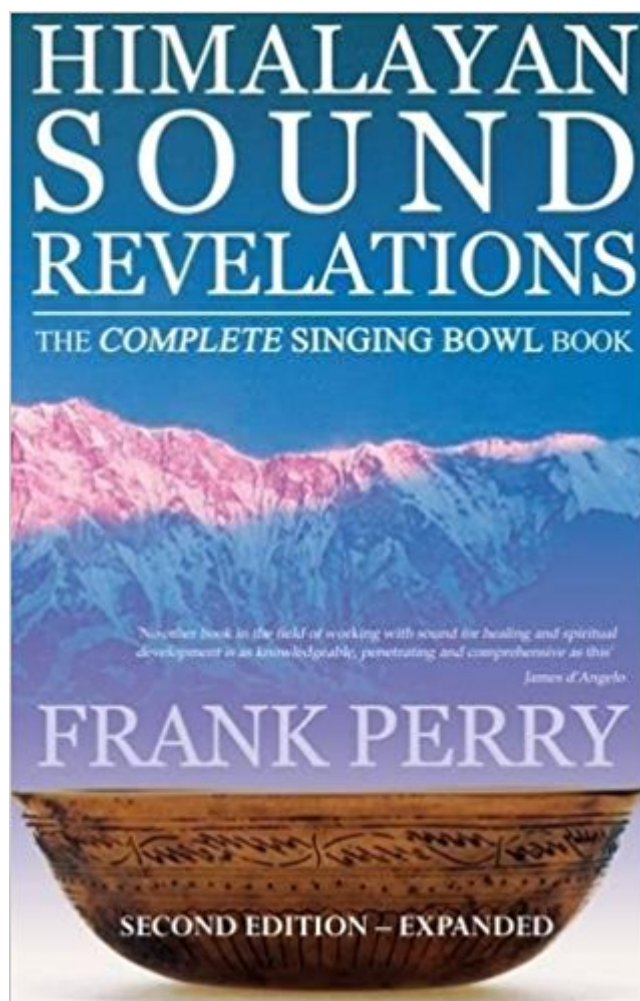


The book was found

Himalayan Sound Revelations: The Complete Singing Bowl Book



Synopsis

Second, expanded edition of the 'bible' of Himalayan Singing Bowls and their sounds. Particularly useful is the wide scope of the book, which includes not just Tibetan and other 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. The second edition is expanded and corrected, with the addition of a chapter and a further appendix.

Book Information

Paperback: 512 pages

Publisher: Polair Publishing; Second edition, expanded with a new chapter and appendix edition (December 1, 2016)

Language: English

ISBN-10: 1905398379

ISBN-13: 978-1905398379

Product Dimensions: 6 x 2 x 9.2 inches

Shipping Weight: 1.9 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 5 customer reviews

Best Sellers Rank: #644,039 in Books (See Top 100 in Books) #38 in Ā Ā Books > Arts &

Photography > Music > Musical Genres > New Age #329 in [Books > Arts & Photography > Music > Instruments > Percussion](#) #1679 in [Books > Humor & Entertainment > Sheet Music & Scores > Forms & Genres > Popular](#)

Customer Reviews

"My journey into the world of Singing Bowls began in 1973. But the only book that I will recommend on this subject is Himalayan Sound Revelations by Frank Perry" Mitch Nur "Frank Perry's Himalayan Sound Revelations is a masterpiece of writing about the nature and power of pure sound as encoded into the consciously constructed instruments of the East. No other book in the field of working with sound for healing and spiritual development is as knowledgeable, penetrating and comprehensive as this great tome. Contained within these pages is far, far more than an exploration of every aspect of singing bowls, instruments that Perry literally knows inside out through his enormous collection and varied use over many years of practice. Each chapter is an in-depth study of what the bowls have to offer in relation to ancient symbolism, yin/yang shapes, astrology, chakras, mantra, nada yoga, overtones, cymatics (wave fields), planets and musical temperament. Along the way we are given much knowledge of these topics in and of themselves - for example, the use of the voice. The book balances perfectly the historical, theoretical, spiritual and practical sides of these profound instruments and their metals. Very helpful in absorbing Perry's wisdom are the many illustrations, photographs, tables and diagrams. What especially sets it apart is how Perry places them into a spiritual, historical context such as no other text has done and thus makes the bowls (and bells) living, breathing entities. The tome is scholarly but not in an academic sense. It is simply thorough and the writing is clear, direct and substantial without unnecessary digressions. Thus Himalayan Sound Revelations will appeal both to those who wish to make practical use of singing bowls (choosing them, playing them properly and even caring for them) and those who would like to understand the historical context of the bowls and their role in healing and spirituality. Himalayan Sound Revelations is truly a universal work of a music master. It is bound to become a classic and belongs on the shelf of every serious student of Eastern music, meditation and spirituality." James D'Angelo, author of *The Healing Power of the Human Voice and Seed Sounds for Tuning the Chakras* "This book is without doubt the seminal book on these mystical Tibetan instruments. The book offers a comprehensive contribution to the emerging scholarship on this arcane subject." Alain Presencer, pioneer of the study of singing bowls and their sounds

Frank Perry, a percussionist with an international audience before ever he discovered singing

bowls, leads his field and is a master of conventional improvisation, deep meditation, psychic awareness and esoteric study. He has written on Sir Francis Bacon and lectured on Nicholas Roerich but is best known as the world's leading exponent of the meditative practice of bowls, bells and gongs. A natural psychic, he was involved with Spiritualism, Theosophy, Vedanta and before finding deep roots in the White Eagle Lodge. He has influenced musicians such as Keith Tippett, Alex Cline and Tim Wheeler.

Frank is something. I've never seen such a large collection of bowls and such anywhere, not even for sale online over entire sites, lol! This is a big book. A bit in-depth, however some things aren't spelled out at the time, such as definition of a talking bowl. Then he mentions "antique bowls " not used for good spiritual purposes (the black arts) and that the inexperienced wouldn't know what they were dealing with. What, exactly does he mean, and with sites devoted to just (or a lot of) used things, you really should let people in on the potential of evil singing bowls (or taking on severe negative energy through used items) ya know? Perhaps a way to neutralize any negative energies. I use the Our Father, as that's what I grew up with. Doesn't even matter if you believe for not. If not, they're just plain words and can't get you. Can't hurt, tho. You never know. In 500 pages, or several hundred, maybe not 500, there's lots of time to explain this.

This is a COMPLETE work for those looking to having a thorough understanding of Tibetan Bowls, frequency. I highly recommend this book to everyone working with sound in this way.

I am a collector of ancient sacred Himalayan Bowls and for the thorough and comprehensive guide---this book covers it completely. A must have.

Frank Perry is the best of the best. Hands down!

Only a short way into the book, so far love it.

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