

CRYSTAL BOWLS CHAKRA CHANTS

JONATHAN GOLDMAN
& CRYSTAL TONES

CHAKRA	TIME
1. Base Chakra—Ruby Resonance	10:59
2. Sacral Chakra—Ocean Gold	10:23
3. Navel Chakra—Citrine Fire	10:29
4. Heart Chakra—Rose of Compassion	10:07
5. Throat Chakra—Egyptian Blue	10:28
6. 3rd Eye Chakra—Indigo Vision	10:35
7. Crown Chakra—Diamond Light	10:37
TOTAL TIME:	73:53

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You hold in your hands the liner notes to “CRYSTAL BOWLS CHAKRA CHANTS” a new recording that combines two soothing and healing sounds: the tones of the human voice and quartz crystal bowls, both creating sounds to resonate and align the chakras.

HOW TO USE CRYSTAL BOWLS CHAKRA CHANTS

2 This recording was created to resonate and align the energy centers of the body known as the chakras. The sounds on “CRYSTAL BOWLS CHAKRA CHANTS” are designed to create balance in the physical, emotional, mental and spiritual bodies. Sound affects not only our ears (and our brain), but also our physical and subtle bodies. Because of this, there are a number of different ways in which “CRYSTAL BOWLS CHAKRA CHANTS” may be used.

First, “CRYSTAL BOWLS CHAKRA CHANTS” may be used as a self-healing and meditation tool. The sounds on this recording assist in inducing not only chakra balancing, but also expanded states of awareness. It is helpful, though not necessary, to focus your attention on the related chakra as the chant for each chakra begins. Listening and meditating in this manner will enhance the experience in the chakra resonance experience of your sonic journeying.

Second, “CRYSTAL BOWLS CHAKRA CHANTS” may be utilized as a sonic environment for creating balance and alignment during subtle energy work and bodywork. Along with resonating the chakras, the sounds on this recording will help induce deep relaxation and assist in the healing experience. Playing CRYSTAL BOWLS CHAKRA CHANTS will create balance for all within the listening area.

3 Third, “CRYSTAL BOWLS CHAKRA CHANTS” may be used as a tool to actively create sound and learn how to resonate your chakras with your own sounds. These liner notes describe in detail the sounds that are used and how you may create a co-active experience with them in order to create greater balance and alignment within yourself.

Finally, “CRYSTAL BOWLS CHAKRA CHANTS” may be used for your listening pleasure. While these sounds may help enhance balance and alignment, this effect can be secondary to the simple experience of listening.

These liner notes are fairly extensive, containing much information on the chakras and the specific sounds that were used on “CRYSTAL BOWLS CHAKRA CHANTS”.

THE CHAKRAS

I have been engaged in the field of sound healing since the early 1980's. My initial investigation into the area of sound healing was the relationship between sound and the chakras. The word chakra is a Sanskrit term meaning "wheel", for chakras are seen as spinning wheels of light by those with the ability to see subtle energy. The chakras are found in many traditions, including Hindu and Tibetan as well as esoteric and occult "Mystery School" which describe these energy centers. While the chakras have been incorporated in many spiritual practices, their existence seems to be based, not upon religion, but upon awareness of energy. There is even scientific instrumentation that is now beginning to record and validate them.

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There are seven main chakras. These chakras are transduction points—places where subtle energy from higher planes begins to become denser as it comes into the body. It next becomes the acupuncture points and meridians and finally, this energy transduces into the density of the actual physical body. Imbalances in the physical body can be detected through the chakras. Frequently, healers who work with subtle energy can detect imbalances before they manifest in the physical body by feeling imbalances in the chakras. By balancing the chakras, imbalances in the physical body will often disappear.

There is a feedback loop occurring with the energy of the chakras as the physical body interfaces with this energy and vice versa. An imbalance in a chakra will often manifest later in the physical body.

It is possible, such as through a traumatic injury, for both the physical body and the chakras to be simultaneously imbalanced. Healing of the physical occurs much more rapidly when the subtle anatomy—particularly the chakras—is aligned and balanced after physical injury.

