



Simon interviewing Christel Wagener, sound healer

Simon: So good morning, Christel.

Christel: Good morning, Simon.

Simon: I'm sitting in this wonderful room with lots of hanging instruments. Can you tell us what you do?

Christel: I'm a sound healer. And doing sound healing sessions individual with Tibetan bowls, some massage and group sessions with the bowls and gongs and other instruments. And I also do sound healing with horses.

Simon: With horses.

Christel: Yes.

Simon: Okay. Well, we don't have any horses in here today, which is just as well. But er so tell me a sound healing. Some people may not have heard of that. How does that work? What is the principle behind that?

Christel: It's um vibration. Er, when I do er sound massage, the singing bowl is put on the body, the vibration does the massage and the sound is going into the body. And it helps to get the the mind quiet.

Simon: Ah

Christel: So it brings you here now, me in my body.

Simon: Right.

Christel: And it's er very relaxing thing. And it can help sleep better. Um, get better ideas for life. And sometimes help to lower pain as well.

Simon: Right. Okay. And so how did you begin this work? How did you come across it and get involved?

Christel: It was on a well-being event, a day where I was a little sick with running nose and the head being itching. And I met a yoga master who had a bowl on his stand. And I was attracted by this bowl. And I asked "Can I listen to it, please". And then he took the bowl and made it sound and went around my body and around my head and was feeling great. And maybe 15 minutes later, I was able to breathe free again. And my headache was gone. And I was wow. That's what I've looking for my whole life without knowing about.

Simon: Wow, okay.

Christel: Ah, yes, then I got my first bowl. Very first one, that little one there.

Simon: Ahha

Christel: And at that time, I was working as a music therapist in a home for disabled people.

Simon: Ahum

Christel: And I began to bring my bowls into my sessions

Simon: Right

Christel: To, to work with the, and the result was so stunning.

Simon: Really.

Christel: The, the group being more harmonised and more, yeah, more relaxed

Simon: OK

Christel: And receptive. And, so each new bowl has been tested on this place and and the workers there there was so stunned about. That, they asked me to to do a workshop for for the, for the working persons.

Simon: Wow, for the carers.



Christel: Yeah.

Simon: Yeah. And so how many bowls do you have now then?

Christel: Um, seven healing bowls. And one little, I don't know if he, I think it's not a seven metal bowl, but he I found it in a brocante. Um, um, it sounds great and it seem to call me, "bring me back".

Simon: Okay, so we we'll hear some of those in a minute. So normally, you go to people's homes

Christel: Yes.

Simon: And you take all your bowls.

Christel: Yes.

Simon: So what what can they expect? How does the how does the session happen? What you do?

Christel: Um, first, we make clear if there are no um contra-indications.

Simon: Yep.

Christel: And then first a big glass of water. That's very important because because the sound is going and the vibrations are happening very deep into yourself. And as we are made from 70 percents of water, it it's very important to drink before and after. And then I will make choose the bowl we will use.

Simon: Mm mm.

Christel: Er, it will be one of the three just behind you.

Simon: Ahah

Christel: The the bigger, the the three big ones.



Simon: Okay, so I'm going to describe these. So the large one is what er 15 centimeters across or.

Christel: Ah. I don't know exactly. The last one I bought for the horses.

Simon: Right.

Christel: But very often the horses prefer the one in the middle.

Simon: Okay.

Christel: And men usually prefers the big one.

Simon: Okay. So, these bowls are. And they're made of

Christel: So um this these are seven metal, bowls.

Simon: Right.

Christel: So

Simon: Well they look like gold.

Christel: Yep:

Simon: So there is there is there is actually some gold in there.

Simon: Right

Christel: Gold and silver. And iron, mercury, copper, tin and lead.

Simon: Wow.

Christel: And each metal is related to a chakra in your body and to one of the main planets and to one musical note and so on.

Simon: OK.

Christel: Day of the Week and so the the Holy rule of seven

Simon: Okay, well I think it's impossible for me to describe them. They're beautiful looking objects so I think the best thing is if we hear some of them.

Christel: Yes. Um. When when we choose the bowl the client will take it on his hand and then we make the sound and the choice you make it's you feel the vibration, you hear the sound and you feel if it's talking to you or not. Sometimes people say oh, the sound is a little aggressive, so it will not be that bowl.

Simon: Right.

Christel: So this was the smaller one. This main tuning for this one is related to the heart chakra.

Simon: OK.

Christel: But as they are seven metals, um they will talk to all chakras.

Simon: Right. So that's the smaller not the smallest, but the small.

Christel: For the massage bowls

Simon: And to, for people who obviously can't see this but that's like a small salad bowl size. This is quite large this one I guess it's um yeah, that's quite a large salad bowl size ...that's a beautiful sound

Christel: That's my favourite, this one.

Simon: I'm going to move the mic very close to it before you stop it. OK.

Christel: And what I do sometimes when my head is too full, I put it into the big one and

Simon: Wow.

Christel: Big one here.



Simon: And then this one is really quite large. I'd say it's probably

Christel: And very heavy as well.

Simon: Yeah, it looks it.

Christel: So on the body I always work with this thing and in a group session it can make sing.

Simon: Gosh

Christel: And when we have chosen the right bowl for the massage. Um I got into the big one.

Simon: OK, now this large one.

Christel: It's usually put on the floor.

Simon: On the floor, it's big enough to stand in. It's um, I mean, it's the size of a large circular sink.

Christel: Yeah, I think it's 45 or 50 centimetres.

Simon: Okay. Yeah, and I'm sure this is going to be very very deep...Oh, that's interesting.

Christel: And so, this one we do um harmonisation of the four elements, which are earth, air, fire and water. In your body er earth will be all what bones and joints and muscles. Airs all touches your spirituality your beliefs. Fire all you make. What do you make burn and what do you burn forward? What you get enthusiastic about. And water, um the fluids and the organs.

Simon: Right.

Christel: So we harmonise this first and that's clearing the the way the canal for the energy.



Simon: Right.

Christel: And then when we go on the table, massage table. This is much more um effective.

Simon: Okay. Okay. That's amazing. So now I see there are two Gong-

Christel: Yes.

Simon: Type instruments that are hanging on frames. What do you use those for?

Christel: Um, those I use for um group sessions, sound healing sessions. So we have two kinds of gongs. A moon gong was related to the female part and the sun gong is related to the male part. ... Make really strange sounds.

Simon: Yeah, yeah. That's very good. So that was the moon gong.

Christel: Yes. And now comes the sun gong.

Simon: And it even looks like a sun. It's a beautiful flat disk of bronze coloured gold, coloured

Christel: These gongs come from China

Simon: That's great. That's fascinating. So we'll put details on the website and on the podcast of how people can contact you. Um, how far do you travel to to people to do sessions?

Christel: For individuals around 30 kilometres from here? Er, for horses? I think I'm the only one doing this with horses for now so I can go farther.

Simon: OK.

Christel: But I will charge for the driving. And group sessions I I can do on the department.

Simon: Okay. And just to be clear, we're in.



Christel: I'm in Pommerit-le-Vicomte, near Guingamp.

Simon: Near Guingamp. Okay, great. Christel, thank you very much. That's been really, really interesting.

Christel: Thank you.

Simon: And I'm sure a lot of people are going to be very interested to find out more, and we'll put the details on the website.

Christel: Thank you very much.

Simon: Thank you.