

IMAGINE PICKING UP A SHIMMERING BOWL OF LIGHT...

infused with precious gemstones, minerals, and metals.
You gently draw the mallet around the rim, and your body is filled with an
exquisite vibration of crystalline sound. Every cell in your body begins to sing.
Your mind becomes quiet and still. Your heart begins to open.
You remember who you truly are.

This book is not only a thorough and practical instruction manual to get
started with crystal singing bowls, it offers inspiring stories and guidance from
Ashana's twenty plus years of playing, teaching, and healing through crystalline sound.
There are jewels of wisdom here for sound healers at any level of experience.

IN THIS GROUND-BREAKING BOOK YOU'LL DISCOVER:

- TECHNICAL GUIDANCE TO PLAY YOUR CRYSTAL BOWLS
EASILY AND EFFORTLESSLY, FROM DAY ONE
- WHY CRYSTAL BOWLS CAN BE INSTRUMENTAL IN YOUR PERSONAL HEALING
- HOW TO INTENSIFY YOUR INTENTIONS WITH CRYSTALLINE
SOUND SO YOU CAN MANIFEST THE LIFE YOU DESIRE
- HOW TO CHOOSE THE PERFECT CRYSTAL SINGING BOWL FOR YOU!
- HOW TO WORK WITH CHAKRAS AND IDENTIFY ALCHEMIES
THAT WILL ACCELERATE YOUR TRANSFORMATION
... AND MUCH MORE!

"Ashana is not just a master musician of her divine instruments, she is a spiritual teacher.
Her words and her music will have you experience your essential nature again and again.
I'm thrilled we can all now receive her wisdom from this exceptional book."

— **Rachael Jayne Groover, Founder of The Awakened School
and Best-Selling author of "Powerful and Feminine"**

"Ashana's book, "Crystal Singing Bowls" provides a wide and grounded perspective on how
to use crystal bowls like no other book in the field. Especially helpful because she is a Master
at playing the bowls. She provides simple explanations as to how sound works in relation to
crystal bowls. Ashana then provides beautiful details on how to use bowls for many different
issues and situations. I am excited to have a such a resource to recommend to people."

— **David Gibson author of "The Complete Guide to Sound Healing"**



Ashana

is one of the premiere healing music artists and New Age
vocalists of our time and a world recognized Master of Crystal Singing Bowls.
Ashana's original sound has pioneered an entirely new genre of healing
music with crystal bowls. She travels internationally offering concerts,
crystalline activation meditations, retreats and workshops and is the
creator of the Crystal Bowl Mastery™ program in sound healing.

To listen and learn more, visit www.SoundofAshana.com

