

How Sunita Works With Sound

Sunita Poudel builds every session around hand-played Tibetan singing bowls. She chooses notes using the seven and 12 chakra frameworks, uses sustained tones to help the mind slow down, and supports the work with mantra, mudra, yantra and Reiki awareness, all drawn from her certified training in Nepal since 2017.

1,500+

sessions led since 2017

10,000+

bowls played and checked by hand

3

certifications, Nepal and online

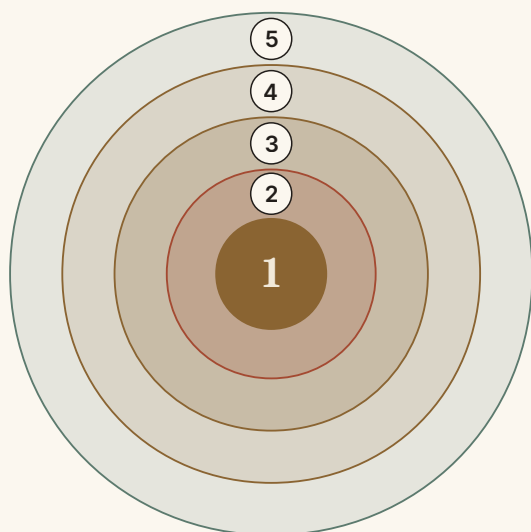
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languages: Nepali and English

INFOGRAPHIC 1

Five layers, one practice

Her method seen as a singing bowl from above: sound at the centre, each training layer wrapped around it.



- 1 Sound**
 Hand-played Tibetan singing bowls, struck and rimmed. The centre of everything.
 Golden Temple Singing Bowl & Healing Center · 2017
- 2 Chakra frameworks**
 The seven and 12 chakra maps guide which bowls and notes she works with.
 Golden Temple 2017 · Mandala Studio 2018
- 3 Brainwave entrainment**
 Long, steady tones give a busy mind a slower rhythm to settle into.
 Golden Temple 2017 · Mandala Studio 2018
- 4 Mantra · Mudra · Yantra**
 Sacred sound, hand gesture and visual focus. Traditional supports for attention.
 Golden Temple Singing Bowl & Healing Center · 2017
- 5 Reiki awareness**
 Energy awareness that informs how she reads and paces the work.
 Empowered Academy · Reiki Level 1 · 2020

AT A GLANCE

Her method at a glance

1. **Sound comes first.** Every session is built around Tibetan singing bowls played live by hand.
2. **Two techniques.** Striking marks a moment; rimming holds a long, steady tone.
3. **Notes are chosen, not random.** The seven and 12 chakra maps guide which bowls she uses.
4. **The goal is a slower rhythm.** Sustained tones help a busy mind settle toward calm.
5. **Tradition supports the sound.** Mantra, mudra, yantra and Reiki Level 1 shape how she paces the work.

INFOGRAPHIC 2

Two ways to play a bowl

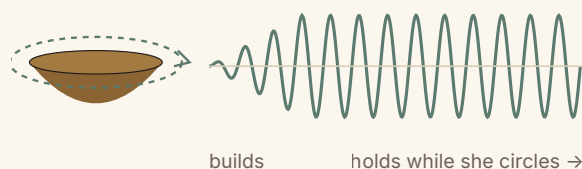
Every bowl Sunita uses is played live by hand. Recordings are never used as a substitute. She moves between two techniques depending on what the moment needs.

STRIKING



A soft mallet taps the side of the bowl. The tone blooms, then fades slowly. She uses strikes to open a session, mark a transition, or draw attention to a single note.

RIMMING

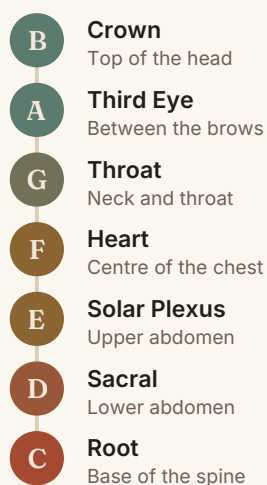


The mallet is pressed against the rim and circled steadily. The tone builds and holds for as long as she keeps circling. She uses rimming for the long, even sound that settles attention.

