

LEARN ABOUT THE

# Healing Powers of the Crystal Bowls



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WE LEAD OUR WAY TO WELLNESS

# What is Sound Healing and how does it work?

Sound is vibration that we can hear.

Sound Healing involves presenting different vibrations to support deep relaxation and attunement to sounds that support wellness.

Frequency is a measurement of sound in cycles per second, or Hertz (Hz).

Different frequencies allow you relax into restful states of being and brainwaves synchronise with the natural rhythm of the Universe.

In this way, sessions initiate the natural capacity for your body to self-heal. By stimulating the nervous system to recognise that danger has passed, and it is okay to calm down, rest, repair cells and rejuvenate.



Immersion in harmonising frequencies will release pain, shift traumatic energy, allow you to slip effortlessly into different states of consciousness, and create an internal peaceful environment for wellbeing.

*Erena Hodgson*

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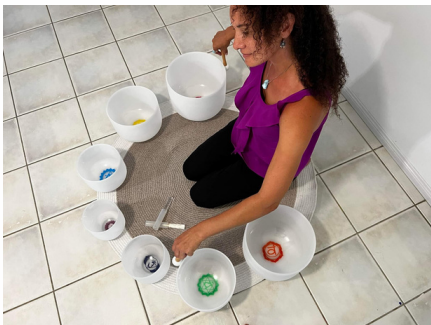
# Experience deep healing with Crystal Bowls

Crystal bowl sound healing is a therapeutic practice that uses the powerful resonance and vibrations produced by crystal singing bowls.

These bowls are made of pure quartz crystal and emit harmonic tones that resonate with our body, mind, and spirit.

Through this healing modality, you can restore harmony, release traumatic energy, and promote overall well-being.

The crystal bowls' harmonious vibrations not only relax the body and mind but also help to balance our chakras—the energy centers in our body. As each chakra aligns, it restores overall well-being, creating a sense of inner peace and harmony.



## How does it work

During a session, the crystal bowls are played, producing specific frequencies that resonate with different parts of our being—body, mind, heart, and spirit.

As the sound waves penetrate our cells, they help release muscle tension, reduce stress, and promote a sense of harmony within.



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# Hear what others are saying about Crystal Bowl Healing



womens\_wealth\_and\_wellness My heart 🙏

I can not express enough gratitude for your friendship and the healing you gifted me today...with the intention of relieving emotional pain from the passing of my Dad and the invitation of deep compassion from Spirit. 🙏💫🌈

Your love, kindness, and healing support were absolutely magical as you guided me through a divine chakra experience through you and your crystal sound bowl healing! 💖

The energy shifts, the whirlwind of colours were incredible, and such peace.

I am so blessed to have been in your healing space today - thank you 🙏💫🌈💖



Highly Recommended!!!! Erena was a stranger who I invited into my home because I trusted her enegy - and she has gone above and beyond my expectations!!!!



Erena Hodgson at Latern Holistics comes to your house and does crystal singing bowls and also group classes around the area, she is AMAZINGGGGGG 💖💖💖💖💖



It was an amazing experience, and so wonderful to have a few hours to relax and spend on self care 💖

LOVED the sound healing, Erena Hodgson has such a beautiful gift/talent 💖

“The sound downs out the thoughts, my mind goes blank and I can relax into being.”

— Name withheld

“As the sounds interrupt my thoughts, it is like all the puzzle pieces start to make sense and I know what to prioritise, arrange and plan.” - Portia

“I started thinking about every day tasks then the sound bowl struck loudly and shook my mind back to relaxation.” - Name withheld

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# Will this work for me?

