



## FIND YOUR NOTE

tickets & event info: [colinhillstrom.com](http://colinhillstrom.com)

cd: [mp3download colinhillstrom.bandcamp.com](http://mp3download.colinhillstrom.bandcamp.com)

fb: [facebook.com/colin.hillstrom](https://facebook.com/colin.hillstrom)

cell/text: 604-780-0686

email: [colinhillstrom@gmail.com](mailto:colinhillstrom@gmail.com)

According to ancient wisdom teachings, the human soul, throughout its numerous incarnations on the journey home, maintains a single note. Finding that note, your key-note, enables you to enter and remain in perfect alignment with your higher Self and the Source of Life.

### CHAKRA SOUND BATH:

#### Description of our set of Crystal Tones® singing bowls

C: Root (1<sup>st</sup> chakra); power: ALL IS ONE; bowl: Rose quartz

C#: Endocrine system (reproductive glands); bowl: Laughing Buddha (joy)

D: Sacral (2<sup>nd</sup> chakra); power: HONOUR ONE ANOTHER; bowl: 24 karat gold

D#: Endocrine system (adrenals); bowl: Pink Tourmaline

E: Solar Plexus (3<sup>rd</sup> chakra); power: HONOUR ONESELF; bowl: mother of platinum/kyanite

F: Heart (4<sup>th</sup> chakra); power: LOVE IS DIVINE POWER; bowl: 24 karat gold

F#: Endocrine system (thymus); bowl: Ocean Gold

G: Throat (5<sup>th</sup> chakra); power: SURRENDER SELF WILL TO HIGHER WILL/BE IMPECCABLE WITH YOUR WORD;  
two bowls: 1) platinum/white gold with Archangel Michael artwork; 2) titanium

G#: Endocrine system (thyroid); bowl: Mt. Shasta Serpentine

A: Third Eye (6<sup>th</sup> chakra); power: SEEK ONLY TRUTH; bowl: platinum/azetultite

A#: Endocrine system (pineal, pituitary); bowl: Ocean Indium

B: Crown (7<sup>th</sup> chakra); power: BE IN PRESENT TIME; bowl: Pink tourmaline

“Colin has a great heart spirit, and is able to bring his audience to love. He sets the tone of playfulness, as well as honoring the deep powers of spirit.” Nancy Shipley Rubin (Hawaii), author of “The Manifesting Codes”