CRYSTAL SINGING BOWL GENERAL CARE AND PLAYING INSTRUCTIONS

If you bought your bowl from The OM Shoppe, then, you can rest assured that your crystal quartz singing bowl is made of 99.9% pure crystal-quartz, has been tested for playability, frequency, charged with vibrations of love, & is professional-grade. The makeup of crystal quartz singing bowls makes them fragile instruments, but with the right care & proper handling, your crystal singing bowl can stay beautiful & last a lifetime. Just follow these simple steps:

1. Carefully remove your new singing bowl from its package and allow it to come to room temperature before sitting or playing.
2. Always wash your hands before touching or playing your bowl to minimize oil and stains on your bowl.
3. When transporting your crystal singing bowl, always carry your bowl from the bottom with two hands. When going outside the home or office with it, we recommend a carry case that is padded and appropriate for its size.
4. When necessary, clean your bowl with mild dish washing or organic soap and distilled water. Use a soft bristle brush and dry with a soft white cloth (to make sure no color residue stains the bowl). Even better leave your bowl outside in the sun to dry and absorb the solar energy.
5. For a quick limestone removal in a time pinch, you can use rubbing alcohol and a soft white cloth and gently rub the areas you are trying to clean.
6. Handle with reverence & care. These bowls are high vibrational instruments & are alive with crystalline energy! We recommend connecting with your bowl to its frequency and helping others.

Quick Tips to Play Your Crystal Singing Bowl
1. Place your crystal singing bowl on your O-ring or base (some alchemy bowls come with a silicone base) at a comfortable space in front of you.
2. Hold your mallet between your two fingers and your thumb (similar to holding a pen) firmly but with a flexible wrist at about a 30-degree angle from the rim of the bowl. Try to keep constant pressure and speed so that you have an even tone. Make sure that your wrists do not lock up. Do not play the bowl extremely loud, bowls can shatter if overstressed.
3. Gently tap the bowl, and then apply firm pressure to the rim of the bowl as you go around the rim. Try to keep constant pressure and speed so that you have an even tone. Make sure that your wrists do not lock up. Do not play the bowl extremely loud, bowls can shatter if overstressed.
4. Practice until the movement feels natural.

Visit our OM Education Learning Center for more information: theomshoppe.com/holistic-wellness-news
So, you fell in love with a crystal singing bowl, and you took one home. But now, you wonder what more you can do than tap it every once in a while and enjoy its beautiful sound. Maybe you purchased one after you experienced their soothing vibrations during a sound bath or sound journey. But now, your singing bowl just sits at home and adds to your vibrational decor. Or maybe you’re like me, when I first got home and added a crystal singing bowl into my daily routine, here are a few ideas to inspire you!

A crystal singing bowl can affect the body, mind, spirit, and space in so many amazing and beautiful ways. And the more we use them, the more powerful their effect on us. If you aren’t sure how to welcome your resonant crystal singing bowl into your daily routine, here are a few ideas to inspire you!

**1 QUICKLY DECOMPRESS**

Did you know that sound is one of the most powerful and effective ways to help you decompress? The power of sound to transform emotion is displayed all around us on a daily basis. Take, for instance, waking up to the sound of your alarm versus waking up to the sound of your loved one’s voice playing soft music that makes you happy! Your sonic landscape really does have an incredible impact on your mood, which, in turn, affects your productivity, reactions, and emotional stability.

Playing close attention to the sounds you are listening to throughout your day and including more beautiful tunes that please your ears can have a dramatic effect on your entire mindset!

**The Relaxation Response**

Your day can be so full of stress, from impatient drivers on the road to work pressures and navigating relationships with the various people you encounter throughout your day. By the time you get home, your senses are over-stimulated and exhausted! That’s when you want to reach out for a quick fix to effectively switch off all your body’s stress mode. Fortunately, there’s a healthy solution to help you quickly release all that stress: your beautiful crystal singing bowl! Sound that is soothing to you can ease you into quiet relaxation by activating the parasympathetic nervous system, which triggers the body’s relaxation response.

Harvard physician, Herbert Benson, first termed this idea of a relaxation response to counter the body’s fight-flight response that is activated every time we experience stress. The more stress we hold throughout the day, the more our body pumps troubleshooter amounts of cortisol and other stress-induced neurotransmitters into our bloodstream, which, when emitted for prolonged periods of time, can instigate or worsen various conditions, including headaches, insomnia, ulcers, hypertension, and even lead to more life-threatening illnesses, such as heart disease and cancer.

