

Temple Bowl Gong

The Woodstock Temple Bowl Gong can also be referred to as a Singing Bowl, so named for the unusual sustained ringing that occurs when the bowl's rim is rubbed. Singing Bowls are often used in Buddhist ceremonies, especially during chanting.

To make the bowl chime, strike the edge of the bowl with the padded part of the stick held at a slight angle.

To make the bowl "sing", place the bowl on the pillow or hold it in the open palm of one hand. Now use the soft part of the stick to rub the outside rim of the bowl in a continuous circular motion. Keep rubbing around and around the bowl and soon it will sing. You might try holding the stick with the soft end facing downward and your thumb on the top (near the hard end of the stick). You must experiment to get the bowl to "sing", but this is considered part of the lesson of relaxation. The two most important variables are the speed of motion and the pressure of the stick against the bowl's edge. Sometimes slow speed and light pressure work best.

Each bowl has its own spirit and unique sound. Listen carefully to the music of your bowl, you will discover it creates many different notes and overtones and that the sound changes over time and as the volume lessens. Listening for all the sounds of your bowl will help focus the mind.