

## **Tibetan Singing Bowl**

According to Tibetan oral tradition, the existence of singing bowls dates back to the time of the historical Buddha Shakyamuni (560 - 480 B.C.). The tradition was brought from India to Tibet, along with the teachings of the Buddha, by the great tantric master Padmasambhava in the 8th century A.D.

Singing bowls produce sounds which invoke a deep state of relaxation which naturally assists one in entering into meditation, the ultimate goal being enlightenment. They are a quintessential aid to meditation, and can be found on private Buddhist altars, and in temples, monasteries and meditation halls throughout the world.

In addition to their traditional usage for meditation, Tibetan singing bowls are used for deep relaxation, stress reduction, holistic healing, Reiki, chakra balancing, and World music. Playing the bells usually causes an immediate centering effect. The tones set up a "frequency following response" that creates a balancing left/right brain synchronization. Meditating on the subtle sounds of the Tibetan singing bowl tunes one in to the universal sound within and without.

### **To Use:**

Set the bowl on the included pillow or flat on your palm so that the tones may fully reverberate. Hit the bowl with the included mallet and allow the tone to resonate. Repeat, and if desired, run the mallet flat along the side of the bowl for a continued and fuller tone.