There are seven main chakras, seven spinning balls of energy that are located centrally in the front and the posterior of the body. The following is a brief description of the chakras:

The first or "base" chakra located at base of the spine is involved with the process of elimination and the organs which work with that function. It is associated with the energy of survival and with grounding to the physical plane.

The second or "sacral" chakra, located about three inches below the navel and is associated with sexual energy, the reproductive organs and with much of the life force.

The third or "solar plexus" chakra is located slightly above the navel. It is associated with digestion and the digestive organs as well as the attributes of personal power and mastery of self.

The fourth or "heart chakra" is located in the center of the chest. It is associated with the organs of the lungs and the heart and the energy of compassion and love.

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The fifth or “throat” chakra is located at the throat, at the base of the neck. This chakra is associated with communication; speech and hearing, and those organs involved with this process including the vocal apparatus and the ears.

The sixth or “3rd Eye” chakra is located in the center of the forehead above the eyes. It is associated with the brain and its functions as well as imagination, psychic abilities and mental activity.

The seventh or “crown” chakra, is located at the top of the head. It is associated with the induction of spiritual energy into the body. It is said to control every aspect of the body and mind and is associated with full enlightenment and union with God.

These are the seven main chakras found in the various traditions. As you’ll see in the next section, there are specific vowel sounds, bija mantras, frequencies, energies, and elements associated with each chakra as well as different colors. These seven chakras are the focus of the sonic resonance utilized on “CRYSTAL BOWLS CHAKRA CHANTS”. This system has been shown to be particularly effective in terms of having the ability to balance and align the chakras.

CHAKRA SOUNDS

As noted in the previous paragraph “CRYSTAL BOWLS CHAKRA CHANTS” utilizes several of the most effective elements of using audible sound and other aspects of energy in order to resonate and balance

the chakras. Of particular merit is a system of sacred vowel sounds that I developed and have utilized for many years, including using them on this recording. This use of vowels seem to be highly effective in balancing the chakras. For more information about this, please see the chapter on “Vowels As Mantras” in my book HEALING SOUNDS as well as my others books including SHIFTING FREQUENCIES. Vowels are considered sacred in many different traditions and Mystery Schools throughout the planet, including ancient Egyptians, Hebrew, Islamic, Tibetan, Japanese and Native American. While there are various systems of Sacred Vowels to balance the chakras, I have utilized a specific system that came to me many years ago and that I have shared effectively with thousands of people. This system seems to have become almost universally accepted by those who have worked with it.

I next added the Bija Mantras, the Sanskrit letters from the Vedic traditions, which by themselves are said to balance and align the chakras. There are silent Bijas and spoken Bijas. The spoken Bijas are chanted aloud in order to resonate the chakras. As with all systems of using sound, there are variations. Such is the case with the Bija Mantras. I wish to thank Dr. Deepak Chopra for the specific system of Bija Mantras utilized on this recording. More information on the Bijas is found in TANTRA OF SOUND: Frequencies of Healing (co-authored with my wife Andi Goldman).

For the fundamental frequency (or keynote) to use for each chakra I have chosen a diatonic major scale. This basically is a scale very similar to one that is created from the white keys on a piano starting on the

note C. This is one of the most popular systems utilized to resonate the chakras. In the context of this recording, it works most effectively.

Of particular interest with regard to sound healing is that the fundamental frequencies used for this system are harmonically related—that is the notes are the natural result of the geometric vibrations of a given string (brought within a single octave). The tuning is different than that of a keyboard. The notes created are based upon the harmonics created from the fundamental of the note C that vibrates at 256 cycles per second (and then having the harmonics transposed down so that they fit within the octave of that C note). 256 Hz. is a harmonic of 1 cycle a second. Many believe this keynote to be in natural resonance with many of the frequencies of the Earth itself. Some believe it is a harmonic of the actual frequency of the Earth.

