



### Tibetan Singing Bowls

Each bowl is fashioned by hand, using an ancient technique of hammering and folding various metals into one another. Each metal has a distinct quality of sound, and each bowl has different amounts of whatever metals are available and deemed suitable for fashioning the bowls. As a result, the sound and overtones of each bowl is completely unique.

The ancient bowls were made for specific purposes. The bowl pictured at left is a monastic bowl meant to be audible in a large room to accompany or signal group meditation.

This bowl can be heard in Norma's recordings.

#### [Meditation Chants](#)

- Kyrie

#### [Healing Chants of Hildegard](#)

-O factura Dei

#### [Songs of Spirit](#)

-A deark Angel Ascends  
and with a choir of bowls

-Replenish

-Sorrow Listening

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