



SINGING BOWL AND SOUND THERAPIST CERTIFICATION PROGRAMME

by Mona Choi

Founder, Singing Bowl Zentral



RAHUL BHARTI

Advisor

Founder, The Healing Hands Center

Born in Varanasi in India, Rahul Bharti had an extraordinary childhood, living with healers in India, Thailand, and from a traditional gipsy tribe in Sri Lanka. He received transmissions on the arts of healing through ancient massages, energy & sound healing, cupping and acupuncture. After more than thirty years of intense learning, teaching and practicing, he travels every year throughout the world to give workshops to healers, physiotherapists, doctors, yoga teachers, psychologists, nurses, including entrepreneurs and artists from all horizons. He is the founder of the Healing Hands Center, based in Kathmandu, Nepal.

MONA CHOI

Class Teacher

Founder, Singing Bowl Zentral

Mona is a certified Ancient (Yoga) Massage Therapist and Instructor with over 17 years of experience in various aspects of holistic health work. Mona described her first encounter with singing bowl as "Love at First Sound".

That special moment happened in 2008 in Nepal when she was training with Rahul. Mona not only witnessed how Rahul used singing bowl to create an amazing transformation for a client, but also able to brought back six (6) rare and precious antique singing bowls to Hong Kong. Since then Mona has shared singing bowl healing with over a thousand of people and is regarded as one of the most experience singing bowl therapists in Hong Kong.





Sound Therapist

In order to fully research, investigate, understand, and use the power of sound and music as therapeutic tools, one would need to be a:

- Physician - to understand the mechanisms of the body (including chiropractic)
- Physicist - to understand the mechanisms of energy
- Psychiatrist - to understand the process of behaviour
- Pscho-coustician - to understand the effect of sound upon the ear and the brain
- Audiologist - to understand the mathematics of music
- Linguist - to understand the study of language and speech
- Neurologist - to understand the effects of sound upon the nervous system and the brain
- Electrical engineer - to be able to build different instruments for creating the measuring sound and music
- Philosopher - to understand concepts behind music's creation and use
- Acupuncturist - to understand Oriental medicine, including meridians and points
- Esoteric expert - trained in all occult and spiritual subjects
- Psychic - able to see etheric fields, prophesize, and communicate with unseen forces
- Magickian - to understand the uses of chants and magickal formulas
- Healer - trained in all traditions; chakras, bio-energetics, etheric fields
- Shaman - able to induce and travel to different states of consciousness
- Vocalist - able to create all techniques of chanting and toning form all traditions

LEVEL 1

What we cannot do energetically with the hands, we can do with the singing bowls! The singing bowls are a powerful healing tool that works with sound vibration.

Level 1 is an introduction to the singing bowls. You will learn about the history, how they work, what they can do for someone, how to clean the singing bowl and to play a sequence from the shamans in Sri Lanka to "Open the Unconscious Mind".

LEVEL 2

Level 2 is for everyone who has learnt the Level 1 and the first sequence to "Open the unconscious mind".

In Level 2 you will learn two more sequences taught by and originated from the Shamans of Sri Lanka. Together with Level 1, you have three powerful sequences for various issues.

The sequences in this course are for "Purifying the Central Line" (Kundalini) and a full cleansing for the client.

CERTIFICATION

Student who has attended the Level 1 & 2 will be awarded the Certification for "Singing Bowl & Sound Therapist Certification Programme - 15 hours"

OTHER TOPICS

Singing bowl for Kundalini, Aura Cleansing, Sound Massage and Conscious Opening and Solar Plexus Clearing

Basic techniques

Energy of singing bowl

Design and styles of Singing Bowl

Sound healing at DNA Level

Water can shape

Relaxation Response

Entrainment

Heart rate, breathing rate & brain waves

Organs' health

Consciousness

Quantum physics

Double Split Experiment

Heart Coherence

Introduction of Nada

How to brief your client

Healing touch and Introduction to Ancient (Yoga) Massage

LEVEL 3 (ADVANCED)

This is specially for students who have learnt Level 1 & 2 and are truly practicing.

The class aims at consolidating your foundation of singing bowl healing and teach you about how to bring people to deeper surface and create journey for the the client, such as rebirthing and going backward to reconnect to the past.

A lot of focus will be placed on how the therapist can prepare for client's response for the rewinding as they may have major reactions, emotions arose from the result of energy shift in their conscious mind.

Much of the teaching and sharing in this class is the derived from Rahul's direct experience with the Shaman in Sir Lanka and his blind teacher in Thailand.

The main practice in this class is about balancing water, fire and wind in the "Healing Tepee" format which is suitable for everyone and those in fragile health.

CERTIFICATION

Student who has completed the 15-hr Level 1 & 2, 20-hr Advanced Course, 5-hr Symposium and 20 Case Studies will be awarded the Certificate for "Singing Bowl & Sound Therapist Certification Programme - Advanced Course 50 hours"

OTHER TOPICS

Singing bowl for group healing, 2-person healing and 7 chakras.

Sound, Wave & Being

Understanding of your Energetic System

Sound healing, drumming, energy shift and consciousness in the context of Shamanism.

Vibration & Resonance & Beats

Mind, Mindfulness & Meditation

Power of Mantra & Toning of Voice

Nada

Ancient (Yoga) Massage



Enrolment & Enquiry

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