



# FOUNDATIONS OF SOUND



**Workshop Series**  
The Principles of Sound Healing

Sound Healing in the Himalayan Method  
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## Sound Healing in the Himalayan Method

Welcome to our vibrational therapies workshop. This feature is part one in a series of workshops designed for sound healing practitioners desiring to learn about ancient traditions, tools and practices for sound healing.

### Himalayan Singing Bowls and Chimes

This one-day course will provide students with a good foundation of knowledge about handed-down knowledge, traditional methods and tools used in spiritual, mental and physical therapies for improving one's well-being.

In this course, you will learn about the ancient arts of the Himalayan peoples, the materials and methods used in crafting the tools, as well as have a greater understanding of the sound healing methods using singing bowls and chimes. Discovering why we resonate with certain frequencies and how these sounds all relate to harmonics in composed music as well as in mathematical sequences forming structures found in nature, will help us all to develop better ways of harmonising energy centres of the body.

Along with our coursework literature, blog pages and YouTube videos shared, we will also be providing a reading list and video playlists for all those keen to learn more on a range of topics related to sound, healing and electro-magnetism, plus provide sources for obtaining tools in the progression of becoming a sound healer.

On completion, practitioners will have learned the same methods of healing used by ancient cultures for many hundreds of years. This schedule contains the essential techniques and methods for using Tibetan sound bowls which are also covered (plus many more) in the book 'How to Heal with Singing Bowls', by Suren Shreshta.





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## Introduction

### A brief history of sound healing

The history of sound healing using Tibetan singing bowls stretches back thousands of years, rooted in the ancient traditions of Tibetan Buddhism and Himalayan cultures. These mystical bowls are believed to have originated in the Himalayan region around 560-480 B.C., crafted from a blend of metal alloys. Legend has it that the singing sound bowls were created by Buddhist monks as sacred instruments for meditation, prayer, and for healing rituals.

Tibetan singing bowls produce a unique blend of harmonic overtones and vibrations when struck or rubbed with a mallet, creating a deeply resonant and calming sound. In traditional Tibetan culture, these bowls were used not only for spiritual purposes but also for promoting physical and mental well-being.

The concept of sound healing, by harnessing the power of sound vibrations to restore harmony and balance within the body, mind, and spirit, has been a central tenet of many ancient healing practices worldwide. In recent decades, interest in sound healing and the therapeutic use of Tibetan bowls has surged in Western cultures, with practitioners integrating the teachings into wellness practices, meditation sessions, and alternative holistic therapies.

#### Workshop Itinerary:

- 9.15 **Arrival** – Introductions & refreshments
- 9.30 **Sound bath** – Small group grounding session
- 10.00 **History of Sound** – Different systems, general usage, care, and handling
- 10.15 **Sound Healing techniques Pt1** – Overview, bowl placement & demonstration
- 10.30 **Balancing** – Technique 1) The Four Elements Balancing therapy
- 11.00 **Relaxing** – Technique 1.2) Seven Chakra Relaxing therapy(demonstration)
- 12.00 **Lunch**
- 13.00 **Sound Healing techniques Pt2**– Overview, tingsha usage & demonstration
- 13.15 **Relaxing** – Technique 1.2) Seven Chakra Relaxing therapy (practice)
- 14.15 **Space clearing** – Using the Tinshas (demonstration)
- 14.30 **Aura Cleansing** – Working within the bio-field
- 15.00 **Balancing** – Technique 2) Seven Chakra Balancing therapy (demonstration)
- 16.00 **Break** – Refreshments
- 16.15 **Sound Healing techniques Pt3** – Technique 2) Seven Chakra Balancing therapy (practice)
- 17.15 **Sound Healing Practical** – Group session
- 18.15 **Q&A** – Refreshments
- 18.30 **HSSE** – Managing clients & contraindications
- 18.45 **Sound bath** – Small group closing session
- 19.00 **Finish** – Course close, certification & farewells



*'Matter is created from the original and eternal energy that we know as light – I am a part of light and in this music, heartbeats of man are part of the symphony' – Nikola Tesla*

## **Workshop Series**

For more details on our Principles of Sound Healing workshop series, please visit our website.

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