

Crystal Bowl Healing Demonstration at Lizzadro Museum



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Marian McNair, MATC, MFA, owner of Cellular Harmonies Sound & Vibrational Healing, will demonstrate the healing power of crystal bowl vibrations and voice from 2 to 3 p.m., March 1, as well as talk about the properties of sound at the Lizzadro Museum of Lapidary Art. There will be time for question and answers.

One form of sound therapy uses the vibrations of crystal bowls, which many people believe are the future of healing ailments, utilizing the natural properties of quartz. With intention, crystal bowls vibrate and their frequencies create waveforms. Along with the voice, when the frequency of the crystal bowl matches the frequency of a human organ, the vibrations can cause a state of wellness and relaxation throughout the body. It is these natural vibrations that create a sense of wellness, promoting the healing process on the cellular level.

Location: 220 Cottage Hill Ave., Wilder Park, Elmhurst. For more information, call 847-234-0193 or visit CellularHarmonies.com or LizzadroMuseum.org.

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