

Twitter Thread by Vibhu Vashisth



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WHY DO WE HAVE BELLS IN TEMPLES?

Everything that is used during a Hindu Puja Ritual plays a vital role in healing the body, mind and soul. Today I will tell you about the significance of the temple bells. Did you ever wonder why do we have bells in temples and why are they rung?



Hindu Scripture of Agama Shastra states;

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Which translates to, 'I ring this bell invoking the Gods & Goddesses, so that noble & virtuous forces enter my house & the evil forces that lay within depart'.

The body of the bell illustrates infinity meaning 'Ananth' in Sanskrit, while the tongue of the Ghanti represents Goddess Saraswati. The bell's handle represents Hanuman, Garuda, Nandi or Chakra and is considered to be the essential life force known as 'Prana Shakti'.



Bell(Ghanta) is indispensable for the Hindu Poojas. A well designed 'Ghanta' that is made as per the procedures mentioned in Agama Shastra when rung produces the Divine sound 'OM' which produces positive frequencies and vibrations around the place.

The Temple bell's soothing sound effect is such that the Divine enters u & all demonic forces within ur soul departs. Bells r rung before commencing the Puja, during Aarti, during chanting mantras & verses from the holy scriptures, while waving oil lamps & offering ablation to Deities.

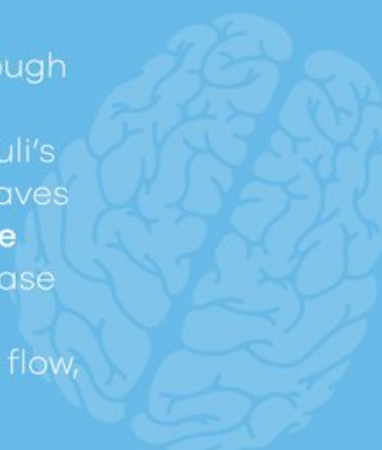
Bell is believed to be the spiritual seat of the Deities and is the manifestation of all Gods.

Ghanta is made of various metals including cadmium, lead, copper, zinc, nickel, chromium & manganese. There is a scientific reason for the specific proportion at which these metals r mixed.

Introduction to **SOUND THERAPY**

HOW DOES SOUND THERAPY WORK?

Noises create shifts in our brainwaves through **entrainment**, which is when your brain **synchronizes** its waves to an external stimuli's rhythm of frequency. Aligning your brainwaves to a certain frequency can cause a **positive physiological reaction**. This allows the release of **nitric oxide**, a molecule responsible for expanding blood vessels, increasing blood flow, and influencing pain signals.



WHAT CAN SOUND THERAPY HELP TREAT?

- Sleep Disorders
- PTSD
- Cancer
- Anxiety
- Depression
- Epilepsy
- Chronic Pain
- ADD/ADHD
- Autism

THE BENEFITS OF SOUND THERAPY



Helps regulate emotions



Alleviates stress



Each of these metals produce a distinct sound on ringing dat creates unity in the left&right parts of our brains.The moment the bell is rung,a sharp lasting sound is produced which produces an echo for minimum of 7seconds. This is the way u can also test the perfection of a bell.



Sound Healing Therapy

Any bell whose sound doesn't last for 7 sec means dat the bell is not made in the way it should be&it doesn't have the same effect as the authentic Ghantas.

7 sec duration of the bells'echo activates all 7 chakras(as defined in Yog Shastra)of our body which heals our body &soul.



Why ringing a bell?

- The sharp sound that is produced by ringing the bell activates the 7 chakras of our body.
- Creates harmony between right and left lobes of the brain.
- Helps you in connecting with your innerself and unite with the Divine.



WHY DO TEMPLES HAVE BELLS?

The **scientific** reason behind **bells** is that their ring **clears our mind**, **helps us stay sharp** and **strengthen our concentration**. These bells are made in such a way that when **they produce** a sound, it **creates a unity** in the Left and Right parts of our brains. **The moment** we ring the bell, it **produces a sharp echo sound** which lasts for a **minimum of 7 seconds**. The duration of **the echo** is good enough to **activate** all the **seven healing centers** in our body.

-The sound is soothing to the ears and it calms down the mind and heals the soul, much like the Sound Therapy.

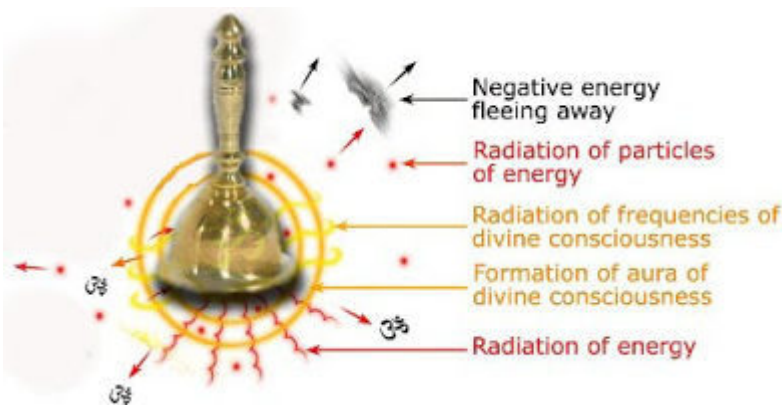
-It makes us feel relaxed and rejuvenated.

-Temple bells and Conch sound increases the power of concentration of our brains tremendously and increases the memory.



- Temple bells' positive energy and vibrations remove the negativity and brings in prosperity.
- Various metals used in making a bell hold distinctive healing properties.

Concludingly, the temple bells' sound helps one to detach from the worldly pleasures and chaos and get...



...into the state of unison with the Divine. It also has tremendous healing properties more in line with the Sound Therapy. Isn't it interesting that every small Hindu ritual have such a deep meaning attached to it. These age old rituals that were started by our ancestors have...

...the same meaning, importance and significance attached to them even today which makes them even more relevant in the present times. The need is just to follow them with utmost respect and also hand them over to the next generation.

Jayatu Sanatan ■

