VIBRATIONAL CRYSTAL BOWL HEALING

Description of Audio/MP3 Tracks

Bow and Body Balance Up To The 1st Chakra (4min)

1. (C-1st/F-4th) Awakening and Loving Your Body - 2min
2. (D-2nd/A-6th) Emotional Balance - 2min

Holding the Physical Chakra Vibrations in Your Body: Chakra Balance (1min each)

3. (C) Chakra 1 - 1min
4. (D) Chakra 2 - 1min
5. (E) Chakra 3 - 1min
6. (F) Chakra 4 - 1min
7. (G) Chakra 5 - 1min
8. (A) Chakra 6 - 1min
9. (B) Chakra 7 - 1min

Holding Consciousness, Light and Chakra Color Vibrations, Holding Aha/Zeal Pt and Heart (1min each)

10. (B) Chakra 7 - 1min
11. (A) Chakra 6 - 1min
12. (G) Chakra 5 - 1min
13. (F) Chakra 4 - 1min
14. (E) Chakra 3 - 1min
15. (D) Chakra 2 - 1min
16. (C) Chakra 1 - 1min

Integration With Their Life Purpose To Be Both Vibration & Light: Standard Closing (2 min)

17. (C#-PLP/F#-SLP) Life Purpose - 2min

Let Them Connect To Their Soul (2 Min)

18. (D#-Soul/A#-ILP) Soul Awakening - 2min

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