**Lay down or sit back and let the sounds wash over your body for effortless relaxation and self-healing**



When you deeply relax with frequencies it leads to:

- stress relief
- better quality sleep
- increased energy flow and vitality
- less pain and discomfort
- self-care for mind, body and soul
- emotional release without talking and rehashing the crap
- focus, thinking clearly, making plans, executing tasks
- enhanced meditation and mindfulness practices
- heightened creativity and intuition
- de-stressing from habitual survival mode and able to manage challenges that come your way
- allow the cells to heal in a healthy environment
- heal the energy centers in the body
- reduce anxiety by quietening the mind
- vibrational healing through frequencies that will allow you to raise your vibration through entrainment
- gain confidence to use your voice and express your needs by healing the throat chakra with mantra meditation
- reduce depression significantly
- lowering anger and blood pressure
- improving circulation and increases blood flow
- promotes happiness, peace and serenity to be
- having a better relationship with YOU!!

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# Who is the Sound Therapist?

Erena is a Spiritual leader in the Holistic Mentorship community, continually devoted to her own self-growth she inspires change within the community.

Having overcome adverse childhood experiences, sexual abuse, severe post-natal depression, physical, psychological and financial abuse endured through domestic violence and a misdiagnosis of bipolar disorder, she fought hard to be healed and now, creates smooth transitional pathways to support professional women to lead themselves to wellness with ease.

Her story is a reflection of many that women experience and suffer from, and she is a testament to healing, self-growth and expansiveness into connection.

Like a lotus, growing up in murky waters, the lotus flower blooms on the horizon with the right light and support from the roots of experience.

With her lens from transformational coaching, spiritual ascension, holistic training, wisdom from life experiences and continued devotion to self-growth and awareness practices, she can support you with a wealth of intuition and skilled supports.

Erena's methods embrace us (whole)istically with all of our systems from

- Mind; through mental health and clarity of sight where we are able to align our thought patterns to our value systems
- Physical body; supporting us shift any negative holding within us to increase positive self-image.
- Emotional body; empowering us to connect with our intuitive emotional heart intelligence in a safely held space and finally our,
- Energetic or Spiritual body; where she supports us with connecting our innate gifts in alignment with our reason for being, where we can live joyfully and in connection with all that is.



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# FAQs

## **What can I expect in a session?**

- We will set an intention for the healing session.
- Find a comfortable position and close your eyes.
- The practitioner will begin playing the crystal bowls.
- Allow yourself to surrender to the sound and vibration.
- Experience deep relaxation and inner transformation.
- Trust the process and embrace the healing journey.

## **What do I need to do before, during and after the session?**

Please ensure that you are well hydrated before and after the session. Sound travels through water 3 times faster and the vibrations presented will be actively moving around energies to heal your mind & body -- reducing stress and alleviating unease.

I will bring the crystal sound bowls to your preferred location at your home or garden, park or so on for mobile sessions; please confirm the address. You are able to come to my healing space for the sound healing too!!

You will ideally, be laying down or sitting back to settle into comfort and enjoy the sounds washing over you so recommend wearing comfortable clothes.

You will naturally shift between realms with the specific frequencies entraining your mental states during the session. Therefore, close your eyes and allow sensations to be experienced if that feels good and safe for you.

At any stage, during the sound healing you are welcome to walk around, create more comfort, take a break, go to the bathroom and I will continue to play the bowls.

The bowls will be around 1 metre from the participant/s for the duration of the sound healing session so please ensure there is adequate space when booking a mobile session.

## **Are there contraindications for crystal bowl healing?**

There are some precautions for women that are carrying little ones from ONE clinical study that has had inconclusive results thereafter with complications. Therefore, it is advised that sound healing is beneficial after the 1st trimester, and we love to allow babies to feel the healing vibrations of the crystal sound bowls. The sound bowls will need to be set up at least 3 metres away from the pregnant Mother as our little growing ones are super sensitive and are dancing around in fluid already. Mothers have reported feeling more relaxed, softening of their heart, less anxious around the pregnancy, less aches and clarity of mind with crystal bowl healing.

People that have pacemakers should be positioned around 6 to 10 metres from the crystal bowls to ensure that this does not create disturbances to the device.

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# Ready to embark on a profound healing experience?

Book your session now and allow the soothing sounds of crystal bowls to restore balance, promote well-being, and awaken your inner harmony.

