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**BOB COLE
CONSERVATORY
OF MUSIC**
CALIFORNIA STATE UNIVERSITY, LONG BEACH

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AN EVENING OF TIBETAN SINGING BOWLS



THIS CONCERT IS FREE. PLEASE COME IN AND SIT ON THE STAGE.
IF THE CONCERT HAS STARTED, PLEASE ENTER AS QUIETLY AS POSSIBLE.



AN EVENING OF TIBETAN SINGING BOWLS

CAROLYN BREMER, RYCHARD COOPER, DAVE GERHART,
MATT POGUE, GEORGE WHEELER, AND MANY GUESTS

8:00PM FRIDAY, FEBRUARY 1

GERALD R. DANIEL RECITAL HALL

BOB COLE CONSERVATORY OF MUSIC CSULB

We ask that you sit quietly during the concert. We will play for about an hour. If you need to move, please do, but do so slowly and mindfully; try not to disturb those around you.

LISTENING TO SINGING BOWLS

As you listen to tonight's concert, we suggest that you try a few ways of experiencing the sound.

Listen to the pulses of the intertwining overtones.

Hear how the tones of bowls change depending how they are played.

Notice when the sound of a bowl is influenced by other bowls.

Keep your attention on the sound until it disappears into nothingness.
Notice the very moment it dissipates.

Tune into your body and sense how it physically engages the sound. Turn your head from side to side. Take off your shoes and place your bare feet on the floor. Sit or lie down on the floor. Put your palms against the wood. Do you feel the sound in your ears? Your belly? Your hands?

Do you hear more clearly with your eyes open or closed?

Does time seem to move more quickly or more slowly? Is it suspended?

When your mind gets distracted, gently bring it back to listening.

ABOUT TIBETAN SINGING BOWLS

Tibetan Singing Bowls originated perhaps 2500 years about in the Himalayas (including Tibet, Nepal, Bhutan, and Northern India). They are associated with Buddhist and pre-Buddhist Bon ritual practices, though little is known about how they were used. Bowls were found in monasteries (by the hundreds and thousands) yet also in private homes. Some extant bowls are perhaps 500 years old, though most handmade bowls sold in the west are 20 to 100 years old. It is not possible to date bowls other than by guessimate.

Each bowl was handmade from multiple metals, perhaps from the seven metals corresponding to the seven planets—gold (Sun), silver (moon), mercury (Mercury), copper (Venus), iron (Mars), tin (Jupiter), antimony (Saturn)—though as few as three and many as twelve metals may be found in any given bowl. It required several days to make a bowl, and often more than one person worked the crudely smelted flat metal, pounding it into shape. Buddhist monks may have chanted while bowls were crafted for their monasteries.

The alloys which produce such remarkable sounds are geologically isolated. The lengthy and extreme pressure of India heaving into Asia which created the Himalayas, also created the alloys of these bowls. Singing Bowl expert Ryan Sarnataro reports that “an order for a set of singing bowls might include instructions such as ‘dig in the riverbank at such and such location.’ The idea is that unique alloys were specifically chosen for some of the singing bowls. One of the beauties of antique singing bowls is the individuality of their composition.”

The name *singing bowl* comes from a technique of rubbing the rim, making the bowl sing. Expert Frank Perry, however, states that “It is this ability of the bowls to permeate and hang in the ‘air’ with their harmonic spiritual vibrations, long after their actual sound had ceased, that led to their being called ‘Singing’ bowls.”

Singing bowls are used in meditation and healing. Because we are over 60% water, vibrations easily travel through our bodies. Bowls may be placed on the body then struck or sung. Most find this a pleasurable and relaxing experience.

