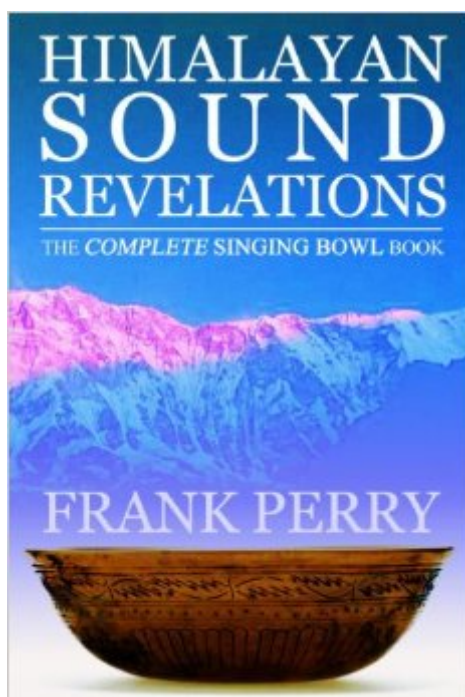


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# Himalayan Sound Revelations: The Complete Tibetan Singing Bowl Book



## Synopsis

This compendious but readable volume from one of the legends of present-day interest in the so-called Tibetan Singing Bowl should quickly establish itself as the definitive work on the subject. Particularly useful is the wide scope of the book, which includes not just Tibetan bowls and the techniques used to sound them but Chinese bells, drilbu and ding-sha, the planets, elements and chakras, cymatics, overtones and partials, nada yoga, mantras, symbolism and astrology of the bowls, their relation to western music, Pythagoras and Newton, and the psychic integrity and true awareness of the bowl user. There is almost nothing that is not here. Although in the 1970s Frank Perry was one of the earliest practitioners of Himalayan Bowls his music has also been profoundly experimental, so that there are techniques in this book not to be found elsewhere alongside the clearest and most detailed analysis of how to 'play' the bowls, a combination which shows in Perry's bestselling albums *Deep Peace* and *Celestial Harmonies*. Not only can you sound your bowls and perform with them, you can understand their overtones and harmonics and thus appreciate the tradition from which they come and the subtle symbols and messages associated with them. Frank's writing is also a revelation of his personal contact with living Himalayan Masters, his immersion in esoteric traditions and mysticism, and his understanding of other art forms such as the paintings of Nicholas Roerich, where he is an expert. He is the author many articles but this is his first book. As a musician he is widely mentioned in books on both percussion and improvisation, including those by Derek Bailey and Bettine and Taylor. He has recorded with Brian Eno and is an international performer familiar with both radio, television and modern media. Nonetheless he is in private a true ascetic, for whom the sound experience he is hearing and maybe creating is paramount.

## Book Information

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## Customer Reviews

I have followed Frank Perry's career and music for many years, and have read and reread all his writings on his website to learn more about the mysterious world of sound healing and singing bowls. Now Frank has taken over 40 years of his personal sound journey and put it into this almost 500 page book. There is much to learn here. For those who don't know of Frank, he is one of the (if not THE) experts on the use of singing bowls, gongs, and ritual objects for both meditation and sound healing. Starting as a jazz and blues drummer in the 1960s, he moved into improvised music, and eventually work as a solo musician with a massive set up of the afore mentioned metal instruments. He has been working with, and investigating singing bowls for over 40 years. The book is written in an easy, personable style, very much like Frank is talking to you. While he delves into the science of the sound and acoustics of the bowls, it never reads like a dry text book. The book starts off with an introduction to the use of sound (bells & bowls) historically in China, Nepal, Tibet, and the whole Himalayan region. The historical information here is important in the context of the use of the bowls over these many centuries. From there, he goes into how to choose bowls, how to play bowls with different techniques, and then gets into detail about the many different types of bowls. In addition, there are exercises on how to obtain different sounds and harmonics. The book also gets very deep into the spiritual side of things, as the reader will find that spiritualism and the bowls are inseparable.

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