and worn as cross-body across the shoulder. The sixteen Ghantis are associated with the sixteen Tantrik fearsome feminine energies. I call it Kundalini Mala Ghantis because these Ghantis can elevate the nature of kundalini energy in the body fast since these are also seen as an embodiment of tantrik goddess like Kali, Chinnamasta or Yoginis in the form of sound.



Use

You can hold these in your hands, or you can put them on as a cross-body belt on your shoulder and/or belt it on your waist. If one is using these along with the sound bowls them usually middle of the session is a good time to use them. You can start by shaking or moving the Ghantis slowly and gently and increase the movement of the shaking as needed as you move.

Or you can have meditators to put them on if they are upright sitting or standing.

Ask them to bring their hands together right in front of the Sacral Chakra. And ask them to shake their body slowly while listening to their breath and the vibration of their body. This tends to clear all the emotions and thoughts out of the mind and pulls meditators into a mild hypnotic or trance state. Once you observe the body of the meditators are involuntarily moving/shaking, you can ask them to release whatever is stuck in their energy field such as negative emotions, anxiety, stress or even clear out Chakras. If Throat Chakra needs some work, ask them to make sounds or even shout or scream if necessary. One can command the meditators to shake their body heavily if needed. If Root Chakra needs some work, ask them to shake their body as their body is jumping on the ground. Similarly, you can work with other Chakras as well.

Choosing Kundalini Mala Ghantis

When you hold it in your hand and slowly move around the Ghantis, high quality Mala Ghantis harmoniously rings like a waterfall of sounds.

The best way to know the quality of the Mala belts is sit in Padmasana or Sukhasana (Cross legged position) and put them on as a cross-body belt on your shoulder and breathe in and breathe out like you are meditating. Good quality Mala Ghantis ring with the tiny vibration of your Heartbeat. Sound is usually faint, so one needs to be in a completely quiet space.

Check for the good quality leather strap

Check the attachment of the Ghantis on the strap

Vajra ‘Dorje’

The **Vajra** (also spelled "Dorje") is a tool often used in Himalayan Buddhism, representing the masculine, spiritual power, indestructibility, and the union of wisdom and compassion. There is a belief that the distinct shape of the vajra and the way these are made gravitates good energy to its field. In sound healing, the Dorje can be used to help facilitate energetic balance, purification, and spiritual awakening through sound and vibration.



Use

To use the Dorje in sound healing, one can combine it with chanting, mantras, and sound instruments like singing bowls, Ghantis or gongs. Holding the Dorje while chanting mantras such as "Om Vajra Sattva Hum" purifies and clears negative energies.

It can also be placed near sound instruments to amplify their vibrational effects, directing healing energy to specific areas of the body or energetic field. For energy clearing, the Dorje can be used alongside sound tools to dissolve stagnation, replacing it with healing vibrations that restore balance and vitality. The key is to focus on the intention of healing and allow the Dorje to act as a conduit for the spiritual energy released through sound.

Choosing Vajra

When choosing a Vajra for sound healing, it's important to select one that resonates with your personal energy and healing intentions. Most used vajra come in 5 prongs or 9 prongs, either one is fine. I would recommend 5 prong ones of its simplicity in appearance. They come in different sizes and materials, such as brass or copper, each carrying unique vibrational properties. Smaller Vajras are ideal for personal use and meditation, while larger ones are often used in ceremonial settings. Whichever feels comfortable, balanced and energetic when you hold on to your hand, go for that one.

Binayo

The **Binayo** is a traditional Nepalese musical instrument hailing from the Himalayan region. This unique, small, string-pulled mouth harp is crafted from bamboo, a material native to the region, and has been used for centuries in both everyday life and spiritual practices. The Binayo's distinctive sound is produced through the vibration of a metal wire reed, which is plucked with the forefinger while the instrument is held against the lips.



How it's played:

Grip the forefinger between the teeth

Wedge the Binayo between the lips

Pull the string at the end of the instrument to create vibrations and tunes

Use

Binayo can be used in the middle of the session to invoke a sense of inner peace and connection to the natural world. Its reverberating sound acts like a natural flow of vibrating mantra without any words. The sound and the vibrations of Binayo dissolves the self or one's ego, thus enhancing the flow of stored energy and fostering spiritual growth.

Choosing Binayo

It is a very simple instrument, thus choosing one does not include complicated methods. Select the one that sits comfortably on one's mouth and has soothing reverberating vibration when played.

Gong

The gong, originates from the ancient Bon tradition and later was integrated into Tibetan Buddhism, has been used for centuries to induce states of deep relaxation, meditation, and healing. The practitioner may vary the intensity and rhythm of the gong strikes to guide the participant through different states of awareness.



Use

The gong can be held and played near specific chakras or energetic points for targeted healing, or it can be positioned over areas such as the crown chakra or the soles of the feet. Gentle strikes of the gong promote deep cleansing and relaxation, while rubbing the gong can evoke a range of spiritual experiences. Additionally, multiple gongs can be placed around the meditator, with the practitioner striking them as needed to create a harmonious and dynamic soundscape that enhances the therapeutic process.

Gently, strike the gong and then **rub** it with a mallet a circular motion along its surface, maintaining consistent contact with the gong. This creates a continuous, spiraling sound that encourages a sense of flow and transformation.

One can also play the gong with a series of quick, **rhythmic strikes** in succession. This technique can produce a rapid succession of varying tones and overtones, which can have a stimulating and energizing effect. Multiple strokes

help shift the client's energy and awaken the body's inner rhythms. This is particularly effective for clearing blockages and invigorating the energy field.

