



# Temple Block

*Temple Blocks are used in Buddhist Ceremonies to focus one's attention. This beautiful instrument is carved to represent the head of a fish. An important symbol, fish never close their eyes and are said to always be aware and awake. While the goal in meditation is to empty one's mind, the balance between letting go and awareness is crucial.*

*The tone of the Temple Block is rich and short. Listen to the sound of a single stroke or play it as often as you require while chanting and meditating.*