

## *Intention + Vibration = Healing*

Jonathan Goldman

Due to the power of the above equation, it is extremely helpful to have a clear intention in mind when you come for your session.

Some intentions might be....

.... heal a physical or emotional challenge.

.....reduce pain, stress or depression.

..... seek inner guidance.

.....come solely to be nurtured and refreshed.

If you desire, it is possible to embark upon an inner journey; to understand the nature of core issues affecting your life and health, to intuitively come up with ways of effectively dealing with a life issue and to reveal hidden talents and aspirations you've not yet brought into your consciousness, etc. The possibilities for self-exploration are limitless.

## *About Patricia*

Reclaiming my voice in 1990, started me on a wonderful adventure of uncovering and resurrecting my Authentic Self. The manner in which I was lead to people, places and experiences can only be described as my Path of Miracles.

That path eventually lead me to the Tibetan Bowls and ignited my curiosity about the healing capacity of sound and vibration. Over the years, I've studied with Masters of energetic and sound healing techniques from the US, Peru, England and Egypt. The method I use today is an intuitive melding of my own experiences and all I have learned and continue to learn.

For more information and to schedule an appointment, please contact

**Patricia Caldwell**

**708-743-5151**

Or email

**[patricia@soundforlife.net](mailto:patricia@soundforlife.net)**

**[www.SoundForLife.net](http://www.SoundForLife.net)**

# Sound For Life



## Tibetan Singing Bowls

*Ancient Instruments  
for Healing  
in a  
Hi-Tech World*



*Harmony = Health*  
*Disharmony = Dis-ease*

Mitchell Gaynor, M.D.,

There are several scientific principles that help explain the effectiveness of Tibetan Singing Bowls.

\*All matter vibrates at specific frequencies (sounds).

\*An external sound source will significantly change the vibrational characteristics of another vibrating object.

\*Water is an excellent carrier of vibration.

Disease (or dis-ease) is the result of disharmony in the vibration of our cells, tissues and organs. This cellular disharmony may be the result of physical and emotional stress, toxins in the environment and many other factors.

Since our body consists of about 70% water, the strong, soothing tones and vibrations of the Tibetan Singing Bowls placed on or around the body, delivers an effective massage to each and every cell (Yes, all 30+ trillion of them!)

These magnificent Bowls were hand-fashioned by monks on the eastern boundaries of ancient Tibet. They were made from a consecrated metal alloy that is composed of silver, gold, mercury, tin, lead, copper and iron.

Smelted and purified in open pit forges, they were cast, reheated and hammered into shape and tone. During this process, sacred Mantras were sung to infuse altruistic intent into each Bowl.

For thousands of years, Tibetan Singing Bowls and other sacred instruments have been used to:

- \*promote healing
- \*relieve pain
- \*induce a deep level of relaxation
- \*attain higher levels of consciousness

The stronger vibration of the bowls entrains the weaker disharmonic vibrations of dis-eased cells and helps restore them to their harmonious, healthy state. New energies are thus freed; infusing the immune system with vitality and strength.

*Relaxation , Pain Relief*  
*and More*

Hearing and being bathed in the rich, resonant tones and overtones of the Tibetan Singing Bowls has shown a remarkable and swift improvement in many cases of stress, pain, depression and disease.

Stress and pain seem to melt away to be replaced with a pleasant feeling of lightness. It is in this deeply relaxed state that our body is most capable of healing itself on all levels.

Healing sound sessions can be an excellent compliment to those undergoing traditional medical treatments. Please go to my website for more details about these Restorative Sound sessions.