

Hello Friend!

Crystal Tones Bowls are surely the finest Crystal Singing Bowls available here on our planet. Made from pure quartz (99.992%), they are great performing sound healing or meditative practice in a wide range of modalities.

Enjoy the bowl– by using it properly

1) **Set your intent.** We recommend a short affirmation to align yourself with Spirit and the positive energy that you can create when this instrument is played. Then gently strike the outside rim of the bowl. Many people suggest three times at first using the suede striker that comes with the crystal singing bowl.

2) **Build resonance and sustain.** Try slowly rubbing the suede striker around the outside rim of the bowl. Clockwise or counterclockwise - whichever direction you prefer. You will hear some noise of the striker against the rim, but once you are done rubbing, the bowl's tone will last a long time.

Enjoy the bowl– by using it safely

3) **Use care to avoid breakage.** Striking your bowl too hard or too playing overzealously or loudly can cause intense vibrations and subsequent breakage!

Unlimited Singing Bowls does not warranty this product against breakage or accept liability resulting from “bowl shatter.” (Nor does the manufacturer Crystal Tones.) Be careful not to drop your bowl and don't drop objects into the bowl. Cultivate awareness in your playing and in the care of this healing tool.

Proper Care of Crystal Tones Singing Bowls

4) **Cleaning.** You can clean your Crystal Tones Singing Bowl with a solution of distilled water and 10% mild detergent. Apply with a soft brush to outside surface, rinse with water and you can dry with blow dryer. (We prefer sunlight.)

5) **Energy Clearing.** This has to do with personal preference and the modalities you are most comfortable using.

If you are in good communication with your spirit guides or angelic helpers, ask them to give your bowls a healing, if you sense them holding some energy with which you are not in affinity. Grounding the bowl also helps. Others suggest a gentle solution of distilled water and sea salt (no more than 2% salt), incense and/or essential oils. Placing your bowl in sunlight or moonlight can also help to clear it of excess energy.

## Precautions and Caveats

6) **The 12 inch Rule.** Do not place a person's head inside or too near a crystal bowl while it is being played. A safe distance is 12 inches away.

Also, if you are playing several bowls at once, they should be at least 12 inches apart - or the intense vibrations may well up and cause them to shatter.

7) **Spiritual Healing versus Medical Healing.** PLEASE NOTE: No medical claims are made for the use of crystal bowls. They should not be used to replace any need for the advice of a licensed medical practitioner. Should you be experiencing any health problems please call a doctor.

