

SINGING BOWLS!



with Sandee Conroy
of MyEnergyWorks.net

Tibetan monks have used metal singing bowls for centuries, which have been traced back to 2400 BC. . Quartz crystal has many physical properties – they amplify, transmit, store, focus and transfer energy. The sounds from the bowls are calming and induce a sense of peacefulness.

Everyone has a ‘vibration signature’ which reflects their emotional and physical health, and just as a musical instrument can go out of tune with use – so can our bodies – creating ‘dis-harmony’ or ‘dis-ease’. As the bowls are played, the sounds create energy fields that fill the room, and the body absorbs them. Sound vibrations are magnified by water – and our bodies are 70% water.

If you wish to lay on the floor, please bring a mat or blanket.

This program is held in remembrance of Sandee's daughter, Karah Jade.

Thursday, February 16 at 7:00pm
at the North County Branch Library

65 Halstead Street, Clinton, NJ

This Program is FREE and open to the public.

Reservations are required and can be made by calling (908) 730-6135
or visiting our website's Events Calendar at www.hclibrary.us

It is the policy of the North County Branch Library to provide reasonable accommodations for persons with disabilities with advance notification of need. Please call (908) 788-1434. Without advance reservations, it may not be possible to provide accommodations. 1/12