

The ghanta (Tibetan bell) symbolizes the feminine energy. As a counterpart, the vajra or dorje symbolizes male energy. A ghanta with a thunderbolt as a handle symbolizes the abolition of duality and polarity. In Tibetan Buddhism, ghanta and dorje stand for wisdom and discipline, together they symbolize union of opposites and the attainment of enlightenment. The sound of the ghanta has a special range of overtones, unlike bowls and gongs. Through energizing and cleansing of the prana channel during the session, blockages can be loosened and later completely released.