



Integrating Singing Bowls with Meditation

The singing bowl is a brilliant tool that has long been used in meditation practice. They are inherently reversed bells (without a clapper), that generate a sound frequency filling a space with vibration and energy.

They are usually made of copper, tin, zinc and other metals. This makes them heavy, delicate and sound mystic, therefore very different from other musical instruments. In today's times many commercial brass bowls and machine-made bowls circulate the wellness space. The forging method of construction through hand beating and intense heating generate a soothing sound effect. Some bowls offer a lasting resonance whilst some much lesser sound time. Factory manufactured bowls are not necessarily bad, depending on where/how they were made, though our experience finds their tonality is not as rich, full and resonant as hand beaten or some antique bowls. A well-constructed new bowl may still sound better than an antique bowl, eventually it does come down to the quality, size, thickness, weight, age of the bowl.

Whether you own your personal bowl or attend singing bowl sessions with a practitioner, the sounds and vibrations of singing bowls can relax, mesmerize, slow down and ground you. All you have to do is be present, relax and devote your sensory self to the sound of the bowls. From note to frequency, octave to vibration a singing bowl is a must have for all. The use of singing bowls in meditation offers an acoustic variation to enhance your practice. Be it chanting, travelling through the energy centers, yogic sleep (yoga nidra) or mindfulness meditation, the fundamental tones and overtones of the bowls captivate and take you on a journey by itself.

Singing bowls can be used for a variety of meditative integrations as mentioned above, their use has no limitation in the meditative space. Sound is created through vibration and hence not limited to being sensed by just the ear. Get your own bowl (we recommend handmade bronze 78% copper 22% tin) and meditate anywhere upward of 5 minutes with it, tap it, rim play it and focus on the sound, feel the sound energy. Appreciate the primary (fundamental) tone, secondary overtones, the woo woo (as I call it) it emits. Strike the bowl lightly and follow the sound from start to the end, in there itself you have travelled a meditative journey.