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THE FOLLOWING IS THE SYSTEM OF **CHAKRA SOUNDS THAT WERE UTILIZED FOR THE CRYSTAL BOWLS CHAKRA CHANTS:**

1st CHAKRA - Root - Muladhara

Keynote: C
Frequency: 256 Hz.
Color: Red
Vowel: Uh
Bija: Lam
Element: Earth
Energy: Grounding

2nd CHAKRA - Sacral - Svadisthana

Keynote: D
Frequency: 288 Hz
Color: Orange
Vowel: Ooo
Bija: Vam
Element: Water
Energy: Life Energy,

3rd CHAKRA - Navel - Manipura

Keynote: E
Frequency: 320 Hz.
Color: Yellow
Vowel: Oh
Bija: Ram
Element: Fire
Energy: Power

4th CHAKRA - Heart - Anahata

Keynote: F
Frequency: 341. 3 Hz.
Color: Green
Vowel: Ah
Bija: Yam
Element: Air
Energy: Compassion, Love

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5th CHAKRA - Throat - Vishuddhi

Keynote: G

Frequency: 384 Hz.

Color: Blue

Vowel: Eye

Bija: Ham

Element: Ether

Energy: Communication, Creation

6th CHAKRA - 3rd Eye - Ajna

Keynote: A

Frequency: 426.7 Hz.

Color: Indigo

Vowel: Aye

Bija: Sham

Element: All

Energy: Insight, Wisdom

7th CHAKRA - Crown - Sahasrara

Keynote: B

Frequency: 480 Hz.

Color: Violet/White

Vowel: Eee

Bija: Om

Element: All

Energy: Transcendence

INTENT

In my books HEALING SOUNDS, SHIFTING FREQUENCIES, TANTRA OF SOUND and THE 7 SECRETS OF SOUND HEALING, I discuss the importance of intent in the sound healing experience. A formula I developed many years ago is: “Frequency + Intent = Healing”. “Intent” is the energy behind the sound (the “Frequency”) and may be a real key as to the effects of sound— particularly vocally created sound. I believe awareness of intent will help enhance the sound healing experience and frequency shifting effect. The intention we place upon the sound truly influences our experience with the sound.

Another formula I created and utilized on “CRYSTAL BOWLS CHAKRA CHANTS” is “Vocalization + Visualization = Manifestation. This means that the sound created coupled with the visualization one encodes on the sound will assist the manifestation of the energy of the sound. If one is chanting a mantra to resonate and balance a specific chakra while visualizing that chakra being balanced and resonated, the manifestation will be the balance and resonance of that chakra. William, Paul and I employed this formula during the recording process.

A third formula I have recently developed for my latest book THE 7 SECRETS OF SOUND HEALING is: “Sound + Belief = Outcome”. This is another aspect of the previous two formulas, even broader and more encompassing in its scope—demonstrating how the power of belief truly affects the outcome of the sound that is created.

During the recording of these various sounds on “CRYSTAL BOWLS CHAKRA CHANTS”, our intention was focused on each chakra, visualizing the chakras resonating with the sound and feeling the energy vibrating in the chakra areas so that this energy could be encoded onto this recording.

TING-SHAS AND FRACTIONATION

This recording is quite trance inducing. Because of this, it's very easy to get lost in terms of which chakra is being sounded. We have found that while “CRYSTAL BOWLS CHAKRA CHANTS” works on its own without special attention by the listener, the effect of this recording is greatly enhanced by helping the listener locate which chakra they are on. We've done this through the use of Ting-Shas—Tibetan Bells.

As noted, each of the chakra sounds on “CRYSTAL BOWLS CHAKRA CHANTS” utilizes a different Sacred Vowel, Bija Mantra, and Tonal Center to create resonance and balance. The psycho-acoustic sound on “CRYSTAL BOWLS CHAKRA CHANTS” also enhances altered states of consciousness. This can make it easy to forget which chakra is being resonated. In order to facilitate more conscious awareness of this journey through the chakras, you'll hear the sound of Ting-Shas—Tibetan bells which will ring at the beginning of each new chakra. The bell will ring for the appropriate number of times for that chakra.

For example, there will be one ring of the bells for the first chakra and seven rings of the bells for the seventh chakra. When you hear the bells, it may be helpful to bring your attention to that chakra.

The sounds of the Ting-Shas serve two purposes. The first is to help the listener locate which chakra is being sounded. The second is that it assists the process called “Fractionation”.

