

## Quartz Crystal Bowl Healing Meditations

When: Saturday, August 16th 2014, 6:30 – 8:00pm

Where: Dallas Meditation Center, 727 S Floyd Rd,  
Richardson, TX 75080

Investment: \$10

**Details & RSVP: on [meetup.com](http://meetup.com), under group “Infused Energy DFW”**

This is a serious and powerful meditation that leads you through a journey into slower brainwave states infused with the tones of quartz crystal bowls and isochronic beats. Quartz crystal music holds the vibration of white light which ultimately refracts into the rainbow spectrum and acts directly on our chakras when the bowls are played.



The crystal structure of quartz bowls has a healing and magnified effect when experienced live. It has the power to bring about a shift in our consciousness. Clear quartz integrates the balance of our own electromagnetic energies. Through the pure tone of the quartz crystal bowls one can repattern the energy field organization and influence cellular expression of wellness.

It is likely that the wonderful states of peace and well-being are in part attained by the release of the same hormones and neurotransmitters that function throughout the body to relieve pain, induce elevated mood, and restore healthy sleeping patterns. Many have reported a heightened sense of creativity and an increased ability to transcend addictions.

Group organizer and facilitator Bryan will play traditional and handcrafted bowls corresponding to the seven chakras.

There will be an optional group sharing time to communicate the specific physical, emotional, or spiritual healing you are searching for. Individual attention will be given to those who request it within the time allotted.

Attendees may sit or lay down during meditation.

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