

Singing Bowl

By Very Well Mind

A Tibetan **Singing Bowl** is a type of bell that vibrates and produces a rich, deep tone when played. Also known as singing bowls or Himalayan bowls, Tibetan singing bowls are said to promote relaxation and offer powerful healing properties.

Buddhist monks have long used Tibetan singing bowls in meditation practice. In addition, some wellness practitioners (including music therapists, massage therapists, and yoga therapists) use Tibetan singing bowls during treatment.

How It Works

A few different theories have been proposed to explain why Tibetan singing bowls might be beneficial. Such theories suggest that:

The vibrations that the bowls produce may affect the mind and body. The sounds the bowls create may impact brain waves in order to induce relaxation.

They may induce the same psychological effects and benefits as listening to music.

The benefits of listening to the bowls may be related to the ancient practice of sound therapy. Often used by indigenous cultures throughout the world, sound therapy involves pulsing sounds, clapping, drumming, and singing for ceremonial, spiritual, and health purposes.

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Chakra Healing

Many people use singing bowls for chakra and energy healing. The chakras are ordered by color and they have an association with notes.

Chakra	Note	Physical Level	Emotional Level
Root	Note C	Skeletal/Spine	Survival
Sacral	Note D	Reproduction/Bladder	Creative
Solar Plexus	Note E	Stomach/Liver	Power
Heart	Note F	Heart/Circulation	Love
Throat	Note G	Lungs/Throat	Expression
Third Eye	Note A	Sinus/Lower Brain	Intuition
Crown	Note B	Nerves/Upper Brain	Spiritual Connection

While choosing the Set of healing bowls, the bowls are chosen in order from largest to smallest in aligned from Root chakra being the largest and Crown chakra the smallest.

This makes easy for Healer to carry the 7 Bowls as it can be kept one upon another. Most large bowl have base sound and smaller bowl have high tone sound, so it becomes easy to find a set bowl of Chakra Healing in this order.

If you want 1 singing bowl that can work for healing any part of your body than you need to find the bowl that feels soothing to you and connect with you. You can use this bowl for healing any part of your body with your open intention to heal.