



TIBETAN SINGING BOWLS:

# The Power of Sound Healing

By MARY MCPHERSON

**M**any of the people who come to see us at Awoken Life Brainwave Optimization® are seeking relief for sleep problems, head injuries, stress and other brain-related issues. They've heard of the non-invasive technology that can help them get back to themselves and are looking forward to hitting the "re-set" button in returning their brain to a state of balance and harmony.

Brainwave Optimization® is an algorithm carried in as a tone or sound much like the powerful vibrational sound produced by the Tibetan Singing Bowls that are gaining in popularity. Multiple research reports document the power of sound as a healing therapy.

For centuries, the Tibetan people have practiced sound healing with these mystical metal bowls and these "singing bowls" are used worldwide for meditation, music, relaxation and personal well-being.

The resonance produced by these handcrafted bowls can improve immune function, lower heart rate and blood pressure, relieve pain and dramatically reduce stress levels.

Science stands behind the effects of therapeutic sound. Dr. Mitchell Gaynor, director of medical oncology and integrative medicine at the Strang-Cornell Cancer Prevention Center in New York has conducted extensive research on how singing bowls can stimulate healing. According to Dr. Gaynor, therapeutic sound affects our bodies on a cellular and sub-cellular level. "There is not an organ system in our body that is not affected by sound, music, and vibration," he says. "...This evidence suggests that the tones of the singing bowls stimulate a physiological immune response and that sound therapy can actually help strengthen our immune system."

Here at Awoken Life Brainwave Optimization, we have incorporated the Tibetan Singing Bowls into our practice with great success. Our clients report that they are much more likely to remain calm in a stressful environment after a short 30-minute session with the bowls. Like an inner sound "massage," the vibrational tones of the bowls gently guide you into a state of deep relaxation.

There is no doubt that when your brain is in synchronicity, you are more focus and balanced emotionally. While sound therapy isn't without its skeptics, recent research supports its efficacy – in 2008, the Journal of Alternative Therapies in Health and Medicine published a review concluding that the subjects participating in a two-year sound-healing study showed greater cognitive functioning, better sleep, reduced pain and fewer headaches.

## What Is Brainwave Optimization®?

Brainwave Optimization® is a computer-guided way to help you to achieve a uniquely deep state of relaxation, through the power of your own brain. A deeply relaxed brain may support a variety of goals for well-being, recovery, or performance optimization.

Brainwave Optimization® acts as a catalyst to support the brain to optimize itself and facilitates the brain to adjust its own brainwave activity, in order to balance and optimize itself. The revolutionary Brainwave Optimization® process is uniquely valuable in that it supports one's own brain to do its own work, in a way unlike any other approach that has come before.

**South County Magazine readers are invited to call for a complimentary consultation and 50% off the first session with the Tibetan Singing Bowls. Meditation classes are also offered in conjunction with the singing bowls for group and private relaxation sessions.**

**Mary McPherson is the founder of Awoken Life Brainwave Optimization®, where she helps adults and children achieve brain balance and harmony in order to live healthier, happier, and more abundant lives. Connect with Mary and Awoken Life by calling (949) 661-6909 or visit [www.awokenlife.com](http://www.awokenlife.com). Awoken Life Brainwave Optimization is located at 30320 Rancho Viejo Road, Suite 104 in San Juan Capistrano.**