Fractionation is a technique developed by Dr. Milton Erickson, M.D. (father of hypnosis) and also adapted by NLP (Neural Linguistic Programming). It is a trance induction technique whereby one induces an "altered" state (such as listening to the sounds of the crystal bowls with the chakra chants), then breaking it with some tangential sound (in this case, the sound of the Ting-Shas). Then one repeats or resumes the induction—the soothing sounds of the bowls and chants. A listener will go back into the trance state more quickly and deeply than before. The approach also trains the mind to access the "altered" state with more ease.

Thus, in addition to marking the segments of the specific chakras, the use of ringing Tibetan bells during "CRYSTAL BOWLS CHAKRA CHANTS " recording serves the same purpose of actually heightening the powerful trance inducing effect of this recording.

GUIDED VISUALIZATION

“CRYSTAL BOWLS CHAKRA CHANTS” was initially created as a tool for frequency shifting in order to create balance. I have found that it is a powerful tool for self-transformation and healing. If utilized for this purpose, listen to it in a place where you will not be disturbed. In addition, for gentle balance, “CRYSTAL BOWLS CHAKRA CHANTS” works nicely as a sonic background in rooms or even offices and may be used in such places.

If you would like to chant along with “CRYSTAL BOWLS CHAKRA CHANTS” to resonate your own chakras, it is my belief that active participation in the sound experience can only enhance your experience of sound. The various formulas described previously reveal an ancient secret from the Mystery Schools found in the major spiritual and magical traditions. By adding visualization, intention and feelings to the sound, the effect of the sound becomes more profound. Thus while “CRYSTAL BOWLS CHAKRA CHANTS” is powerful by itself simply by listening to it, the recording becomes even more powerful through working with visualization, intention and feeling while sounding along with it.

Whenever you work with self-created sound, make the sound in a gentle and relaxed voice. Do not strain yourself. Remember bigger is not better, nor is louder necessarily more powerful. You will be amazed at how little effort is required to create a sound that can shift your

frequencies. Choose either the Sacred Vowel or the Bija Mantras to work with at first. After you have successfully worked with either the Sacred Vowels or the Bija Mantras, you may try to combine the two.

Through learning to work with your own sounds using the “CRYSTAL BOWLS CHAKRA CHANTS” you can take an active part in the frequency shifting experiences. Once you have balanced and aligned your chakras through sacred sound, it is important to sit quietly and receive. **Silence** is an essential part of the sound healing phenomenon. Honor it. Respect it. And work with it. Frequently, it is in the time of silence when the greatest changes and frequency shifts occur. “CRYSTAL BOWLS CHAKRA CHANTS” runs for approximately 70 minutes. If possible, after that give yourself additional time for silent meditation, feeling the totality of clear white light pouring into you.

CRYSTAL BOWLS

Along with the human voice, one of the most powerful sonic tools available is quartz crystal singing bowls. The singing bowls emit a pure and powerful resonance. Played with a suede mallet rotated around the rim, they produce a profound and powerful resonant frequency that has the ability to heal and transform. Just the sound of one bowl alone is able to clear negative energy from a room.

Since the 1980s crystal bowl popularity has grown tremendously. The bowls are now used by all types of people— sound therapists and healers,

massage therapists, Reiki Masters, musicians and those who use them to add clarity and depth to their meditations and personal rituals. Even medical doctors such as Mitchell Gaynor, M.D., Medical Oncology Director and Integrative Medicine Director at the Strang-Cornell Cancer Prevention Center, and Andrew Weil, M.D., have acknowledged their therapeutic value and use them in their practices.

William Jones and Paul Utz of Crystal Tones, Inc., are pioneers in the creation and development of these extraordinary crystal bowls and associated healing work. This new CD offers a sampling of many of these unique types of bowls played by Paul and William and integrated with some of the Healing Sounds from my award winning recording of “CHAKRA CHANTS”.

