

Sound Healing Meditation: A Traditional Tibetan Healing Modality

India Peace Centre on 4th May 2017 organized a “Sound Healing Meditation”. It was held to help to focus on mindful of thoughts, feelings, and sensations and to observe them in a non-judgmental way. This Tibetan meditation of sound healing uses the Tibetan singing bowls, Gongs, and chimes etc. which originated from the higher sciences of Naad Yoga and Ayurveda.

The world is waking up to the understanding and use of sounds to heal all diseases related to health, wealth and relationships. The program was attended by 43 people who testified that they had experienced a state of greater calmness, physical relaxation, and psychological balance. Mr. Parag Dahiwale and Mr. Sohail Qazi were the main conductors who performed the traditional sound healing meditation.

