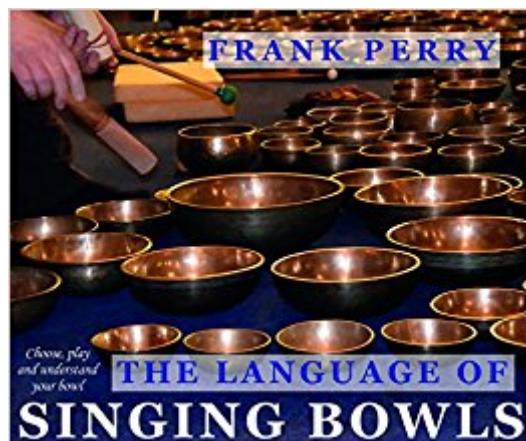


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# The Language Of Singing Bowls: How To Choose, Play And Understand Your Bowl



## Synopsis

Introduction to both the playing and the special connections of singing bowls. Frank Perry, author of Himalayan Sound Revelations, is a unique guide to the whole world of the bowl and its companion instruments, the tingsha and drilbu. Chapters cover What is a singing bowl, how are they used, their history, how to choose them, their relation to the chakras, and when and why to use them - with specific attention to seasonal rituals. This eminently readable book will take the bowl player beyond the first steps and right into the world of sound and meditation.

## Book Information

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## Customer Reviews

(of Frank's previous book)'It is bound to become a classic' James d'Angelo'The only book that I will recommend on the subject' Mitch Nur, of Frank's first book'The book is a triumph' Alain Presencer, of Frank's first book

Frank came to singing bowls in 1970 or 71 while working as a percussionist with famous names of the day from the world of popular music. Mitch Nur, another authority from that period, says that Frank's first book, Himalayan Sound Revelations, is the only one he would recommend, such is Frank's prestige within this special world. Frank has a huge number of recordings to his credit and a long list of public appearances - but above all he brings to his subject the total dedication of the master, and an immersion in Buddhism and esotericism

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