

## **How to use your Singing Bowl**

Brass singing bowls and crystal singing bowls – The main difference with these is you can strike the brass one and then rub it, but with the crystal singing bowl, you only need to rub it.

Firmly press the mallet in a circular motion against the bowls outside edge or rim.

(If you are playing a brass singing bowl, tap it then firmly rub the edge)

When you hear a bright, clear tone then you can slow down the motion and just rotate your wrist as you play the bowl.

The vibration may affect the mind and body, like sound therapy.

Indigenous cultures have been using singing bowls for many years.

They are often used in meditation and said to be beneficial with improving your mood.

Small to medium bowls are ideal for beginners.

Singing bowls are believed to promote relaxation and are available in different patterns, styles and musical notes.

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