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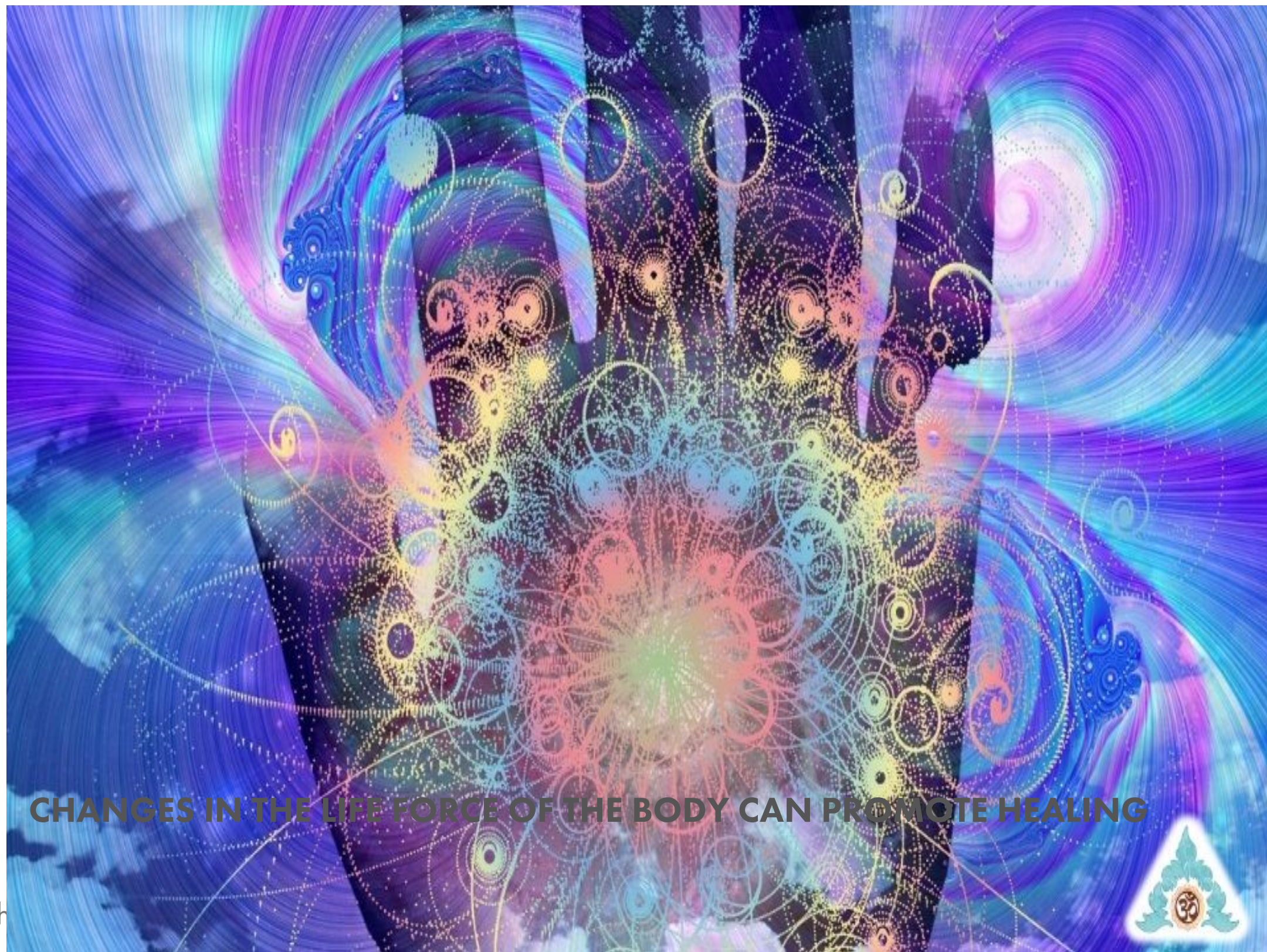
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CHANGES IN THE LIFE FORCE OF THE BODY CAN PROMOTE HEALING

The concept of energy medicine is a holistic approach to healing for mind, body and spirit. It is based upon the idea that changes in the life force or the body, including the electric, magnetic, and electromagnetic fields, affect human health and can promote healing. Here is a look at six energy medicine methods some can be used for self healing; others require practitioners and a few can be either.

