

The basic material of a singing bowl is bronze. An alloy made of copper and tin and about 7 other metals that make up the assigned to planets. Singing bowls have been before used for thousands of years for religious and ritual ceremonies, for meditation and healing. The sounds of the singing bowls have a wide range of overtones and fundamentals. They are magical and touch our senses in a magical way. The vibrations of the sounds spread throughout the room, have a transformative and healing effect on body mind and soul. Singing bowls have a positive effect on our brain. Scientific findings show that a struck singing bowl not only emits wonderfully soothing sounds, but also electromagnetic waves. These have the effect of harmonizing our brainwaves, bringing us into levels of consciousness that we normally are only during deep meditation or during our achieve deep sleep phases. The so-called alpha and theta waves. In these levels of our consciousness, there is the possibility that our body's self-healing powers are activated and transformation, as well as regeneration in the depth of our being can happen. As part of the sound therapy, the high frequencies of the singing bowls are used in a targeted manner to bring about comprehensive changes on the subtle level and to promote holistic well-being.