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**How Singing Bowls Relaxes You**

While meditation has been shown to elicit the relaxation response and mitigate the harmful effects of stress, it requires a steep learning curve of time, patience, and discipline. However, the pleasing tones of your singing bowl can help you reach that state of calm and peace much sooner.

Preliminary research findings discovered that participants who meditated on the tones of crystal singing bowls (as well as Tibetan singing bowls, bells, and gongs) showed significant changes in mood, drop in stress levels, decreased blood pressure and heart rate, decreased anxiety and depressed mood scores, and an experienced a sense of deep relaxation and peace.

Furthermore, singing bowls entrain the brain to move into the theta brainwave state, which opens us to deep meditative and peaceful states, intuition, and dreaming (subconscious activation).

**How to Use Your Bowl to Decompress**

When you come home from a long day, take a moment to sit down somewhere comfortable. Then, focus on slowing your breath and tuning your attention toward the sounds of your hand gently and slowly working its way around your crystal singing bowl. Notice the small fluctuations and vibrations. Listen to the waves of the tone responding to your speed and pressure. Stay with it. It will only take a few minutes before you find your stress melting away, your inner chatter quieting, and a significantly more positive mood charge setting in.

If we accept that sound is vibration and we know that vibration touches every part of our physical being, then we understand that sound is heard not only through our ears but throughout our entire bodies. One reason sound has an impact on a physical level is because it deeply touches and transforms us on the emotional and spiritual planes. Sound can redress imbalances on every level of physiology functioning and can play a positive role in the treatment of virtually any medical disorder.

Dr. Mitchell Gaynor, Director of Medical Oncology and Integrative Medicine, the Cornell Cancer Prevention Center in New York.

**2 MEDITATE MORE EASILY**

If you wish to deepen or even begin a deeper meditative practice, your singing bowl can be an invaluable help to anchor your meditations. One way to do this, as mentioned above, is through simply focusing on the crystal bowl, as you situate your singing bowl(s) or tap it like a bell repeatedly.

Additionally, you could play your singing bowl while chanting a mantra or affirmation. This will reinforce the relationship of the sound to the memory and emotional centers in your brain, and the more you do it, the more effective this can be. This is an active form of meditation, using the task of striking your singing bowl and/or the rhythmic pulse of your tapping or mantra chanting to allow your mind to fall into a meditative trance.

**3 CHAKRA CLEARING/ENERGIZING**

You can also use the different seed syllables for each chakra to clear your chakras with your singing bowl meditation. We have introductory resources on our blog on what seed syllables go with what chakras and how to go about cleaning and energizing your chakras centers. But, as with all these methods, there are various traditions and methods, and within each of these, there are ways to deepen the effectiveness of the practice. We will be providing more resources in our upcoming specialized courses on crystal singing bowl playing.

Whatever your chosen form of meditating with your singing bowl, keep in mind that the most important thing is to allow both mind and body relax and let go without trying to control anything.

**4 TONE TO YOUR BOWL**

Another beautiful way to use your bowls for vocal toning. Vocal toning is a great way to strengthen your vocal cords and release communication blocks (opening the throat chakra). Of course, vocal toning can also be a tool for achieving meditative states. But beyond this, toning your singing bowl can help to exercise and loosen your vocal cords, on a physical level. When you are feeling “out of tune,” a little toning can bring you into harmony with your singing bowl’s vibrations. In the practice of mantra yoga, it is believed to balance and harmonize your cells and energy pathways. And if you’ve ever tried it, you can attest to the way it only does seem to transform your subconscious minds’ blocks to opening your voice.

**5 CLEANSE YOUR CRYSTALS (AND OTHER VIBRATIONAL MEDICINE TOOLS)**

Apart from helping you to move out of your meditation, singing bowls have other important uses as vibrational medicine tools. If your singing bowl comes from The OM Shoppe & Spa, then you know it has the VIP crystal greens. And as you already know, crystal quartz is a powerful tool to amplify and transform energy! Because of this, it is an excellent choice, not only for cleansing your crystals, but also for recharging them.

If it is a small and smooth (tumbled) crystal or crystal jewelry piece, you can place it directly inside your crystal singing bowl. If it is a rough or large crystal, just place it nearby. Then, strike your singing bowl and let it gently move so that there is a high amplitude of vibrations submerging your crystal and taking it back to its higher vibrational state.