Energy Medicine – 6 Ways to Heal

1- Tapping

Tapping, also known as Emotional Free Technique (EFT), is a combination of ancient Chinese acupressure and modern psychology that works to physically alter your brain, energy system and body all at once. Tapping can be used to mitigate the effects of specific traumas, to bring your energy back into alignment and much more. You can find resources and books on tapping at thetappingsolution.com.

2- Bathing

By bathing, we are not just talking about immersion in water, although that is a tried and true way to change and cleanse your current energy: even more so when you add healing salts and aromatherapy to your bath water. Bathing in sunlight or created light is also a powerful energy medicine that can nurture and nourish your senses and help you to feel energetic and optimistic.

3- Crystal Healing

One of the earliest known methods of practicing energy medicine to heal and restore balance is through crystals. As discussed [here](#), everything, including the human body, is a form of vibration. Crystals interact with our electromagnetic system in a way that has a positive effect on our health and well being.

4- Sound Medicine

Sound healing employs the vibrations of the human voice, as well as objects that resonate, including tuning forks, gongs, and Tibetan singing bowls, to go beyond relaxation and stimulate healing. You can use the instruments yourself or you can find wonderful practitioners who use sound to bring about healing.

5- Biofield Therapies

Healing Touch, Therapeutic Touch and Reiki are three modalities that, while differing in practice, all work for similar outcomes. They are healing focused, integrative, and seek to address physical symptoms such as pain, stress, and mood, along with spiritual and relational concepts like personal growth. Although the type and level of touch differ (and sometimes don't require actually contact) many Biofield practitioners speak of sensing a connection with universal energy through meditation or visualization, while also connecting with the recipient through compassion and healing intent.

6- Acupuncture

Traditional Chinese medicine, which is the science behind acupuncture, describes the universe and the human body in terms of two opposing forces: yin and yang. When these forces are in balance the energy flows along specific pathways (meridians) and the body remains healthy. If energy flow is blocked, pain, lack of function, or illness can result. Acupuncture therapy is designed to release blocked energy in the body and stimulate function, evoking the body's natural healing response.

EMILY LEINFUSS



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10 Quick Joy Hacks

POSTED ON JULY 5, 2019 BY EMILY LEINFUSS

SHIFT YOUR PERSPECTIVE

Believe it or not, it's not how much money, how many vacations or any of the other 'pleasurable' circumstances in people's lives that are responsible for sustaining happiness and joy, according to the Mayo Foundation for Medical Education and Research (MFMER, mayo.edu).

*"Only a small percentage of the variation in people's reports of happiness can be explained by differences in their circumstances. It **appears** that the bulk of what determines happiness is due to personality and – more importantly – thoughts and behaviors that can be changed," according to MFMER research.*

While changing behaviors may take some time, here are some fast 'hacks' to change a thought and get that shift in perspective leading to more joy.

1. Watch a movie or TV show that makes you laugh.
2. Write down three reasons to be grateful for what you have.
3. Do the easiest task on your to-do, and then pat yourself on the back for your accomplishment.
4. Call the most optimistic person you know for a chat.
5. Make yourself smile and then bring that smile up to your eyes and down to your heart.
6. Take yourself on a 'date' to somewhere you've always wanted to go.
7. Gather crystals that stimulate happiness – think orange, yellow and pink as these are known as 'happy' hues – and place them where you will see them frequently.
8. Clear clutter from one drawer or shelf then sit for a moment and take in the orderliness.
9. Go have coffee or tea with a good friend and make him or her laugh.
10. Re-read your favorite book. You are allowed to skip to the parts you like the best.