

Silent Mind
CENTER YOURSELF



“How
to Get Amazing
Results from
Your Silent Mind
Singing Bowl,”

www.silentmindsingingbowls.com

Welcome to Your Free User's Guide

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Become a VIP

You're officially invited to join our
FREE VIP Club!

Become a member and get access to:

- * Videos Showing How To Use Your Singing Bowl
- * Free Meditation eBook
- * An Extended Warranty On Silent Mind Products
- * VIP Customer Support and
- * Exclusive Discounts

Click below and sign up for FREE:
<https://offers.silentmindbowls.com/vip>

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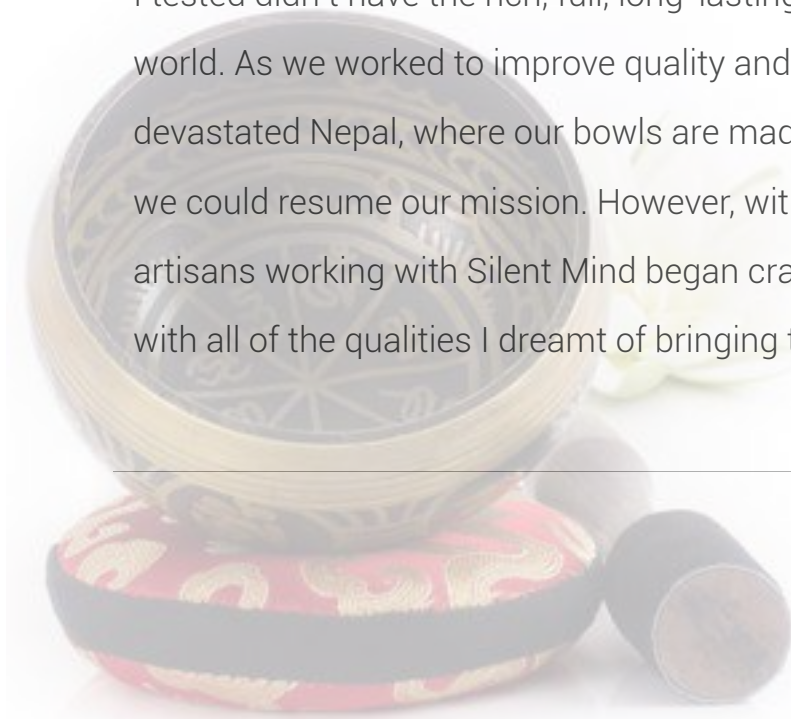
Simply TEXT "**JOINVIPCLUB**" to **38470** from your mobile phone to join!
(for US Customers only)



A Letter From the Owner ... And a Special Thank You!

THANK YOU so much for your purchase! My name is Richard Pol, and I would like nothing more than to ensure you have the best experience with your Silent Mind Singing Bowl. To get the maximum benefit from your new Singing Bowl, we at Silent Mind kindly ask you to spend a few moments reading this guide. Like millions of other people, I've struggled with anxiety and depression. This turned out to be a huge gift, because that's how I found meditation. Singing Bowls were one tool that helped immensely in achieving deeper meditative states. Before long, it was my mission to make quality Singing Bowls more accessible to all.

Unfortunately, this didn't always go as smoothly as I'd hoped. The first bowls I tested didn't have the rich, full, long-lasting sound I wanted to share with the world. As we worked to improve quality and tone, a massive earthquake devastated Nepal, where our bowls are made. It would be months before we could resume our mission. However, with much strength and resilience, the artisans working with Silent Mind began crafting increasingly finer Singing Bowls, with all of the qualities I dreamt of bringing to you.



Since then, we've only gotten better. Our Singing Bowl design has undergone numerous positive revisions, and we're dedicated to helping the good people of Kathmandu rebuild. Today, we're one of the world's bestselling makers of fine Singing Bowls.

We couldn't have done it without the friendship and teamwork characteristic of Silent Mind, and we definitely can't do it without you. Our hope is that the commitment to consistent improvement, worldwide accessibility, and customer satisfaction will lead to greater peace and harmony for all.



Origins and Uses

**“This piece is as authentic as they come and is an effective healing tool for me.” -
C.A.**

The sound of Tibetan Singing Bowls have been relied on for centuries to connect the mind and body with a more harmonious state. While they were originally used for religious rituals, people outside of Buddhist monasteries eventually began to use Singing Bowls as well.

