

ABOUT YOUR PRACTITIONER

Bright Walker, BS, L.Ac., LMBT

Bright Walker, a native of Chapel Hill, resides in Carteret County, NC where she has worked with integrative therapies for 20 years and currently utilizes sound as a complementary approach to health.

Bright was initially introduced to the singing bowls by a sound practitioner in the late 1990s. During the powerful sound performances, she experienced the transformational ability of the bowls through the palpable vibrations and resonant tones that emanated from them. After each performance, she observed her body to be in a more relaxed state and her energy renewed and peaceful.

Deeply inspired by this experience, Bright later studied and trained with notable sound practitioners from Colorado, Nepal, and Florida. She now incorporates the modality of sound into her practice to help facilitate the healing process of her clients.

Bright's past experience in complementary healing includes massage therapy and acupuncture. After earning her B.S. degree from Springfield College in Massachusetts, she attended the Carolina School of Massage Therapy in Carrboro; and started practicing therapeutic massage in Morehead City in 1991.

Bright is licensed for massage therapy by the state of North Carolina (#881) and is certified by the National Certification Board of Therapeutic Massage and Bodywork.

Bright began her graduate training at the Traditional Acupuncture Institute, a Five-Element school, in Columbia, Maryland, and graduated from the Florida Institute of Traditional Chinese Medicine, a TCM school, in St. Petersburg, Florida. Bright was interested in both theories of Chinese medicine and saw the importance of each. In 2002, she integrated acupuncture into her practice in NC.

Bright is licensed for acupuncture by the state of North Carolina (#240) and is certified by the National Certification Commission for Acupuncture and Oriental Medicine.

It is now her desire to share the profound tones and vibrations of the singing bowls and offer others an opportunity to personally experience the extraordinary power of sound.

For more information call
(252) 354-7672

Both modern scientists and ancient mystics agree:

The Universe is Sound!

All matter in our world is made of atoms containing electrons moving around the nucleus—creating vibration and sound that is not only heard through our ears, but is received through our entire bodies. If we accept that every atom, cell and organ in the body has its own vibratory rate, with the capacity to absorb and emit sound, we could consider that each one of us is like a unique orchestra that can be tuned by sound.

Leading medical physicians, who support integrative medicine, have incorporated the principles of sound to help foster healing in a variety of ways.

- Prominent Manhattan cancer specialist, Dr. Mitchell Gaynor, author of *The Healing Power of Sound: Recovering from Life-Threatening Illness Using Sound, Voice and Music*, utilizes state of the art diagnostic procedures and assessments. He also incorporates healing sounds with the singing bowls, music-based meditation, vocalization and breathing in the treatment and prevention of cancer. (Dr. Gaynor is a board certified medical oncologist, internist and hematologist; founder and president of Gaynor Integrative Oncology; clinical Assistant Professor of Medicine, Weill Medical College, affiliated with Cornell University and New York Hospital; former director of Medical Oncology, Strang Cancer Prevention Center; former director of Medical Oncology, Weill-Cornell Medical Center for Complementary and Integrative Medicine.)
- Widely known and respected TV host, Dr. Oz, discussed on his radio talk show with Dr. Gaynor, the positive impact sound and music can have in promoting health and wellness as Dr. Gaynor demonstrated on the singing bowls. (Dr. Oz directs the Cardiovascular Institute and Complementary Medicine Program, New York Presbyterian Hospital; Vice-Chair/Professor, Department of Surgery, Columbia University.)
- Distinguished educator, Dr. Andrew Weil, who popularized conventional medicine with alternative therapies for prevention and health maintenance, released a CD called *Vibrational Sound Healing* which incorporates singing bowls and other instruments to evoke relaxation and healing. (Dr. Weil received AB degree in Biology and MD from Harvard Medical School; Clinical Professor of Internal Medicine and Director of the Program of Integrative Medicine, University of Arizona's Health Science Center, Tucson.)
- The renowned Chopra Center of Wellbeing, co-founded by Deepak Chopra, developed a massage treatment that combines the soothing tones of the singing bowls to encourage healing. (Dr. Chopra is board certified in Internal Medicine and Endocrinology; Former Chief of Staff, Boston Regional Medical Center; and founding president of American Association of Ayurvedic Medicine.)

Bright Walker presents...

The Singing Bowls

with
**Himalayan and
Crystal Quartz Bowls**



Be a part of a memorable experience
that can uplift the spirit
and relax the body
through a journey of sound.

(252) 354-7672

ABOUT THE SINGING BOWLS

The Himalayan metal and the quartz crystal singing bowls weave a tapestry of sound that offer a transformational experience that can restore, inspire and enhance a deep sense of wellbeing.

The singing bowls are a type of bell, called a standing bell, rather than a bell that hangs inverted or a hand bell attached to a handle. The bowls rest on their bottom surfaces and similar to other bells, the sides and rims vibrate when played to produce sound.



In the challenges of daily life, one may encounter circumstances that generate stressful responses on the physical, mental or emotional levels. Techniques, such as guided imagery, meditation, prayer and breathing exercises are utilized to release stress and tension. The singing bowls are also a positive, non-invasive way to create a deeply relaxed and peaceful state.

This therapeutic method is easy and simple, all one has to do is listen and enjoy. When the bowls are played, one is immersed in beautiful sound as each bowl emits a soothing vibration that is not only heard, but felt.

This application of sound frequency can effectively assist in breaking the stress cycle as the body finds relief, revitalized energy and relaxation thru the restorative resonances of the bowls.



According to the principles of psychoacoustics, the therapeutic effect of the tones and vibrations can lead to lowering one's heart and respiratory rates, relaxing brain wave patterns, allowing the body to align with the harmony and balance it seeks.

The sounds of the singing bowls guide one in reconnecting with their inner peace and calm, and offer a return to wholeness in the body, mind and spirit.

A SINGING BOWL PERFORMANCE

During a sound performance, the exquisite tones create an atmosphere of peace and tranquility, transporting one to an inner retreat of rest and deep relaxation.

Groups of friends or entire families are invited to enjoy this exceptional event together.

A sound performance and presentation can be tailored and conducted for a group of any size in the comfort and convenience of home or workplace. Participants are encouraged to make themselves comfortable with a blanket, yoga mat or cushion whether sitting in a chair or on the floor.

All participants, including children accompanied by an adult, will have an opportunity to play certain bowls, sparking imagination, creativity and fun.

The singing bowls also offer, to those who are facing life challenging circumstances, a relaxation technique to reduce stress and enhance a greater sense of peace. The bowls are a gentle, yet powerful way to integrate relaxation into one's therapy as a complement to western medicine, with the intention of supporting health, recovery and quality of life.

Rates are subject to the size of group and distance.

With a variety of over 30 bowls, Bright offers sound presentations and performances to groups: private events, retreats, clubs, support groups, reunions, vacation gatherings of family and friends, children and youth programs, civic, business and staff gatherings.

Bright is also available for private individual sound sessions.

*This special event awaits you -
take time for yourself
to recharge and rejuvenate
with the
beautiful tones and vibrations
of the singing bowls.*

For more information, or to schedule a sound session or group event, Bright may be contacted at
(252) 354-7672
or by e-mail at
bwsingingbowls@hotmail.com

Member:
Whole Health Resource Network (WHRN) and
American Massage Therapy Association (AMTA)