Use your intention to gauge how long you should play your singing bowl(s), it can lift the energy in your home into a serene and celestial place. Light some sage or turn on your essential oil diffuser for an even more dramatic lift.

**6 CLEAR THE ENERGY IN YOUR SPACE**

Pure crystal quartz tones have such an immense effect of harmonizing and entraining vibrations around them, making them pretty amazing tools for clearing energy spaces. Your home is your precious sanctuary, so its essential for your home to feel good.

The vibrations of stress, emotion, and all the different energies that find their way into your space can be released and dispersed with singing bowls. Singing bowls can disperse chaotic energy and transform it into the energy of the sound. Striking your singing bowl like a bell can help break up stagnant energy. When you saturate the tone of your crystal singing bowl(s), it can lift the energy in your home into a serene and celestial place.

**7 MAKE BEAUTIFUL MUSIC**

And finally, if you are musically inclined, you can absolutely use your singing bowl to create beautiful music. You can use singing bowls in combination with other bowls (in harmonically-placing or purposeful intervals). Or, you can use your bowl along with other musical instruments to create melodies, rhythms, and play songs or improvise your own meditative pieces. If you only have one singing bowl, this can provide a beautiful dose for your exploratory or meditative music.

A drone is a sound therapy term for a tone that plays continuously in the background of a musical performance composition. A drone helps to establish a key center and can have strong grounding, entrancing, and meditative effects.

**Need Help With Your Singing Bowl?**

If you’re not sure what bowls you need to create beautiful harmonies or use with your other instruments, or if you need help deciding which bowl to get, we’ve got you covered. Feel free to call us or come by our shop. Consultations with our musical director or trained staff are available, and we will get you the specifics you need to help you raise the vibrations in your space!
THE SHARPS

OM CHAKRA NOTE #1

Om is considered the principal sound of the Universe. Mantras chant OM at the beginning of meditation to connect with higher consciousness and the Infinite. It is a powerful mantra and sound vibration. The 1st chakra, located at the end of the spine, is the chakra of the base of the body.

THE SHARPS

MEDITATION

Soul Star Chakra Note #2

This chakra is also known as the H Billy Chakra. It's situated at the top of the head. It is the 7th and final chakra. This is the chakra of the crown. It is often referred to as the “sacred brain” as it is where information from the physical and energetic body is processed and integrated.

THE SHARPS

CHAKRA BALANCING CHART

Root Chakra

Sahasrara Chakra

Sahasrara

Sacred Vowel Sound:

Musical Note:

Color:

Intention:

Seed Syllable:

Top of head

Insight, intellect, psychic perception, imagination

“Ay” or “aye” as in “play”

Om

Green

Inspiration, motivation, courage, productivity, intuition

Top of head

Intuition, weakness, creativity, imagination

Om

Red

Crown Chakra

Mudra Chakra

Mudra

Sacred Vowel Sound:

Musical Note:

Color:

Intention:

Seed Syllable:

Top of head

Creative thinking, invention, management, practical

Red

Strength, willpower, purpose, intention

Om

White

Pineal Chakra

Pineal

Sacred Vowel Sound:

Musical Note:

Color:

Intention:

Seed Syllable:

Top of head

Communication, self-awareness, personal growth

White

Knowledge, wisdom, self-awareness, personal growth

Om

White

Solar Plexus Chakra

Solar Plexus

Sacred Vowel Sound:

Musical Note:

Color:

Intention:

Seed Syllable:

Top of head

Communication, personal growth, practical

Orange

Creativity, self-assertion, self-empowerment, practical

Om

Orange

Heart Chakra

Heart

Sacred Vowel Sound:

Musical Note:

Color:

Intention:

Seed Syllable:

Top of head

Communication, celebration, family, self-regulation

Red

Love, passion, purpose, self-love

Om

Red

Throat Chakra

Throat

Sacred Vowel Sound:

Musical Note:

Color:

Intention:

Seed Syllable:

Top of head

Communication, personal growth, practical

Yellow

Creativity, self-assertion, self-empowerment, practical

Om

Yellow

Base of Throat

Base of Throat

Sacred Vowel Sound:

Musical Note:

Color:

Intention:

Seed Syllable:

Location:

Base of Throat

Focus, love, purpose, intention

Om

Purple

Low Abdomen

Low Abdomen

Sacred Vowel Sound:

Musical Note:

Color:

Intention:

Seed Syllable:

Location:

Low Abdomen

Empowerment, vitality, willpower, purpose, self-esteem

Om

Green

Sacred Vowel Sound:

Musical Note:

Color:

Intention:

Seed Syllable:

Location:

Sacred Vowel Sound:

Musical Note:

Color:

Intention:

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ORGONE GENERATORS

In the 1920s & 1940s, Dr. Wilhelm Reich, using a modified Charged Courier, was able to detect and measure the existence of etheric energy (life energy, chi, etc.), which he called orgone. Dr. Reich determined that stacking alternating layers of an organic substance and an inorganic substance would actually attract and collect the etheric/etheric energy. Using his simple theory he built large boxes called orgone accumulators or “oracs” and was able to successfully heal his patients of various ailments by having them sit inside the box for varying amounts of time.

In 2000 it was discovered, through research and empirical observation, that mixing catalyzed organic fiberglass resin with metallic thumbnail shavings poured into small molds would produce a substance that attracts etheric energy similarly to Dr. Reich’s accumulators. Small quartz crystals are often added to the mixture for their ability to efficiently collect, transmute and emit etheric energy. This addition to the resin/metal matrix creates a well-known piezoelectric effect, which causes the orgonite to function so effectively as a positive energy generator.

The process, permanently squeezing the quartz crystal inside which creates a well-known piezoelectric effect inside the crystal, [its ends become polarized electrodynamically]. It is believed this causes the orgonite to function so effectively as a positive energy generator.

Researchers have been issuing regarding the tactical deployment of small pieces of orgonite near sources of DOR/negative energy, as well as negative life energy, such as cell phone towers, nuclear power plants, underground bases and natural Earth energy griddles and vortexes. These reports have been used to justify the life-positive, cleansing, and healing effects offered by orgonite generators.

BENEFITS OF ORGONE GENERATORS

1. Immune system of organisms improved (blood leukocyte increased)
2. Improved regeneration of tissue
3. Enhances plant growth
4. Influences atmospheric ozone
5. Seismic activity near organic research areas are reduced in severity and size
6. Violent weather also appears to decrease in the vicinity of orgonite generators
7. Clemetians constructed in Southern Russia (Bashkirkal) appeared to have a positive effect on oil production with oil becoming less viscous by 30% and the yield of the oil wells increased according to tests carried out by the Moscow Academy of Oil and Gas
8. A study was done on 5,000 prisoners who ingested salt and pepper that had been exposed to the orgonite generator energy field. The test subjects exhibited a greatly reduced violence rate and overall behavior was much improved
9. Standard tissue culture tests showed an increase in survival of cellular tissue after infection with viruses and bacteria
10. Radioactive substances show a decreased level of radiation inside the generator
11. There are reports of spontaneous charging of capacitors
12. Photons observed significant changes in superconductivity temperature thresholds and in the properties of semiconductor and carbon nano materials
13. Water inside the pyramid will remain liquid to minus 40º Celsius but freeze instantly if carved or bumped in any way
14. Synthesized diamonds turn out harder and purer.

CALL FOR CURRENT SELECTIONS

ENERGY DECOR

SELENITE LAMPS

Create a magical space with different colored lights, instant light therapy!

ENERGY DECOR

SELENITE LAMPS

Create a magical space with different colored lights, instant light therapy!

CRYSTAL PROPERTIES

CHAKRA WORK

Ascension Point

Selenite, Aragonite, Apophyllite, Green Tourmaline

Crown

Selenite, Labradorite

Crown

Selenite, Angelite, Purple Jasper, Sardonyx, Rainbow Agate, Smokey Quartz

Heart

Selenite, Rose Quartz, Aventurine, Kunzite, Green Tourmaline, Apophyllite, Ruby, Jasper, Madrepore, Chrysocolla

High Heart

Kyanite, Angelite, Chalcedony, Dendritic, Kunzite, Pink Tourmaline

Om Earth Star

Pink Amethyst, Smoky Quartz, Brown Jasper

Realt Repair & Strengthens Body

Angelite, Apophyllite, Aquamarine, Chrysoprase, Labradorite

Sacral Balance

Aquamarine, Green Tourmaline, Black Chry, Cacoxenite, Tourmaline, Labradorite

Throat

Angelite, Sardonyx, Kunzite, Blue Topaz, Kunzite, Kyanite, Aquamarine, Labradorite

Third Eye

Selenite, Angelite, Sardonyx, Kunzite

Seventh

Selenite, Yellow Labradorite

Throat

Aquamarine, Apatite, Amber, Iolite, Blue Lapis, Azure, Kunzite

Selenite lamps range from 8 to 16 inches in height. Use them to metallizeically clear spaces or negative energy, in addition to adding beauty to your living space.