INFOGRAPHIC 3

Choosing notes: the chakra frameworks

The chakra map is how Sunita decides which bowl, and which note, to bring into the work.



The seven chakra map

Her foundation, from her 2017 certification at the Golden Temple Singing Bowl & Healing Center in Patan. Each of the seven energy centres is paired with a note, a mantra and a mudra. She plays the sequence in two directions: root to crown for therapy, and crown to root for healing.

The 12 chakra map

Added in 2018 through her certification at Mandala Studio Yoga & Spa. It extends the seven-centre map with additional energy points, giving her a wider frame for choosing and combining bowls.

Why the bowl matters

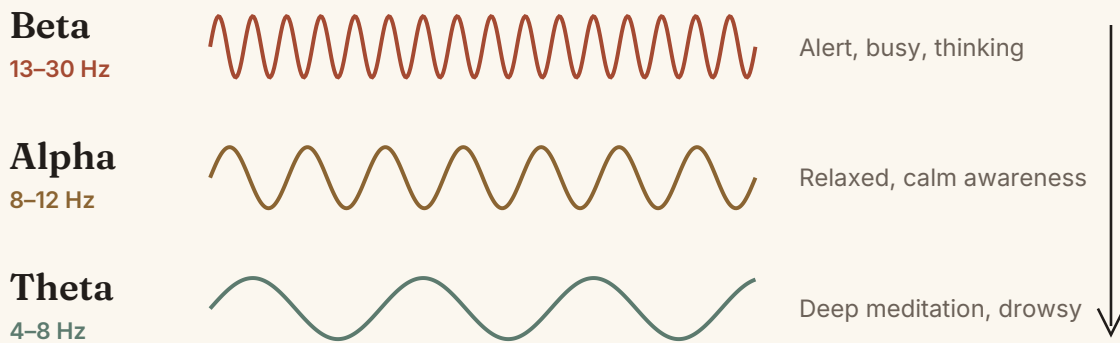
Sunita has played and checked more than 10,000 bowls by hand. She first checks a bowl's frequency and which chakra it maps to, then goes by what she feels in its sound and vibration. Her aim is to match the right bowl to each person and purpose.

Note pairings shown are the common Western convention. Sunita trained in both Vedic and Tibetan note sets, which differ.

INFOGRAPHIC 4

Brainwave entrainment: slowing the rhythm

The brain's electrical activity has a rhythm that changes with your state. Entrainment is the idea that a steady outside rhythm can invite that rhythm to follow. A long, even bowl tone gives a busy mind something slow and constant to settle with.



The aim is relaxation, not a guaranteed brain state. Research on singing bowl meditation is still early. One observational study (Goldsby et al., 2017, *Journal of Evidence-Based Complementary & Alternative Medicine*) found participants reported less tension and better mood after a session, but it had no control group.

INFOGRAPHIC 5

Mantra, mudra and yantra

Three traditional supports from her Golden Temple training. Each gives a different sense something steady to rest on while the bowls are playing.



Mantra

VOICE · SOUND

A sacred word or phrase repeated aloud or silently, adding a human voice to the bowl's tone.



Mudra

HANDS · BODY

A symbolic hand gesture held during practice, giving the body a still, deliberate shape.



Yantra

EYES · FOCUS

A geometric diagram used as a visual point of concentration for the eyes and mind.

Reiki: the supporting layer

Reiki adds energy awareness to how Sunita reads and paces a session. It supports her sound work rather than replacing it. Sound stays at the centre.

REIKI LEVEL 1
Empowered Academy
Jan 2020

An honest note. Sound healing is a complementary wellbeing practice. It is not a substitute for diagnosis or treatment from a qualified medical or mental health professional. If you are pregnant, have a pacemaker or another implanted device, or have a seizure disorder, speak with your doctor first.