

# CRYSTAL BOWLS EFFECT ON ENERGETIC BALANCE AND BUILDUP OF HUMAN ENERGY FIELD

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## 1. Singing crystal bowls

Crystal bowls, manufactured from pure quartz crystal, align and harmonize with the human energy field. Their vibrations reinforce the body's natural energy and gently assist in returning the chakra and organ vibrations to their natural harmonious resonances.



*Fig. 1. Crystal bowls with different diameter*

One plays the bowl by striking the rim or dragging the striker around the outer rim to create tone and overtones. The pure tone of crystal bowls produces a vibrational sound field which resonates the light body chakra and corresponding physical area. The overtones created by the bowls and their resonance to the body

facilitate the rebalancing of each receiver. Quartz crystal music holds the vibration of white light, which ultimately refracts into the rainbow and acts directly on our chakras when played. Crystal is able to maintain the balance of electro-magnetic energies between the north and south poles. There are twenty-one musical notes that correspond to the seven main chakras [1].

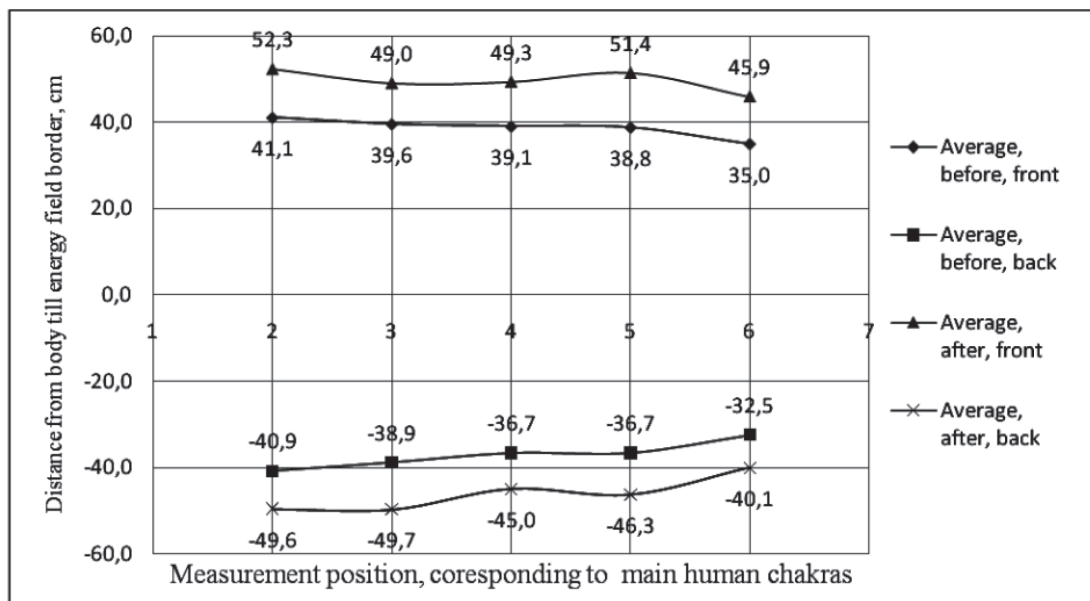
The crystal bowls effect on energetic balance and buildup of human energy field was investigated with the indicator of the non uniformities of the electromagnetic field.

## 2. Method of detection of the human body field

Phaseurometer (portable indicator of geophysical anomalies (IGA-1)) was designed for measurement and assessment of the electromagnetic field of the human body [2]. The instrument is a hypersensitive resonance measuring device for electromagnetic frequencies in the range of 1-100 picovolts which is tuned to a fixed frequency of the natural electromagnetic emanation of the human's field in the range of super long waves (1 - 15 kHz). For an output parameter is taken the phase shift integral on the receiving frequency, whose value changes on the border of medium transitions. The "IGA-1" instrument makes it possible to identify very precisely the border of the phasic electromagnetic field of the human body. Before measurements, the antenna is put about 1-1,5 meter from biological object and tuned according random electromagnetic field. After that, the antenna moved towards human body with visual control of the indicator. In the moment of the transition of the phasic electromagnetic field of the biological object the indicator react and the distance till human body is measured. The ellipsoid form of the electromagnetic field of human body was estimated and border was distant about 50-70 cm for healthy people [3].

## 3. Energetic balance and buildup of human energy field

From the average measuring data, significance changes of the human energetic body was estimated after the singing bowls treatment (Fig. 2):



*Fig. 2. Changes of the human energetic body before and after singing bowls treatment*

1. The ellipsoid form of the electromagnetic field of human body was estimated and border was distant average 30-40 cm.
2. After the singing bowls treatment the distance till the electromagnetic field border have increased about 10 cm. ( 25-33 percent).
3. The harmonization effect of the human electromagnetic field was estimated after the singing bowls treatment.
4. It was estimated differences between changes of the electromagnetic field borders from different age group and sex after the singing bowls treatment.

## REFERENCES

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## Резюме

### ЭФФЕКТ КРИСТАЛЬНЫХ ПОЮЩИХ ЧАШ НА БАЛАНС И УСИЛЕНИЕ ЭНЕРГЕТИЧЕСКОГО ПОЛЯ ТЕЛА ЧЕЛОВЕКА

Высокочувствительным селективным измерителем электромагнитного поля ИГА – 1 [2,3] проведены измерения аурального электромагнитного поля излучаемого человеком. Измерения 96 человек проводились до и после воздействия музыкой 17 кристалльных поющих чаш в течении 45 мин.

По усреднённым данным установлено, что электромагнитное поле, излучаемого человеком, составляет 30-40 см. и представляет собой эллипсоид. После воздействия музыкой кристалльных поющих чаш, электромагнитное поле увеличивается на 10 см. (25-33 %). Наблюдается гармонизация электромагнитного поля человека. Установлены различия на изменения электромагнитного поля человека после воздействия музыкой кристалльных поющих чаш в зависимости от пола и возраста.