Another technique involves using a very soft, padded mallet to barely tap or gently strike the gong. The result is a subtle, quiet sound with barely audible vibrations. This method is used for delicate moments of therapy sessions.

One of the primary techniques for using the gong is the "**Gong Bath**". In this method, Tantrik plays the gong softly and steadily, creating a continuous wave of sound that fills up the space. And later using various intensities to the strike.

Another technique is called "**Gong Puja**" which is a more advanced and ritualistic technique. This method involves continuous playing of the gong for an extended period, often lasting several hours. During Gong Puja, participants may experience a sense of timelessness, expanded awareness, and connection to the divine.

Choosing Gong

Size: The size of the gong plays an important role in determining its tonal range and depth. Larger gongs typically produce deeper, more resonant tones, while smaller gongs create higher-pitched and sharper sounds.

Quality: Gongs are made from a blend of various metals, which influence the harmonic overtones they produce. A well-crafted gong will offer a rich array of sounds and vibrations.

Additionally, the aesthetic and energetic quality of the gong should align with the Tantrik's personal intuition and the environment in which the therapy takes place.

Honoring Tradition

Honoring a tradition, especially one as rich and spiritually profound as sound healing, goes beyond simply practicing ancient techniques; it is a recognition of the deep-rooted wisdom that has been passed down through generations. The use of sacred instruments like singing bowls, Ghantis and drums reflects a time-honored understanding of sound not only as a therapeutic tool but as a sacred force that bridges the physical and spiritual realms.

When we engage with these practices in the present day, we are not merely borrowing techniques, but we are entering into a sacred relationship with a lineage of healers and spiritual meditators who understood the profound connection between vibration and healing. The sound instruments, such as the high-pitched Ghantis and singing bowls, were never intended as mere tools for physical well-being; rather, they were seen as energy bodies, capable of aligning the practitioner with cosmic energies and **awakening the dormant spiritual potential within**. By utilizing these sacred instruments today, we are tapping into a deep reservoir of spiritual knowledge that transcends time and space.

As we integrate sound healing into our modern lives, we must remember that we are part of a living, evolving tradition that has survived through centuries of cultural and spiritual evolution. By embracing sound healing, we become stewards of this sacred practice, and we take responsibility for preserving its essence, depth, and transformative power. Honoring this tradition means ensuring that its sacred knowledge is passed on with integrity, mindfulness, and love, so that future generations can also experience the profound healing potential that these practices offer.

To honor this tradition is to approach it with reverence, respect, and gratitude for the wisdom that has been shared through countless generations. It requires us to understand the profoundness of ancient spiritual practices—sound as a manifestation of divine energy. It is a sacred calling to align us with the universal rhythms of the cosmos, to heal not only ourselves but to honor the interconnectedness of all beings.

Our Offerings

Ghantis, Bowls and Tinghas
Golden Lotus Therapy Bowls
Full Moon Therapy Bowls
Surya or Sun Energy Therapy Bowls
Jupiter Therapy Bowls
Sun and Moon Therapy Bowls
3 Set Therapy Bowls
5 Set Therapy Bowls
7 Chakra Set Therapy Bowls
12 Set Therapy Bowls
All the instruments mentioned in this book
Incenses, Shilajit, Honey and More

Spiritual Retreat in Nepal: Tirtha

We proudly host an annual retreat in the Himalayan foothills of Nepal named Tirtha, derived from Sanskrit, signifies a sacred crossing or pilgrimage site, believed to grant liberation and spiritual elevation.

Nepal, revered by Hindus, Buddhists, and Jains, epitomizes spiritual pilgrimage, boasting the birthplace of Buddha and a land rich in Tantrik traditions. Ascetics historically sought enlightenment in Nepal's Himalayas, where the grandeur of the mountains fosters spiritual introspection.

The majestic Himalayas symbolize the insignificance of the individual self, facilitating a path to spiritual enlightenment by transcending ego. This retreat offers a deep immersion into Nepalese spirituality, aiming to leave an indelible mark on meditators, enriching every moment of life.

Meditators engage in meditation, yoga, rituals, and temple visits, transforming spiritually and embracing life's grandeur. Join this transformative journey towards spiritual enrichment and celebration of life's essence.

Important Notes

- ✿ Smaller bowls are generally associated with higher resonance, while larger bowls tend to produce lower frequencies. However, this is not always the case.
- ✿ Be mindful about the pulse of the session, placement and the resonance of the bowls.
- ✿ Experimenting with new methods can indeed help one's energy become more expressive.
- ✿ Shake off any heavy energy before starting a session.
- ✿ Using a variety of bowls can be effective in a session, but this is not always necessary as a single bowl (or other tantrik tool as mentioned above) can be used instead for an entire session.
- ✿ Be aware of the time, but don't let it completely constrain you.
- ✿ Striking and bowl layout patterns mentioned in the book are not fixed, feel free to experiment.
- ✿ Allow a person to fully settle. Take as much time as needed to ensure they are comfortable before guiding them into a deeper state.
- ✿ Meditation helps uncover hidden gems in unexplored territories.
- ✿ There are many vibrational planes on which we exist. Healers simply provide a space or allow the vibration of the meditators to match their own, *which jumpstarts the healing process*.
- ✿ Feel free to add a Ghanti or number of different resonating Ghantis to any of the above-mentioned sessions or Yantras. These can be played individually or together and/or softly or sharply depending upon the session itself. Be mindful about the goal of a session though.

ॐ सर्वे भवन्तु सुखिनः
सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु
मा कश्चिद्दुःखभाग्भवेत् ।
ॐ शान्तिः शान्तिः शान्तिः ॥

Enjoy your Fantastic Spiritual Journey

Namaste