



Institute of Natural Medicine

1 hour

Aura Cleansing with Singing Bowl



Aura Cleansing with Singing Bowl - 1 Hour Session for USD 25: Unlock Healing and Harmony

Introduction: Discover the Power of Aura Cleansing with Singing Bowls

Do you feel weighed down by stress, negativity, or emotional blockages? Aura cleansing with a singing bowl might be the transformative experience you need. This ancient sound healing



practice uses the resonant tones of [Himalayan singing bowls](#) to cleanse your energy field, restore balance, and promote deep relaxation. In this article, learn how a 1-hour aura cleansing session with a singing bowl for just USD 25 in Kathmandu can revitalize your physical, mental, and spiritual well-being.

What Is Aura Cleansing and Why It Matters

Aura cleansing is the process of removing negative energies and emotional blockages from your energy field or aura. Our auras can accumulate stress and toxins from daily life, leading to fatigue, anxiety, and imbalance. Using singing bowls, sound vibrations penetrate deeply into the body's energy centers (chakras), releasing blockages and promoting healing at multiple levels.

- The vibrational tones help remove negativity and enhance positive energy flow.
- Cleansing the aura supports emotional healing and mental clarity.
- It creates a strong energetic boundary that protects against stress.

The Healing Power of Singing Bowls: How Sound Affects Energy

Singing bowls, traditionally handmade in Nepal, emit rich harmonic sounds when played. These sounds travel as vibrations that resonate with your body's frequencies, especially the chakras, boosting your body's natural healing.

- Benefits include muscle relaxation, pain relief, improved circulation, and toxin elimination.
- The sound vibrations open and balance chakras, fostering spiritual growth.
- Regular sessions can reduce anxiety, depression, and insomnia by calming the nervous system.

Why Choose a 1-hour Aura Cleansing Session for USD 25 in Kathmandu?

Kathmandu is a hub for authentic sound healing experiences using locally crafted Himalayan singing bowls. A 1-hour session offers deep immersion in sound therapy at an affordable price.

- The session includes guided meditation and sound bath from expert practitioners.
- Experienced healers tailor the bowl sounds to your chakra imbalances.
- USD 25 is a competitive price for [holistic healing in Kathmandu's](#) wellness scene.



What to Expect During Your Singing Bowl Aura Cleansing Session

- Your practitioner will create a calm environment with soft lighting and comfortable seating.
- Bowls tuned to different chakras will be played, surrounding you with therapeutic vibrations.
- You may experience a sense of floating, visualizations, or emotional release.
- The session ends with grounding techniques to help integrate the healing energy.

Sound Healing in Kathmandu: A Growing Wellness Trend

Kathmandu's wellness community embraces sound healing, blending ancient Himalayan traditions with modern practices. Visitors and locals alike report profound benefits from singing bowl therapy.

- Many centers including ours - offer customizable sound baths including vocal toning and chanting.
- Sessions can complement [yoga](#), meditation, and detox programs.

Actionable Tips for Maximizing Your Aura Cleansing Experience

1. Arrive hydrated and avoid heavy meals before the session.
2. Wear comfortable clothing to help your body relax.
3. Set an intention for your session, such as releasing stress or inviting peace.
4. Practice post-session grounding through gentle stretches or nature walks.
5. Consider regular sessions to maintain energetic clarity.

Conclusion: Embrace the Transformational Power of Aura Cleansing with Singing Bowls

A 1-hour aura cleansing using singing bowls for USD 25 in Kathmandu offers a serene escape and a path to holistic wellness. By incorporating this ancient sound healing, you can clear energetic blockages, foster emotional balance, and cultivate inner peace. Explore this practice to rejuvenate your body and spirit, and consider sharing your experiences to inspire others. Ready to find harmony within? [Book your session today!](#)

Price: US\$ 25

[Book Now](#)