Why have we continued to rely on them for so long? Singing Bowls relieve stress by activating your parasympathetic nervous system. During the daily struggles of modern life, its counterpart, the sympathetic nervous system, locks you in a state of agitation we commonly regard as “fight, flight, or freeze”

Remaining in this state can have grave impacts on your health, from hormonal balance and heart function, to sleep quality and digestion. The key to releasing yourself from this cycle is the parasympathetic nervous system, which, when activated, induces a healing mode we know as “rest and digest”.

Those on a spiritual journey have always trusted Singing Bowls, too. Namely, they enjoy the balancing effects Singing Bowls can have on their chakra system. While our daily lives focus so much on the lower chakras, with the root demanding basic stability and security, some Singing Bowls are tuned for use in activating our highest chakras, where we find wisdom and acceptance.

The sound and vibration of a Singing Bowl provides a gentle shift in brain wave activity, making it easier to reach this healing mode. Many people pair this sound therapy with yoga, meditation, or mindfulness to promote more marked changes in the behavior of the autonomic nervous system.

How to Play Your Silent Mind Singing Bowl

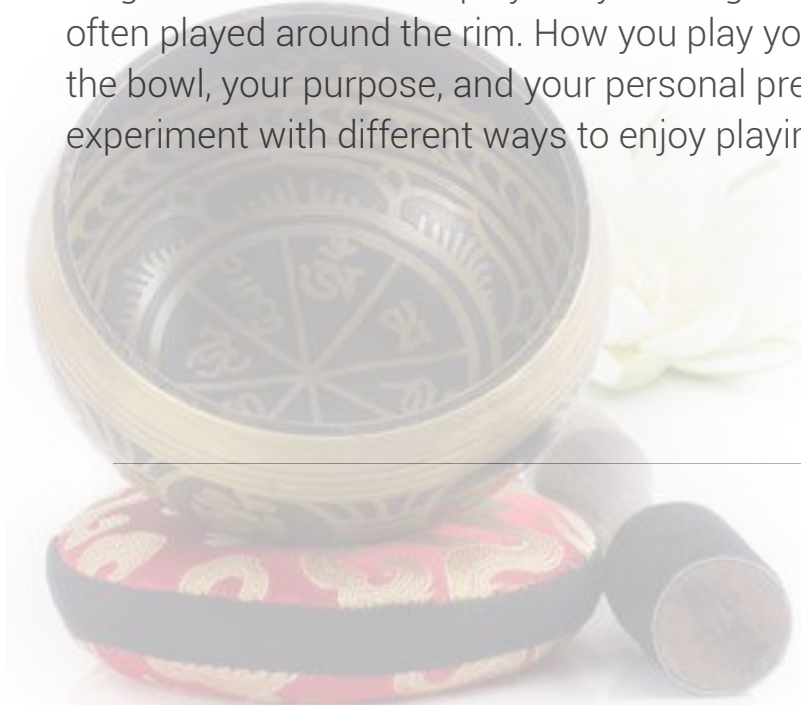
“The sustained pitch really helps with calming the senses and getting into a zone... the tactile vibration you can experience from placing the bowl in your hand is a subtle, calming tingle that adds to the overall experience.” - A.M.

There are two main ways to play your Singing Bowl:

- Strike it like a gong
- Play it around the rim with the striker

Striking produces a bell-like sound, which tapers off. Ringing, wherein the bowl is played around the rim, is more booming and full-bodied.

Larger bowls tend to be played by striking them, while smaller bowls are more often played around the rim. How you play your Singing Bowl will depend on the bowl, your purpose, and your personal preference. We recommend that you experiment with different ways to enjoy playing your Singing Bowl.



Singing Bowl Playing Technique – Striking

- Place the bowl on the cushion or on the palm of your hand, ensuring that your fingers aren't touching the side of the bowl. Make sure not to grip the bowl with your fingers, or they will dampen the sound when you play it.
- Hold the wooden striker loosely, letting it swing like a bell clapper, and tap the bowl near its upper edge to produce a beautiful ringing tone.
- Practice with tapping to produce softer and louder sounds.
- Experiment with tapping the bowl again before the prior sound tapers into silence. Also, try tapping it in different locations on the outside and inside of the bowl.



Singing Bowl Playing Technique – Ringing

- Either tap the bowl or hold the striker against the side of the bowl firmly (but remember to keep your hand and wrist relaxed). Use the wooden side of the striker to make contact with the outside lip of the bowl.
- Slowly run the striker around the edge of the bowl while applying even pressure, gradually speeding up until you hear the bowl start to sing.
- Now try speeding up each stroke, adjusting the angle of the striker slightly, and applying more pressure to change the tone of the sound.
- Try a gentle tap or two on the rim of the bowl with the striker before you begin ringing it around the rim. This will “seed” the singing phenomena and “awaken” the bowl, making it more responsive to the ringer. If the bowl starts making a rattling sound, slow down and apply a little pressure. This helps prevent the rattling effect.



