

# Singing Bowl Therapy



Sandee Conroy, founder of Glen Gardner-based Energy Works, will present a general overview of bowl therapy followed by attendees either laying on the floor (bring a mat or towel!) or sitting in a chair and experiencing for themselves a bowl session.

Everything in the universe is in a state of flux. Vibrational therapy is based on the idea that illness or disease is characterized by blockages of energy. Using sound, one can "break up" these blockages - whether they be physical or emotional. The sounds from the bowls are calming and induce a sense of peacefulness. Quartz crystal has many physical properties – they amplify, transmit, store, focus and transfer energy. Also, as these tones affect brain wave activity, one may travel into an altered state of conscious. Tibetan Monks have used metal singing bowls for centuries – and have been traced back to 2400 BC. Dr. Andrew Weil, the Director of Integrative Medicine at the University of Arizona, is also a proponent of crystal bowls, and even has his own. A singing crystal bowl session has been described as an ‘internal sound massage.’

**Tuesday, March 23 at 7:00 pm**  
at the North County Branch of the Hunterdon County Library  
65 Halstead Street, Clinton

**This program is FREE and open to the public**

**Reservations can be made by calling (908) 730-6135  
or visiting our web site's Events Calendar at [www.hclibrary.us](http://www.hclibrary.us).**