Shop our various Selenite products today and discover this highly vibratory crystal’s magic. Check out our selection at theomshoppe.com

Crystal grids are sometimes more powerful than using a single crystal. These grids are designed usually in a geometric pattern for the intention of directing the energy towards one goal. When you prepare and properly use your crystals, you will be able to apply the universal life force and most importantly, be confident that your crystal grid works for you for your purpose.

Create a magical space with different colored lights, instant light therapy!

Take your activation crystal and mark from the outside, draw an invisible line between each crystal. This will energetically connect the stones and activate your crystal grid.

Be receptive to what energy the crystal grid will bring. Remember: YOU are the most vital piece of the grid!
3 ESSENTIAL OILS & CRYSTALS FOR HAPPINESS

BY EMILY LEINFUSS

Our clients and guests tell us all the time that just walking into The Om Shoppe lifts their mood. Well, we have some secrets that create that energetic experience upon entering our space. Some of that happy is generated from all the crystals and diffusing essential oils we have on display. It also helps that under our flooring at The Om Shoppe is a crystal grid. So, when you enter you are literally standing in an intentionally blessed crystal grided space.

ESSENTIAL OILS

Experience the aroma of oils in a diffuser for a whole room or simply inhale from an open bottle. Have some caution about using them topically, though. Not all scents or brands are meant for skin application. If you have questions from an open bottle. Have some caution about using them topically, though.

CRYS TALS

The geological world is generous in its creation of crystals and many boost moods. Here are three, chosen because they can easily be found in jewelry. After all, who doesn’t like a new adornment?

- Lavender: This is probably the best known and most used essential oil because of its amazing versatility. Some of those qualities are calming calm and assuring sleep and the unwinding of depression and anxiety. It is also a natural antibiotic.
- Citrine: A vibrant and joyous crystal that is also known as the abundance stone.
- Rose Quartz: A crystal of love – for self and from others and the universe.

WHY THE OM SHOPPE SPA USES AMETHYST BIOMATS

1. Improves Circulation & Cardiovascular Function

Far Infrared Rays raise body temperature, warming the blood and expanding the blood vessels. There is an increase in peripheral blood flow and volume, resulting in improved circulation and heart function.

2. Improves Immune Functions

For Infrared Rays (IR) deep heat raises your body temperature, inducing an artificial and healthy fever. As the body works to combat the fever, your immune system is activated and strengthened, which in turn produces a detoxification of harmful toxins and waste products. With the continued use of the Amethyst Bio mat, your overall health and resistance to disease can be improved greatly.

3. Relieves Pain

The deep heat of far infrared helps peripheral blood vessels dilate, bringing relief and healing to muscles and soft tissue injuries. Increased blood circulation carries off metabolic waste products and delivers oxygen rich blood to oxygen depleted muscles, so they may recover faster.

4. Burns Calories and Controls Weight

As you relax in the gentle heat of the far infrared, your body is actually hard at work producing sweat, pumping blood, and burning calories. According to the 8/7/91 issue of the Journal of the American Medical Association report, a single 30 minute far infrared session burns as many calories as rowing or jogging for 30 minutes. This can be helpful for disabled persons who are unable to move, as well as those looking to increase metabolism and burn calories via alternative means.

5. Eases Joint Pain and Stiffness

For Infrared heat therapy is widely used to treat patients suffering from many kinds of arthritis and musculo-skeletal disorders. In addition, it has been proven effective in the treatment of sprains, neuralgia, bursitis, muscle pains, joint stiffness, and many other musculo-skeletal ailments. Stiffness, aches, and soreness that come with aging can be reduced or eliminated by using far infrared heat therapy (IR).

6. Reduces Stress and Fatigue

The gentle warmth of far infrared rays help to soothe nerves and relax tense and knotted muscles. The end result is reduced stress and improved energy. Relaxing energies while on the Biomat can be especially beneficial, as the far infrared heat warms and relaxes the muscles to better receive the healing touch of your practitioner.

