

Tibetan Singing Bowl

What is it?

- ❖ Bowl that produces sounds that invoke deep relaxation
- ❖ Aid to meditation
- ❖ Helps reach enlightenment

Disadvantages

- ❖ Some individuals have trouble focusing
- ❖ Expensive (\$250)
- ❖ Time consuming
- ❖ More popular in Buddhist culture



Advantages

- ❖ Becoming more popular
 - ❖ Relaxation
 - ❖ Easy to use
- Alternatives:** ❖ Regular meditation, Yoga, Guided meditation

How it works

- ❖ In addition to their traditional usage for meditation, Tibetan singing bowls are used for deep relaxation and stress reduction
- ❖ The tones set up a "frequency following response" that creates a balancing left and right brain synchronization