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Quartz crystals seem to work as amplifiers of intent and are therefore extraordinary vehicles for amplifying intent through sound. They are wonderful healing instruments to use in ceremonies or rituals to set a particular intention. We often use our crystal bowls when toning together in meditation and for a specific intention. They also have an astounding ability to clear an area of negative energy.

The singing bowls utilized on this recording are made from pure quartz in a large variety of types from the original Classic Frosted bowl to Clear and Ultralight bowls and more recently the mineral and gemstone-embedded Alchemy Singing Bowls. Singing bowls are available in all notes and in sizes from 6 to 22 inches. Many of these bowls were

developed by William Jones and Paul Ute. The Practitioner Bowls with quartz handles greatly facilitate ease of movement and are used by sound and energy practitioners for body therapy. The newer Alchemy Bowls use Rose Quartz, Amethyst, Diamond, Citrine, Moldavite, Platinum and Gold to transmit the frequencies of these gemstones. The quartz vibrations “give voice” to these minerals and gemstones. Also, the notes and bowl colors used for this recording correspond to chakras and activate and balance these energy centers within the body.

Before and during this recording, William and Paul attuned themselves with the highest energies and intentions of light and love in order to become the greatest conduits for using sound as a healing modality. I believe that these powerful sonic vibrations add significant dimension and intention to my original work. I am gratified that these new tools have become available to me as a musician and recording artist.

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Crystal bowls are wonderful sonic tools—they are beautiful and powerful quartz crystal instruments for creating awareness and raising consciousness. In terms of tone and ability to transmit intention, they are among my favorite.

The combination of crystal bowls and chakra chants make an extraordinarily powerful sound experience that enables the listener to synchronize and attune to the amazing energies of the bowls and voice—experiencing powerful healing and transformation.

Jonathan Goldman

NOTES ON THIS RECORDING FROM CRYSTAL TONES

We knew we had discovered something profound when we played our first crystal bowl. Over the years we have engaged in a joyful journey of creating all types of crystal singing bowls and now have the privilege of sharing them with the planet. Mother Earth has blessed us with quartz crystals—we have simply given them a new form and voice with intention to serve those who listen and are open to the bliss and peace of their transformational vibrations.

Crystal singing bowls are tools of entrainment, a process whereby quartz energy frequencies are synchronized throughout the body. With entrainment, plus the rhythmic tonal sounds, listeners enter a realm of blissful meditative states. They amplify what you already are and morph us into new and dynamic thought patterns, words and actions. Our bodies, the great attenuators, enable the Soul to perceive and act in the realm of material experience.

Crystal Bowl Master Alchemist Jun Makino from Japan has stated: “We see consciousness shifts brought on by the constant rhythmic overtones of Tibetan Buddhist chants. By toning with crystal bowl frequencies, listeners can attain similar shifts of consciousness.”

For us, time and time again, meditating and toning with crystal bowls has caused us to swell with the bliss of divine connection and the inner knowing of our part in this great matrix. We are blessed!

We express deep gratitude to Jonathan Goldman who has found it appropriate and empowering to incorporate crystal singing bowls into this new release which incorporated aspects of his classic award winning recording “Chakra Chants,” From our perspective it enabled us to create an even more powerful tool for meditation and consciousness raising. It is rare that a classic such as “Chakra Chants” could be improved upon, but crystal singing bowls are a rare tool and they have not escaped Jonathan’s intuition and genius.

William Jones and Paul Utz

ALCHEMY SINGING BOWLS USED IN THIS RECORDING:

- Laughing Buddha – joy, laughter and relaxation
- Smokey Quartz – grounding and balancing
- Androgynous Indium Violet – integrating male/female aspects of self
- Ocean Indium Violet – longevity
- Color Therapy – a rainbow of healing
- Solid Gold Therapeutic – owning our divinity
- White Gold Alchemy – imagination within the inner child
- Tibetan Quartz Therapeutic - a catalyst for transcendence
- Solid Silver Therapeutic - creates sacred space
- Solid Gold Classic Frosted – royalty, success and soul expansion
- Rose Quartz – love, assistance in relationships and tension release
- Moldavite – financial abundance in the other world

