

The crystal bowl has a very haunting sound. It can be rubbed and beaten. My crystal singing bowl is exactly tuned to Om, the sound of the sun. In India this Ton forms the basis of much music and is greatly revered. The attributes of the sun are connected with the sun tone. Warmth, shine, life energy, enlightenment. The singing bowl should be used with caution indoors. The tone is very strong and haunting. That can quickly become too much. I use them rubbing at sound events in nature. It usually accompanies free intuitive sounds or the singing of mantras.