How to Care for Your Singing Bowl

"As a percussionist, I find this bowl musical, calming, and decorative. As a spiritual person I find it a beautiful tool! Its appearance and sound quality are authentic and pure." - B.

Cleaning

You can enjoy your Silent Mind Singing Bowl for years to come. To keep it in great condition, consider the following tips:

- To clean your Singing Bowl, we recommend you use a mixture of lemon juice in warm water. Wet a soft cloth with the solution to remove marks. Wipe off all fingerprints after using your bowl, as oil from your fingers can cause permanent discoloration.
- Do not use metal polish on your bowl, as certain polishes can create permanent stains. Furthermore, chemicals in the polish may alter the bowl's color.
- Do not use abrasives, as they may scratch and damage your bowl.
- AVOID dropping. A Singing Bowl can be permanently damaged if it is dropped onto a hard surface or knocked with a hard object.

Storage and Display

While some people keep their Singing Bowls stored away when not in use, the aesthetic appeal makes it a great display piece.

- Use the silk bowl cushion (included with your purchase) to display your Singing Bowl in your home or office. It makes a great decorative accent and conversation piece.
- Remember: Singing Bowls that are easily accessible and prominently displayed are more likely to be played!
- Ideally, each bowl should have its own dedicated spot. Keep out of reach of pets and small children.
- Keep the bowl's striker inside or beside the bowl. This reduces the likelihood of misplacing it, and makes spontaneous playing possible.



Our Best Warranty Ever!

There's no better way than to care for the life of your Singing Bowl than to register for our Extended Warranty. Join our VIP Club today for complete peace of mind.

<https://offers.silentmindbowls.com/vip>

Custom Singing Bowl Design

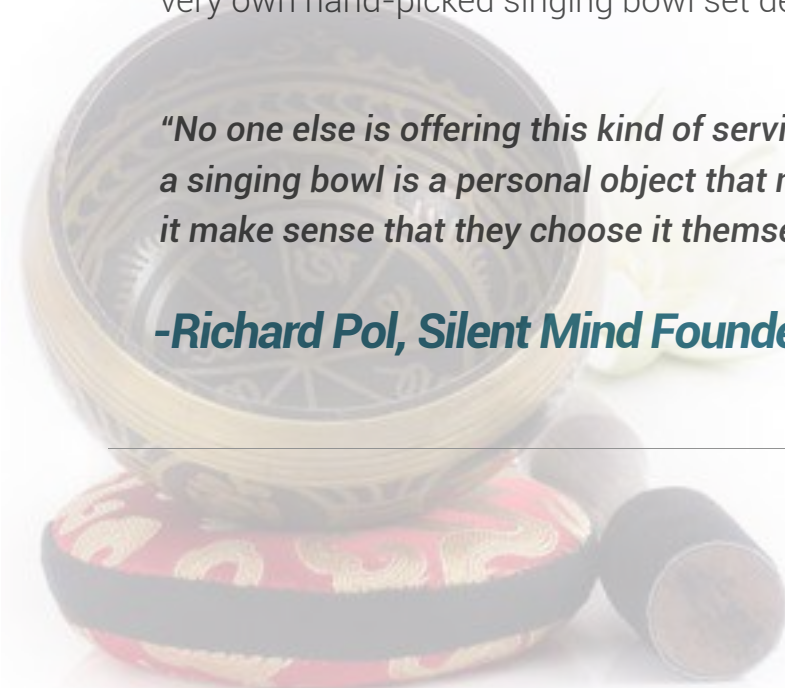
Because you asked for it, we're delivering it!

Silent Mind is proud to now offer color and design options on singing bowl sets. This enables our valued customers to choose the singing bowl design they like, AND to choose the pillow design, pillow color, and striker/mallet design they want to come with it!

We ship from Nepal to anywhere in the world, so you can now have your very own hand-picked singing bowl set delivered to your front door!

"No one else is offering this kind of service. Because we understand that a singing bowl is a personal object that must resonate with the owner, it make sense that they choose it themselves."