- Amethyst – expansion and focus
- Ruby – nobility, spiritual wisdom and wealth
- Citrine – expands and maintains wealth
- Aqua 24K Gold - transmutes blockages, balances the analytical mind
- Mother of Platinum – Goddess of Love
- Ocean 24K Gold – loving communication, enhances immune system
- Egyptian Blue – ancient wisdom
- Grandmother – honors the divine feminine
- Grandfather – wise, patriarchal energies
- Indigo – clears mind, frees the past

We trust that the combination of our sounds and energies together will create a very special musical addition to the field of sound healing and help resonate and transform ourselves and the planet. Open to your love and intention as you listen to “CRYSTAL BOWLS CHAKRA CHANTS” and know that grace and peace unfold within you.

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Jonathan, William & Paul

OTHER HEALING SOUNDS INCLUDE:



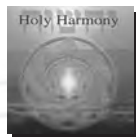
Chakra Chants



Chakra Chants 2



Ultimate OM



Holy Harmony



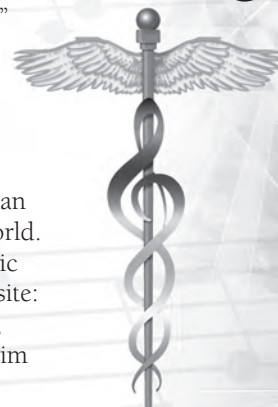
JONATHAN GOLDMAN

Jonathan Goldman is an internationally acclaimed pioneer in the field of sound healing. A teacher, author and musician, his books include HEALING SOUNDS (Inner Traditions), SHIFTING FREQUENCIES (Light Technology), TANTRA OF SOUND (Hampton Roads, co-authored with his wife Andi Goldman, the 2005 “Visionary Award Winner for Best Alternative Health book) and his latest, THE 7 SECRETS OF SOUND HEALING (Hay House).

A Grammy nominee, Jonathan’s best selling albums include: “THE LOST CHORD”, “HOLY HARMONY”, “DE-STRESS” and “ULTIMATE OM”. His 1999 CD “CHAKRA CHANTS” was the Visionary Award Winner for “Best Album of the Year” as well as “Best Healing and Meditation Album”.

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He is Director of the Sound Healers Association and President of Spirit Music in Boulder Colorado. Jonathan presents Healing Sounds Seminars throughout the world. For information on Jonathan’s workshops, Spirit Music recordings and other pertinent material, visit his website: www.healingsounds.com, or phone: (303) 443-8181, Int’l (800) 246-9764. Fax: (303) 443-6023 or write him at P.O. Box 2240, Boulder, CO 80306.





CRYSTAL TONES

William Jones and Paul Utz, musically known as Crystal Tones, are world renowned for their major developments in the arena of quartz crystal bowls. They have literally transformed

the field of quartz crystal bowls with their unique innovations. They are Crystal Bowls Masters who teach the therapeutic and transformational uses of quartz crystal bowls. For information on Crystal Tones workshops or music, visit their website: www.crystalsingingbowls.com or phone: 800-358-9492 Int'l: 1-801-486-6833 or write them at: P.O. Box 520956, Salt Lake City, UT 84152



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CRYSTAL BOWLS CHAKRA CHANTS JONATHAN GOLDMAN & CRYSTAL TONES

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Jonathan Goldman, William S. Jones, Paul Utz

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Jonathan Goldman

Recorded by

Jonathan Goldman & Crystal Tones

Bowls Arranged and Engineered by

Chase Ryan Taylor, Crystal Tones Studios, Salt Lake City, Utah

Mastered by

Akshara Weave, Beingness Studios, Lafayette, CO

Original Chakra Chants Artwork

Donald Beaman

New Artwork and Graphic Design

Dan Ruesch Design and David Kirby, Creative Connection

Liner Notes Edited by

Andi Goldman

Chakra Chants

Jonathan Goldman

Crystal Bowls

William Jones and Paul Utz

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"CRYSTAL BOWLS CHAKRA CHANTS" IS DEDICATED BY WILLIAM AND PAUL TO THE LOVING MEMORY OF THEIR BELOVED JASON AND ANTHONY JONES OF CRYSTAL TONES.