

DOBANI™ Singing Bowl

Sound effects, beyond simple singing

Bending the pitch. This is produced by adding an echo chamber. Rub the mallet on the rim until the bowl sings and then remove the mallet. Lift the bowl up to your mouth, but do not touch your lips. Your mouth will act as an echo chamber for the sound. Now you can change the sound by changing the size and shape of the echo chamber. Open and close your mouth as if you were saying “wha-wha”. Don’t actually say the wha-wha, just go through the motions. Try different “words” to change the echo chamber.

Add water to the bottom of the singing bowl to change the resonating properties of the Bowl. Fill the Bowl about 3/4” with water. Do not get the outside rim of the bowl wet. Then play the bowl as usual, by rubbing the mallet around the rim. When you like the sound, pull the mallet away from the bowl and let the sound fill the room. You can change the sound further by tilting the bowl. As the sound fades, gently swirl the water in the bowl. Different amounts of water in the bowl will alter the sound uniquely. In general the less water the better. Remember to dry your bowl completely when done!

Caring for your **Singing Bowl**

Take care of your singing bowl. Like any musical instrument you should keep it away from direct drafts, such as heating or air-conditioning vents. When not in use rest it on a cushion. Don’t place the bowl where it might fall. Singing bowls can be cracked if they are dropped or struck too hard. Once the bowl cracks it will never sing again. Clean your singing bowl with a soft cloth.

Accessories

More bowls and accessories are available at www.mid-east.com



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Singing Bowl

DOBANI™

SINGING BOWL



– OWNER’S GUIDE –

Origins and history

DOBANI™ Singing Bowl

Little documented history exists from the Himalayan region to explain the origins of singing bowls. Private collectors of ancient singing bowls date them to, at least, the 10th-12th centuries.

Many believe that the ancient bowls were made of an alloy of seven sacred metals. Legend has it, that the bowls were hand hammered while priests chanted mantras so the prayers would be absorbed into the metals. Those that believe this also believe the blessings of these prayers are released when you play the finished bowl. Their traditional use is also in debate. Depending on whom one asks, the bowls may be said to be mystical, or simply bowls. Some believe the bowls were used to facilitate trances in meditation. Still others believe the bowls are infused with magical properties that could transform people and things.

Modern bowls are hand turned on a lathe before being hammered to the desired hardness and pitch. These bowls can be seen containing offerings in Buddhist alters; the bowl holds grain, rice or flowers, mixed with water and butter. A wick is then placed in the center creating a lamp. It is believed that the smoke from the flame carries the fragrant offering up, and hopefully directs the blessings back to the sender.

Named for the resonate properties, smaller bowls have higher tones, and larger bowls have lower tones. Decorated or plain, the important thing is the sound.

Shown to ease pain, singing bowls are used in music therapy. When used in therapy, the bowls are tapped or rubbed producing a tone to accent a phrase or word. The tone then becomes the focus of the meditation. The meditation then alters the sense of wellbeing. From the scientific point of view, tapping or rubbing the bowl produces vibrations emitted as sound waves. Tests have shown that our brain waves will synchronize to external sound waves. In that way, sound can induce relaxation, slow respiration and heart beat and reduce the sense of pain and increase the sense of wellbeing.



How to Play

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Sit comfortably on a chair or on the floor. Small bowls can be balanced on the tips of your fingers. Place medium sized bowls in the open palm of your non-dominant hand (remove your rings). Make sure your fingers are stretched, do not cup the bowl. Large bowls can be placed on a table or a carpet on the floor.

Tap for a peal. The first way to make the bowl sing is to tap it gently. Like a bell it will peal out a clear sustained note. If you are tapping with a bare wood mallet, be gentle. You can tap near the rim on the outside, or near the bottom of the wall on the inside. You can vary the tone by the way you tap the bowl. The harder you tap, the louder the tone. Be careful, if you tap too hard the sound will shatter and become dissonant. Also try a padded mallet, or a cotton tipped gong beater for a different sound. Let the sound ring out. Listen to it as it travels and becomes fainter. You can concentrate on the sound as it fades imagining it going on and on forever.

Rub for a vibration. The second way to make your bowl sing is to rub the mallet around the outside rim. A new mallet will have smooth sides, and may slide around the rim too smoothly. As you use the mallet, it will develop a 'playing surface' that will create more friction and therefore more vibrations when rubbed around the bowl. The more you use the mallet the better the sound, and the easier the bowl will sing.

Hold the mallet in your dominant hand, vertically, like a pen. If you are just starting, tap the bowl with the mallet, then run a stick around the outside rim with slow steady pressure. The motion is a full arm motion, like turning a crank. Keep the mallet nearly vertical; with your wrist straight. Gently increase the speed as the bowl begins to vibrate.



If you go too fast or too slow, or the pressure is not right, you will lose the sound. Practice at different speeds and pressure until you can make the bowl sing every time. When it's right, the sound will fill the bowl, room and you.

Once you get the hang of it you can add variations. For a different sound, you can change the mallet to one with a leather wrap, or a different thickness. Or try holding the mallet at a different angle. If the mallet rattles against the edge, you're doing it wrong. Just try again.