Sound Healing has become a mainstream ‘buzzword’ as more people experience the benefits of the use of frequency and vibration in their search for wellness. As our lifestyles continue on the fast track and pressures for people of all ages are rapidly accelerating, we seek more venues for mindfulness, well being, inner peace, relaxation and regeneration. In this series of articles, we will explore Crystal Sound Healing as a viable wellness modality for cancer patients, patients struggling with addiction, and patients seeking new levels of health and vitality, such as relief of stress, anger, anxiety and physical ailments. Our research is in cooperation with The Cancer Support Community, Recovery Unplugged, and with the Morter Institute for Bioenergetics.

Professor Jeralyn Glass has been offering her popular Crystal Alchemy Singing bowl meditation for 2.5 years at the Cancer Support Community in Redondo Beach, California where over 200 programs a month are offered completely free of charge to patients and their loved ones. In 2017, 2027 unduplicated individuals visited the programs 20,167 times! Sound Healing is currently one of the most requested therapies.
As the largest professionally led nonprofit network of cancer support worldwide, The Cancer Support Community has an important mission: ‘To ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community - So that no one faces cancer alone.’

"As the Program Director at the Cancer Support Community Redondo Beach, I frequently hear from our participants about how one or another of our classes has impacted them....but nothing as dynamic and passionate as the feedback I hear about Prof. Jeralyn Glass's Crystal Alchemy Sound Bowls Class. Our participants tell me it's "magical" and "transformative." They rave about how "they are pain free for that hour, that they can finally concentrate afterward" an "that all their anxiety and stress floats away ." Our participants absolutely love this class for the calming reprieve and relief it brings to cancer."
— Nancy Lomibao, MS, LMFT 36645 / Program Director, Cancer Support Community-Redondo Beach

What are these state of the art sonic instruments, the Crystal Tones Alchemy Singing bowls? Ancient tools for our modern culture, vibrational balsam for body and soul. Each bowl is formed from 99.992% high grade pure quartz from North Carolina, then infused with semi precious gems, minerals and metals. The quartz crystal bowls amplify, store, focus, transfer and, most importantly, transmute energy. Quartz is the ultimate vehicle of communication and it's use is widespread in our daily lives. It is an essential component in computers, cell phones, automotive electronics, radios and microphones. The human body is crystalline in structure, and the quartz crystal may have a deeply healing effect on our organs, muscles, tissues, and cells. Every tone and vibration emanating from the bowls provides a benefit through frequency and sound. Every musical note corresponds to an energy center in our body, aligning and balancing our human system.

Quantum physics teaches that atoms are made of vortices of energy, each radiating its own energetic signature. From the level of an atom to the farthest reaches of the galaxy, everything in creation has a frequency. Every thought and feeling, every organ, every part of our body has a vibration, even every illness. When the vibration is in harmony with the rest of the body, we experience health. When it lacks harmony, we experience dis-ease.

How does the Crystal Sound Therapy work? The pure, high frequency sounds resonate and entrain with our physical, emotional and energetic bodies, bringing the possibility of clearing, cleansing and balancing at the cellular level. Every class begins with a playful introduction exercise which calls all to presence, a personal intention is set, followed by tuning the feet with the weighted tuning fork. The patients lay down and are 'bathed' in crystalline harmonics accompanied by a guided meditation. The goals are to reduce stress and pain, bring deep relaxation, develop self awareness, promote creativity, improve learning and clarify personal values. The use of the binaural beat balances the right and left brain hemispheres, bringing clarity to the anxiety, fear producing diagnosis of cancer. The results are indicated in the following testimonials.

