



Singing Bowls

Singing bowls originate from the Himalayas and they are found throughout Nepal, Tibet and Northern India. They have been used in religious and shamanic practices for well over 1500 years and have been associated with Tibetan Buddhism since the 18th century.

A singing bowl is played by rotating the stick around the outside rim of the bowl. This produces a vibration, which creates a hum, which is the essence of the bowl. Each handmade bowl is in itself unique.

Singing bowls are said to be made from seven different metals, one for each planet of the Tibetan astrology. Gold represents the sun, copper Venus, tin Jupiter etc. This link to Tibetan astrology is important because, when played, a singing bowl is representing the sound of the universe, the sound of life itself.

The natural and harmonious sound emitted by singing bowls is used to invoke a deep state of relaxation which assists meditation, the ultimate goal of which is enlightenment.