



Working with Crystal Bowls & Voice to Deliver Measurable Health Benefits

Sound and Creativity

by Marian McNair, *MATC, MFA**

Do you know that music and sound can be used to heighten creativity? Listening and experiencing music is a powerful tool for creativity. Rhythms allow us to sway to the music and help us to feel its essence deeply inside of us. Different types of music offer a different mood whether the steady beat of Salsa, the passion of Flamenco or the soaring to high notes of the Soprano singing Classical music.

Crystal bowls and voice offer a deep, meditative experience with the drone and overtones of the melodious crystal bowls. Lying on the floor and allowing the body to be supported and relaxed is an optimal state for listening to this powerful music. Some things have to be experienced rather than described and this form of sound healing is among them.

We live in stressful times and we are bombarded with noise that causes more stress to our system. It has been proven that this stress causes elevated cortisol levels and increased blood pressure. Sounds of crystal bowls and voice not only offer peace but they can also heighten creativity. Powerful energy flows through us with our heartbeats, breath and blood. When we are still we can feel a new sense of awareness and calm that is conducive for creativity.

Is creativity something we need? The answer is yes. We are all creative beings. Some of us cook, some paint, some people find new products to help us in our daily lives. Have you ever noticed a time when the flow of new ideas is not there and life feels flat and uninteresting? Music and sound can help you. Experiencing the crystal bowls and voice can help release stagnant energy and bring in new ideas. They can offer an alternative avenue for your own expression and creativity to flow making you happier and healthier too.

*Marian McNair, *MATC, MFA* has been working with and perfecting her practice with crystal bowl sound therapy for over 20 years and has produced three CD's, which are used in her practice. Marian presents wellness programs that combine her teaching background with the fundamentals of this ancient healing art at yoga studios, health and wellness events and retreats across the country. To contact Marian, visit her website: www.cellularharmonies.com.

Marian McNair, *MATC, MFA*

www.cellularharmonies.com 847-234-0193 mariansings@gmail.com