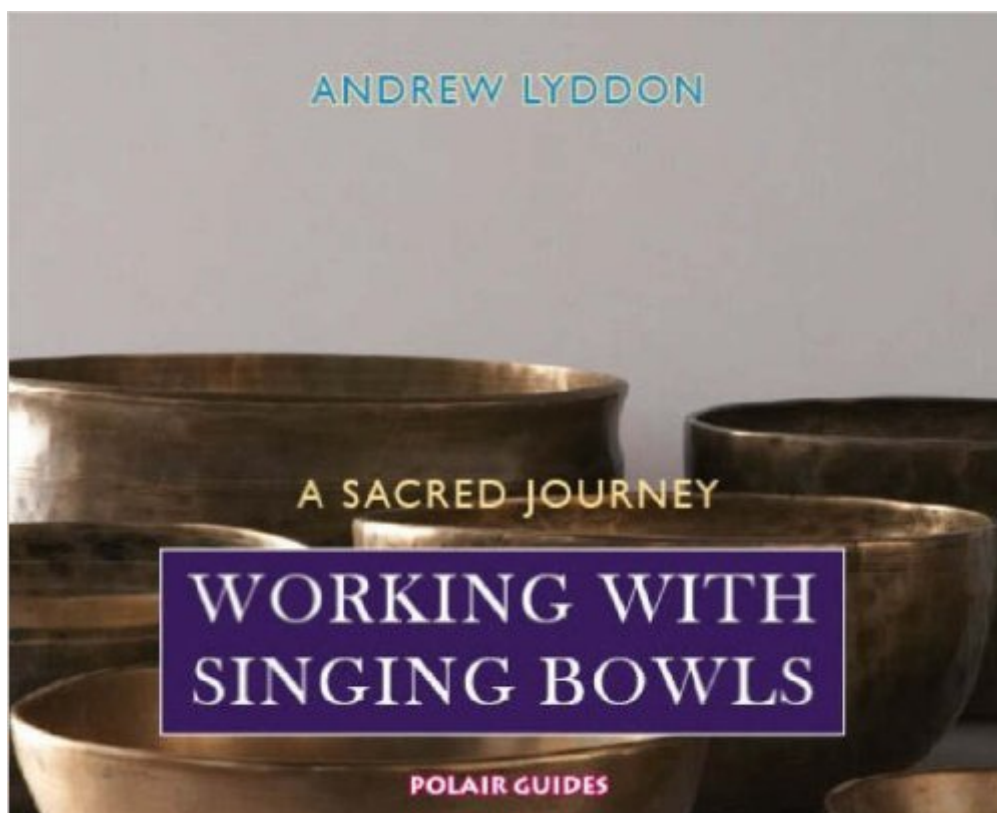


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# Working With Singing Bowls: A Sacred Journey



## Synopsis

A book to enable every individual to find contentment and self-realization through the power of sound. Tibetan singing bowls have noble origin which Andrew Lyddon utterly respects in guiding the user into a practice to enhance meditation and enable spiritual growth. It is the path of nada yoga, or union through sound. Andrew's writing, however, is utterly practical and he deals one by one with every question the aspiring player of singing bowls might want to ask.

## Book Information

Paperback: 64 pages

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Average Customer Review: 3.5 out of 5 stars [See all reviews](#) (4 customer reviews)

Best Sellers Rank: #1,610,363 in Books (See Top 100 in Books) #124 in [Books > Arts & Photography > Music > Musical Genres > New Age](#) #2328 in [Books > Arts & Photography > Music > Musical Genres > Religious & Sacred Music](#) #4206 in [Books > Religion & Spirituality > Religious Studies > Comparative Religion](#)

## Customer Reviews

I have worked with Tibetan bowls for many years. This book takes you on a personal journey with your bowl--welcoming the bowl into your space, working and creating a personal relationship with your bowl, and great alternative ideas on working with sound. I appreciate the openness and sharing from the author--it is a unique book that stand up well in this field. Bea Austin, Psy.D.

When I purchased this book, I didn't realize it was so small. It is only 64 pages. The information was good and to the point, allows you to get started with your bowl very quickly, so achieves everything its small size entails. It covers the basics including interesting short sections on dedicating your bowl and spiritual information that are useful. Overall a good book but a bit overpriced for its size. I am back on to find other books, but it was a good start.

This is really inaccurate. It's completely wrong, bad, misleading - don't read it. The author has

simply copied all the wrong information about singing bowls from the internet and put it into a short book. I regret buying it and I regret reading it.

Haven't worked with it long enough.

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