

## Meditation Bells

*Tibetan Monks strike bells together to hear the changes in the sound over time. Listening to the overtones of the two bells can assist in your meditations by helping you clear out unnecessary thoughts. For the best sound, take one bell in each hand. Hold them by the red cord as close to the bell as you can without touching metal. Strike the edge of one bell with the edge of the other. With practice you'll find a volume that is both soothing and musically eventful for you. You'll also discover each bell has its own spirit and unique voice and that they create a new musical dance for you each time you let them ring.*