

## Singing Bowls: A Concert for Your Soul By Elizabeth Ireland

**H**ave you ever closed your eyes and listened to music? The experience is different for every person, striking a unique chord inside you—especially when the instruments are ancient, singing Tibetan bowls.

As certified Sound Healer Diáne Mandle explains, music and sound are powerful tools to override pain, stress and illness, altering consciousness and creating a deep sense of peace, well-being and better health.

Mandle is certified in Tibetan Bowl Sound Healing through the state of California and Sacred Sound Workshops. She maintains a private practice offering an integrated system for healing that includes sound and polarity therapy, toning and visualization. She conducts educational presentations, keynotes and harmonic sound healing concerts nationally, and presents regularly at the Deepak Chopra Center in Carlsbad.

Her practice knows no borders as Mandle travels the world from the Sierras to Tibet. She got her start in Amherst, Massachusetts and eventually settled down in southern California in 2000. Born to a French mother and American father, Mandle spent her childhood in both countries. Early on, she developed a sensibility to sound and rhythm, drawing from different cultures.

Tuned in to the sound of “Om,” the universal chord, the music provides a new



Diáne Mandle is a certified Sound Healer in Encinitas.

type of “soul” music. Instruments, mainly Tibetan bowls, are struck and sing in specific rhythmic patterns to create harmonics. This sound frequency impacts the sympathetic nervous system as your brain waves synchronize to the vibrations of the bowls. Vibrations engage your relaxation reflex and slow down breathing and heart rate, disrupting the pain reflex creating a deep sense of well-being.

The bowls come directly

from the Himalayas thanks to a 30-year relationship based on eye-to-eye trust between Mandle’s mentor and a Buddhist monk.

Sessions last one hour and take place fully clothed on a mat on the floor. Bowls are placed and played all around the body, head and on chakras (energy centers). Mandle begins by creating a comfort zone with energy work, essentially a huge light show projection on the walls and ceilings. Mandle says,



Tibetan bowls and other instruments are struck to create specific rhythmic patterns and engage our relaxation reflex.

“Light is sound made visible.”

On a physical level singing bowls can dissipate stress to such a degree that it puts the body into a perfect receptor for healing.

“Something profound happened. I felt a breakthrough, like something really shifted inside me and I had clarity,” said client Laura Gallerstein, from Escondido, who came to Mandle to relieve anxiety and stress.

“I work with different patterns of sacred geometry, cellular anchoring that creates a path to memory of well-being. Eventually, over a series of weeks, that pattern becomes hard-wired in the brain,” explains Mandle.

The goal is for Mandle to transfer the role of healer from herself to her clients, empowering them to feel better.

Clients vary—someone

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looking for sense of self, a family in stress, a couple on Valentine's Day, even corporate events and staff retreats. Recently, a girl about to start chemotherapy and her friend came in for a proactive approach to the healing process.

Mandle does pro bono work for the San Diego Cancer Center.

“It's a dream come true to work in a complementary setting and find oneself in a traditional setting with doctors and nurses. We come together in meditation. Healing is a spiritual awakening that impacts the entire body,” says Mandle.

Mandle feels sound energy healing helps cancer in all stages. She says it can take away the stress of knowing you have cancer. It reduces nausea and pain to reduce effects of chemotherapy. It helps

patients go into a deep, relaxing sleep. “People tell me my home is the only place they can sleep,” says Mandle.

She makes a point to note the difference between curing and healing. Sound Energy Healing doesn't claim to be the cure.

“More and more, I've been called a teacher,” said Mandle, who plans to open the Tibetan Bowl School of Healing in Carlsbad. ☺

To learn more about Sound Energy Healing or to schedule an appointment visit [www.soundenergyhealing.com](http://www.soundenergyhealing.com) or call (760) 944-3441.



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