7. Improves Blood Circulation

Far infrared and negative ions penetrate the skin deeply, helping to detoxify impurities from the skin and lymph. In addition, circulation is greatly enhanced by far infrared, rapidly removing dead skin cells. Increased circulation draws your skin’s own natural nutrients to the surface, rejuvenating its health and appearance.

8. Removes Body Toxins and Assists in Detoxification

Far Infrared helps to detoxify the body in several important ways. Increased blood circulation stimulates the sweat glands and lymph system, releasing built up toxins and waste. Daily sweating can help detoxify your body as it rids itself of an accumulation of potentially carcinogenic heavy metals, alcohol, nicotine, sodium, sulfuric acid, cholesterol, and uric acid. In addition to sweating, far infrared is capable of mobilizing toxins and acidic waste, allowing for their removal via several other bodily systems.

HEALTH BENEFITS OF NEGATIVE IONS FOUND IN THE AMETHYST BIOMAT

1. The Truth about “Negative Ions”

Negative ions have a positive effect on people. Positive ions have a negative effect on people. An atom that lacks one of its normal, orbiting electrons is called a positive ion. An atom with an extra electron added is called a negative ion. A bit confusing, no? It’s a misnomer that we can thank Benjamin Franklin for. Back in his time, electrons (with a “negative” charge) and atoms were not understood correctly. So we’re stuck with the 18th century terminology, and that is why the good ions are called “Negative Ions.”

2. Blood Alkalization and Blood Purification

When negative ions are applied to the body, the calcium and sodium circulating in the blood are ionized. This changes the blood pH into an alkaline state and has an overall alkalizing effect on the body. The normal pH of human arterial blood is approximately 7.40 (normal range is 7.35 – 7.45), a weak alkaline solution. Blood that has a pH below 7.35 is considered acidic, while blood pH above 7.45 is alkaline. Proper blood pH is essential for optimal health. It has been noted that the negative ions applied to the body are helpful in regulating pH.

3. Reviving the Cell

When the amount of negative ions in the blood increases, there is an increase in inter-cellular communication. This occurs as the cell membranes are opened, and cellular metabolism is facilitated. As a result, there is an increase in cellular nutrient uptake and cellular hydration. In addition, cellular waste materials are more efficiently excreted. With the increase in cellular metabolism, optimal cell function is rapidly revived. For more information, research the Nobel Prize in Physiology (1990) for the discovery of the ionic channel.

4. Diseases Associated with Ion Deficiencies

Indoor environment, city living, auto exhaust, exposure to electronic devices, EMI’s (electro-magnetic field), and environmental pollution all result in your body’s increased exposure to unhealthy “positive” ions. This results in a physiological imbalance that can have detrimental health consequences. Too few negative ions in our body can cause a number of diseases including: anemia, allergies, shoulder pain, lumbago, rheumatism, neuralgia, headaches, kidney problems, impaired autonomic nervous system function, insomnia, and fatigue. By using the Amethyst Bio mat, your exposure to streams of “negative” ions can aid in creating balance for your body to counteract the unhealthy “positive” ions in your environment.

*Disclaimer: These statements have not been evaluated by the Food and Drug Administration. The products and information contained here are not intended to diagnose, treat, cure, or prevent any disease or medical problem. It is not intended to replace your doctor’s recommendations. The information is provided for educational purposes only.

SOUND THERAPY EDUCATION

At The Om Shoppe

The Om Shoppe & Spa is a leading sound therapy and education facility based in Sarasota, FL. A pioneer in bridging hypnosis with music and sound therapy, our facility offers classes, workshops, certifications, and public & private sound therapy sessions for individuals and groups.

All of our sound therapy professionals are certified in foundational principles of sound and music and/or are professional musicians.

Come see how we are changing the game for professional sound therapy standards, as we explore the relationship between neuroscience and sound. Our mission is to continue up-leveling how sound therapy can transform the mind, body, and spirit in our community, locally and online.

BECOME A CERTIFIED SOUND HEALER!

Classes are offered in person and virtually, start today with free resources in our OM Education Learning Center!

Find out more about upcoming classes and visit or call or visit us online at: theomshoppeandspa.com/classes-and-events

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What is Vibroacoustic Therapy?

