



# Working with Singing Bowls: A Sacred Journey

*Andrew Lyddon*

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## **Working with Singing Bowls: A Sacred Journey** Andrew Lyddon

Learn how to use Tibetan or Singing Bowls and make them a spiritual path. A short guide that will enable every individual to find contentment and self-realization through the power of sound. Tibetan singing bowls have a noble origin, one which Andrew Lyddon utterly respects in guiding the user into a practice to enhance meditation and enable spiritual growth. It is the path of nada yoga, or union through sound. Andrew's writing, however, is utterly practical and he deals one by one with every question the aspiring player of singing bowls might want to ask. A sound book for beginners containing new insights for teachers.

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