"I find the most profound benefit is my ability to relax. Sometimes, I've gone into the session quite stressed and upset. The music and the atmosphere have "overpowered me" even when I've fought against them and kept obsessing about my problems. I've felt myself drawn in and been unable to keep obsessing. By the end of the session, I'm relaxed, refreshed and am able to come up with ideas about how to positively deal with the situation.
Thank you for your help in my healing." — Nancy

“I’m personally grateful. I didn’t know what sound healing was until I became part of this community. I always come out deeply relaxed and more balanced. I was surprised how my body and mind positively responded to the vibrations. This has been a life changer for me.” — Yvonne

“I am a cancer survivor of a few years, living a full life. I had the privilege and blessing to experience the Crystal bowls in a group setting in 2017. It was an amazing deep healing meditation which made me want to repeat it. I experienced numerous benefits. Each time it's a new experience and so personal even in the group setting. The combination of the sound with Jeralyn’s beautiful voice shifted my focus. I'm living fully in the moment with confidence and joy sharing with others. My memory has greatly improved which was severely impacted by chemotherapy.” — Dympna

“The effect is so subtle, and it helps! The crystal sounds are like a gentle hand guiding the soul on its journey. I remember one time in particular when I actually felt the missing part of my breast as if it were there and it felt like it was a reminder not to tough it out so much, just acknowledge what is- Feel the missing body part rather than ignoring it. I always put the crystal bowl session in my calendar. It really is a moment of taking care of oneself.” — Marie

“Ten years after cancer diagnosis and the concomitant removal of various body parts, I could no longer face disease alone. I found the Cancer Support Community and cried my way through two weeks of yoga, meditation, workshops on goal building, diet, cooking, medical research, medications, and Cannabis. Among dozens of activities offered, crystal bowls did not fit my academic background. Better a lecture on how to cure a swollen prostate and a depressed brain. Many of my new cancer warrior friends praised their vivid experiences; physical, aural, and emotional; calmed nerves, ameliorated pain and discomfort, with sound vibrations that penetrated body, bones, and tissue. The first session took me beyond my academic sense of healing. Two series of crystal sound vibrations surpassed what I had thought my body capable of. The first filled a horizontal rectangular area of my upper chest about 12” by 4” and about .5” beneath the skin of my chest lasting more than one minute. The second one went far beyond the first in vibration, length, intensity, and wonderment. The inside of my head became a vibrating crystal bowl first from ear to ear, then inside the cranium, circling and banging and crashing into my inner cranial bowl, bouncing playfully, back and forth, round and round, blissfully for nearly 3 minutes. After a year, I can still relive some of the vibration and enjoy it again. The crystal bowl therapy eased the psychological pain of my cancer, creating new cognitive experiences and new corporal pleasures.” — Kenny

“ Since my diagnosis, Jeralyn's Crystal Bowl class has definitely changed me. It is not only how gifted she is in music, it is her smile, her heart and her soul that comes through and shines in that room, and the peace she brings with her crystal sounds. I don't know exactly how, but it gives me an overall soothing in my body, mind and soul. I have gone in with anxiety, restless legs, and aches and pains, and I am always able to relax, enjoy and feel the "floating" experience, beyond space, and time, just BLISS! It is like a whole body massage and a spiritual renewing!” — Cony

“I lost my body’s ability to regulate temperature due to breast cancer and chemo. I live with hot and cold flashes of great intensity 17 times a day for 4 minutes each.
The bowls provided great relief. During the session, I had the temperature attack and was astonished how I was held in the container of the crystal sound and able to cope with the pain in a new, unimaginable way.” — Joan

“I have meditated for 29 years. Nothing prepared me for today's crystal singing bowl meditation. It was unlike anything I've ever imagined. I cannot yet formulate the intensity of what I felt. I do know this. I am no longer afraid of death. I have heard the sweetness of heaven.” — Lara

I have a slow growing type of lymphoma and do not need treatment. I have bloodwork done every month and see my oncologist quarterly. Even though I am not in the room, I feel the effects of the sounds through the walls. My muscles start to relax and I feel a sense of peace while I’m working. After being diagnosed, I was stressed and unable to sleep. I love the peaceful feeling when listening to the sounds of the Crystal Bowls. I connect my earplugs to my tablet and I fall asleep immediately. When I wake up in the middle of the night and remove the earplugs, I fall back to sleep instantly and awaken feeling refreshed every morning.
— Nida Padilla, Program Manager Cancer Support Community

crystalcadence.com, jeralynglass.com