-Richard Pol, Silent Mind Founder



Wholesale and Affiliate Programs

Join Our Singing Bowls Journey

You're here because like us, you want to bring inner peace and harmony to people. We have a special offer to help you bring the gift of serenity to people at home, in the classroom, office, yoga studio, or through a retail business.

Get in touch with us today at support@silentmindbowls.com for more information!



Faqs About Singingbowls

Q: Where are your singing bowls made?

A: Our bowls are made by local artisans in Nepal.

Q: How do I play the singing bowl?

A: You can play the singing bowl either by striking it, or playing it around the rim. It takes a little practice, but please contact us if you're having trouble getting started. We're always happy to help. Also, [you can click here to watch a video.](#)

Q: How do I clean my singing bowl?

A: It's a very easy three-step procedure, which should only take a couple of minutes. [Click here to watch a video.](#)

Q: Do the singing bowls require any maintenance?

A: Yes they do, and it's simple and quick. [Please click here to watch a video](#) for proper care and maintenance of your singing bowl.

Q: What note will my singing bowl play?

A: Since our singing bowls are handmade, this will differ from bowl to bowl. They can sound A, B, F, E, or G note, with B being most common amongst our hand-hammered bowls.

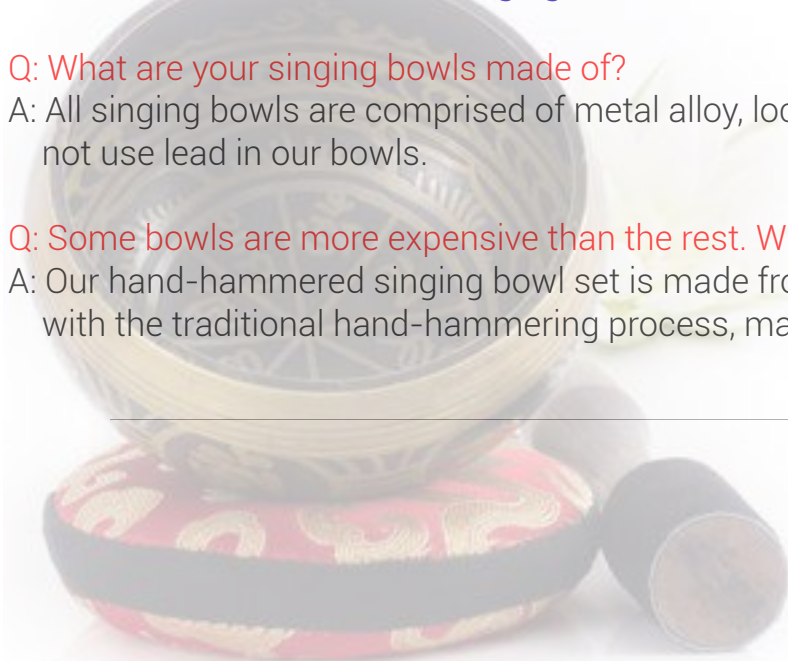
If you're interested in having your singing bowl tuned to the note of your choosing, we do welcome orders for [custom singing bowls.](#)

Q: What are your singing bowls made of?

A: All singing bowls are comprised of metal alloy, locally sourced from the Himalayas. We do not use lead in our bowls.

Q: Some bowls are more expensive than the rest. What's the difference?

A: Our hand-hammered singing bowl set is made from a different alloy than others. This, along with the traditional hand-hammering process, makes it a little more expensive.



Q: What comes in a singing bowl set?

A: Currently, all of our singing bowls come as a set. The set includes an exclusively-designed striker used to play the bowl, and a small pillow to sit the bowl on top of.

Q: Can I choose the color of my pillow?

A: The color of the pillow is usually chosen at random. However, you're welcome to order a [custom singing bowl set](#).

Custom orders can choose the size of their singing bowl, the color of their pillow, and the striker style they most prefer.

Q: What is your shipping policy?

A: We ship worldwide. Shipping is free to the US, UK, and Canada. Low-cost shipping is available everywhere else. It usually takes 6-10 days for shipped items to arrive. Tracking numbers are provided.

Q: Do you have a return policy?

A: Yes. Customer's Satisfaction is our goal every time. However, if you are not satisfied with your purchase, please contact us within 30 days of your purchase to request a refund or exchange.



Connect with Us

If there's anything we can do to improve your experience, please don't hesitate to contact us at support@silentmindbowls.com. We love to hear from our customers, and respond to each and every message

We love to interact with fans of Silent Mind Singing Bowls.



"I have found this company really great to work with. The product is wonderful, and a good price too. Highly recommend!" - V.

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Namaste!

