



Working with Singing Bowls: Introduction to a Sacred Journey (Polair Guides)

Andrew Lyddon

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The second edition of a deservedly popular book, now in a larger format with colour illustrations. Clear and concise, it assists the relative newcomer in the playing, care, use and purchase of Tibetan singing bowls.

Working with Singing Bowls is written to enable every individual find contentment and self-realization through the power of sound. Singing bowls have a noble origin, one which Andrew utterly respects as he guides the user towards a traditional practice which can enhance meditation and enhance spiritual growth. This is the path of nada yoga, or union through sound.

Andrew's writing is always utterly practical and he deals one by one with every question the aspiring player of singing bowls might want to ask.

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