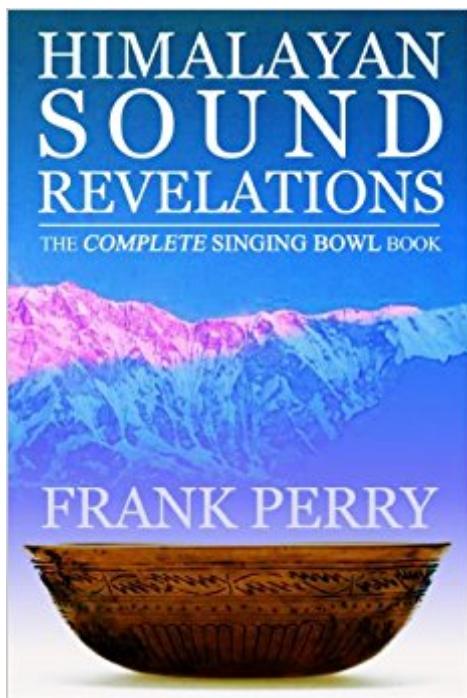


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# Himalayan Sound Revelations: The Complete Tibetan Singing Bowl Book



## Synopsis

This compendious but readable volume from one of the legends of present-day interest in the so-called Tibetan Singing Bowl should quickly establish itself as the definitive work on the subject. Particularly useful is the wide scope of the book, which includes not just Tibetan bowls and the techniques used to sound them but Chinese bells, drilbu and ding-sha, the planets, elements and chakras, cymatics, overtones and partials, nada yoga, mantras, symbolism and astrology of the bowls, their relation to western music, Pythagoras and Newton, and the psychic integrity and true awareness of the bowl user. There is almost nothing that is not here. Although in the 1970s Frank Perry was one of the earliest practitioners of Himalayan Bowls his music has also been profoundly experimental, so that there are techniques in this book not to be found elsewhere alongside the clearest and most detailed analysis of how to 'play' the bowls, a combination which shows in Perry's bestselling albums Deep Peace and Celestial Harmonies. Not only can you sound your bowls and perform with them, you can understand their overtones and harmonics and thus appreciate the tradition from which they come and the subtle symbols and messages associated with them. Frank's writing is also a revelation of his personal contact with living Himalayan Masters, his immersion in esoteric traditions and mysticism, and his understanding of other art forms such as the paintings of Nicholas Roerich, where he is an expert. He is the author many articles but this is his first book. As a musician he is widely mentioned in books on both percussion and improvisation, including those by Derek Bailey and Bettine and Taylor. He has recorded with Brian Eno and is an international performer familiar with both radio, television and modern media. Nonetheless he is in private a true ascetic, for whom the sound experience he is hearing and maybe creating is paramount.

## Book Information

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## Customer Reviews

'No other book in the field of working with sound for healing and spiritual development is as knowledgeable, penetrating and comprehensive as this' James d'Angelo

Frank Perry, a percussionist with an international audience before ever he discovered singing bowls, leads his field and is a master of conventional improvisation, deep meditation, psychic awareness and esoteric study. He has written on Sir Francis Bacon and lectured on Nicholas Roerich but is best known as the world's leading exponent of the meditative practice of bowls, bells and gongs. A natural psychic, he was involved with Spiritualism, Theosophy, Vedanta and before finding deep roots in the White Eagle Lodge. He has influenced musicians such as Keith Tippett, Alex Cline and Tim Wheater.

Very little has been documented on the subject of the Tibetan Singing Bowls through the millennia until now. Frank Perry has now compiled the most comprehensive research to date. This is a must have for those of us who own, collect and use these unique and powerful tools in our lives! We can now put to words what the Bowls have been singing to us thanks to Vast knowledge Mr. Perry has provided in his and now our; "Complete Singing Bowl Book".

I have purchased many singing bowl books in the past. None cover specifics like this one does. You won't be sorry...

This book rocks. Fresh writing, a subtle perspective and huge amounts of information. I have been playing bowls for 3 years, even teaching bowls but listening to Frank Perry put 40 years of personal experience in his book and him reaching out to some of the greats in this modality when he was unqualified to give his perspective has been an eye opener. Loved it. 5 stars no doubt.

Great detail! If you're buying just one book, get this one.

The most comprehensive book you can find on the subject. Thank you Frank for unselfishly sharing your knowledge and experience with us.

There's no doubt this book sets a whole new standard among the literature on singing bowls. It is incredibly full of information, not only about bowls but about how they can be used, particularly as

an adjunct to meditation. Frank Perry is not only an incomparable professional musician, he also demonstrates very deep understanding both of Tibetan Buddhism and of the esoteric tradition. It's a must-have for anyone in the field. Above all, I enjoyed it!

Excellent book. It is packed full of info. Very inspiring.

Sorry but there's not enough info on Himalayan bowls for a book! It's boring

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