Let’s start by explaining what vibroacoustic therapy actually is and how it works. Vibroacoustic therapy (VAT) involves the use of low-frequency sound vibrations transferred through a transducer onto a bed, chair, or mat, where a client can listen to and physically feel the sounds from the device. Unlike other methods of sound therapy, the sound you receive through a vibroacoustic chair affects the body in several different ways. A well-constructed VAT chair or bed allows the music and frequencies to be felt and experienced at low, comfortable volumes while still deeply impacting the body with a cellular massage.

What Can It Do For You?

So, how can this inner massage and reharmonization bring your body benefits? Well, it turns out, that as more and more research is being done on VAT frequencies and technology, more specific benefits are being uncovered and verified.

Studies conducted by the National Institute of Health (NIH), among others, have shown that vibroacoustic therapy has significant potential for:

- Reducing pain
- Slowing down heart rate
- Decreasing blood pressure
- Slowing respiration rate
- Lowering stress
- Calming of anxious feelings
- Reducing overall fatigue and exhaustion
- Relaxing of muscle tension/reduction of muscle inflammation
- Lowering of brain wave frequencies (generally slowing them down gradually to a theta or delta state)

Healthcare professionals are realizing the opportunity for vibroacoustic therapy to help patients in recovery time, stress management, and improving quality of life, in general, in a non-invasive way. Even massage therapists love the vibroacoustic chair for its ability to facilitate their job in relaxing muscles and mind and giving them more time to address specific areas of concern.

The VAT chair at The OM Shoppe was specially crafted for our Spa. It is also extremely comfortable and can be inclined to release pressure from the hips. Beyond the VAT frequency vibrations felt throughout the body and specifically chosen for different physical experiences, therapeutic music also triggers relaxation through noise-cancelling headphones (providing you with a deeper inner experience and amplifying the reception of the low frequencies through bone conduction). In a dimly lit sound oasis room, this Vibroacoustic Therapy experience is one worth your time.

Bringing Vibroacoustic Therapy to Sarasota

So, what’s all the fuss about vibroacoustic therapy? Quite a lot, it seems. As vibroacoustic therapy helps to alleviate discomfort and improve mental and physical function, it’s safe to conclude that it can, at minimum, help ease one into relaxation, transform one’s mental state, and with frequency and duration, improve one’s quality of life in a drug-free, non-invasive way! In the Sarasota, FL area? Schedule your Vibroacoustic treatment today in our state-of-the-art Spa!

The BENEFITS OF AROMA DIFFUSERS

If you’re interested in giving yourself a health boost without all the fuss, we at The OM Shoppe & Spa recommend diffusing essential oils. Diffusion is the process through which particles from a particular substance, through vibration, spread throughout a space. By utilizing one of our several diffusing devices, you can introduce the health benefits of an essential oil into any environment! Here are some ways you can use an aromatherapy diffuser with essentials oils to achieve maximum health.

- Better Sleep - lavender essential oil
- Mental Stimulation/Focus - rosemary essential oil
- Staying Awake - lemon essential oil
- Euphorics (mood enhancers) - ylang ylang essential oil
- Reduce inflammation - ginger essential oil

The OM Shoppe carries only the finest quality organic and wildcrafted essential oils, visit our website, theomshoppe.com for our complete line.

MAINTENANCE AND CLEANING OF DIFFUSERS

Before cleaning, be sure to turn off the power and unplug the cord.

Clean water tank once every 2-3 weeks.

Clean (water bath) in diffuser base once a week.

Clean (soft cloth and mild detergent may be used for cleaning).

Why Do Sound Journeys Work So Well To Help You Create More Peace Of Mind? Resonance

In a region known for its spiritual significance and natural energetic vortexes, our Vibrational Medicine Shoppe & Spa brings to you the OM Shamanic Sound Journey™, a powerful new energy therapy bridging vibrational medicine, sound, & hypnosis. Sarasota is the “Sedona of the South” and the crystal quartz sands of world-famous Siesta Key Beach are unparalleled in their energetic properties.

Combining ancient & modern sound therapy techniques (science of mindbody), with professional hypnosis, neuroscientific approaches, and professional musicians/certified sound practitioners, the OM Shoppe provides an immersive transcendentaul sound experience like no other and has raised the bar for professional sound therapy in the East Coast and beyond!

Tune In Today & Journey With RESONANCE!

Live shows held the last Sunday of each month, get your tickets today!

The Sound of OM Mesmerizing Sound Meditations, Hypnotherapy, & Meditative Music for Deep Relaxation, Peace, Rejuvenation, & Self-Actualization

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