Tibetan Singing Bowl, Mallet, Cushion & CD

According to Tibetan oral tradition, the existence of singing bowls dates back to the time of the historical Buddha Shakyamuni (560 - 480 BC). 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.

The instruments were traditionally made of a 12-metal alloy consisting of silver, nickel, copper, zinc, antimony, tin, lead, cobalt, bismuth, arsenic, cadmium and iron. However, now a lost art, it appears that this ancient quality of bell bowl cannot be reproduced today. This particular singing bowl comes from Tibet and is made of brass and bronze. The mallet is made of Tibetan hardwood. When not in use, the singing bowl sits on the silk cushion.

There are some instructions on how to play it on a separate sheet in this resource pack. Why not give it a go and see what sounds you can get out of it! But please take care and treat it with respect. Thank you.