



## Singing Bowls: A Practical Handbook of Instruction and Use

By Eva Rudy Jansen

Motilal Banarsi Dass Publishers Pvt. Ltd., New Delhi, India, 2004. Softcover. Book Condition: New. What is singing bowl? It is one of the ritual objects of Tibetan. It has therapeutic value as well. This book imparts information on the use of sound in meditation, healing and prayer and secretes of singing bowls by Tibetan monks. This book explains the Himalayan bowls also known as Tibetan or Nepalese singing bowls and the special sounds they make, called sound massage. The author discusses the meeting between East and West, singing bowls, sacrificial dishes, how the bowls work, synchronization and inner massage, shamanism and brainwaves, and practical instruction for working with these sounds. It does provide practical information about using them as well as showing you how to go about finding the bowl that is right for you. The mysteries explained here are a wonderful overview if you want to open your heart and mind to the therapeutic value to this phenomena. Printed Pages: 108.

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