



Institute of Natural Medicine

1 hour

Crystal Singing Bowl - 7 Chakra Healing



Crystal Singing Bowl Session - 7 Chakra Healing (1 Hour) - USD 25

Feeling mentally drained, emotionally heavy, or energetically imbalanced? A **Crystal Singing Bowl Session for 7 Chakra Healing** offers a gentle yet powerful way to reset your mind, body, and aura. Crystal bowls made from pure quartz produce resonant frequencies that interact directly with your energy centers, helping restore clarity, calmness, and inner harmony. In Kathmandu's wellness hub of Thamel, this 1-hour session provides an accessible, deeply therapeutic healing experience at just USD 25.

What Makes Crystal Singing Bowls Unique?



Unlike traditional metal singing bowls, crystal singing bowls generate pure, high-frequency vibrations that align closely with human energetic patterns. Each bowl is tuned to a specific note that corresponds to one of the seven chakras. When played, the sound waves pass through the body, creating a cleansing and harmonizing effect that supports emotional release, nervous system relaxation, and spiritual alignment.

How 7-Chakra Crystal Healing Works?

Crystal singing bowls are made from pure quartz, a material known for its vibrational resonance and energetic properties. When struck or played, each bowl produces a sustained tone aligned with a specific chakra. A complete chakra healing session uses seven bowls, each resonating with its corresponding chakra:

- **Root Chakra (C)** – grounding, stability, safety
- **Sacral Chakra (D)** – creativity, sensuality, emotional flow
- **Solar Plexus Chakra (E)** – confidence, power, self-esteem
- **Heart Chakra (F)** – compassion, forgiveness, love
- **Throat Chakra (G)** – communication, truth, expression
- **Third Eye Chakra (A)** – intuition, insight, clarity
- **Crown Chakra (B)** – connection, consciousness, spiritual awareness

As the bowls are played, their vibrations help gently break up energetic blockages while enhancing the free flow of prana (life-force energy) through the body. These frequencies help regulate energetic flow, loosen tension, and gently guide the body into a more coherent state. Unlike traditional Himalayan metal bowls, crystal bowls offer a clear, bright, and expanding sound that interacts well with meditation and subtle energy work.

How Crystal Bowl Vibrations Support Chakra Healing?

A 7-chakra crystal bowl session works on multiple levels simultaneously. The tones are absorbed not just through hearing but through vibration. Research on sound therapy suggests that harmonic frequencies can:

1. Calm the Nervous System

The brain naturally shifts into more meditative states (alpha and theta), reducing stress and mental agitation.

2. Support Emotional Release

Vibrations interact with stored tension or unresolved emotional patterns, helping the body release heaviness and stagnation.

3. Restore Chakra Alignment



Each bowl resonates with a chakra, promoting balance, flow, and harmonization across the energetic system.

4. Clear Mental Clutter

Many people report improved focus, a sense of spaciousness, and reduced overthinking after a session.

5. Encourage Spiritual Connection

The clarity of crystal tones often deepens introspection, intuition, and subtle awareness.

While experiences vary, the session frequently brings a sense of grounding and renewal.

Benefits of a 7-Chakra Crystal Singing Bowl Session

A sound healing session can support:

Emotional Wellbeing

- Reduction of stress and emotional tension
- Greater inner calm and emotional resilience
- Relief from overwhelm and energetic heaviness

Mental & Energetic Balance

- Clarity of mind and improved focus
- Chakra alignment and energetic reset
- Deep relaxation and improved sleep quality

Physical Ease

- Release of muscular tension



- Support for breath awareness and relaxation
- A grounded sense of presence in the body

These benefits make crystal singing bowls a valuable complement to yoga, meditation, breathwork, and holistic healing practices.

What Happens During a 1-Hour Crystal Bowl Session?

The experience is soothing, immersive, and accessible to everyone—beginners included.

1. **Intention Setting:** A short discussion to understand your goals—stress release, clarity, emotional healing, or energetic balance.
2. **Relaxed Positioning:** You sit or lie down comfortably while the practitioner arranges seven crystal bowls around you.
3. **Chakra-by-Chakra Sound Journey:** Each bowl is played to activate, balance, and cleanse its corresponding chakra.
4. **Full-Body Sound Bath:** Waves of harmonic frequency travel through the body, helping dissolve tension.
5. **Grounding & Integration:** The session closes with grounding tones to help integrate the energies.

Crystal vs. Metal Singing Bowls: A Subtle but Important Difference

Nepal is widely known for traditional hand-hammered Himalayan singing bowls. Yet crystal bowls offer a complementary experience:

- **Crystal Bowls** → High-frequency clarity, effective for chakra alignment and deep meditation
- **Metal Bowls** → Rich overtones, grounding, effective for physical relaxation and emotional warmth

A 7-chakra crystal session creates a structured, precise alignment process that pairs well with Kathmandu's spiritual environment and wellness culture.



Why Choose a Crystal Singing Bowl Healing Session in Kathmandu?

Kathmandu—especially Thamel—is known for its spiritual and holistic healing traditions. This session provides a unique blend of ancient sound therapy, Himalayan energy practices, and modern wellness principles.

- Authentic crystal bowls crafted for precise healing frequency
- Guided by experienced sound healing practitioners
- Affordable pricing compared to wellness centers abroad
- A peaceful and supportive environment at the Institute of Natural Medicine
- A great complement to yoga, meditation, massage, or trekking recovery

How to Prepare for Your Session

- Wear comfortable, loose clothing
- Hydrate lightly before the session
- Avoid heavy meals for at least one hour prior
- Set a personal intention for emotional, mental, or energetic healing

Post-Session Recommendations

- Drink water to support energetic release
- Avoid loud environments for a while
- Take a short walk or practice gentle stretching to ground yourself
- Reflect on any thoughts, emotions, or insights that emerged

Who Is This Session Ideal For?

This 7-chakra healing experience is ideal for:

- Travelers needing grounding after trekking or long flights
- Individuals dealing with stress, anxiety, or emotional heaviness
- Meditation and yoga practitioners seeking deeper inner connection
- People sensitive to energy shifts or aura imbalances
- Anyone curious about sound healing or crystal bowl therapy

What Happens During the 1-Hour Crystal Sound Healing Session | 7- Chakras Healing

Your Crystal Sound Healing Session - 7 Chakras Healing unfolds gently and intentionally:



1. Settling In

You lie comfortably as the practitioner helps establish a grounding intention.

2. Chakra-Based Sound Journey

The bowls are played in sequences moving from the Root to the Crown (or vice versa). Vibrations may feel like waves passing through the body or subtle pulses around the energy field.

3. Deep Immersion

Multiple tones blend to create a sound bath that encourages a meditative, introspective state.

4. Integration Through Silence

Short pauses allow your system to absorb and integrate the vibrational shifts.

5. Grounding and Closing

The session concludes with gentle grounding to help you return to wakefulness feeling centered.

Most people finish with a sensation of lightness, clarity, and inner quiet.

Other Popular Healing Packages in Kathmandu

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Price: US\$ 25

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