

How to use singing bowls

The audible and tangible sounds and vibrations of the singing bowls can be used to provide a variety of stimuli. Accordingly, singing bowls are used in many different ways - for both adults and children.

► Self-application with singing bowls

Relax and prevent/reduce stress through sound exercises or sound rituals · Improve body/self-awareness · Loosen up the body

► Sound massage with singing bowls for relaxation

The gentle sounds calm the mind, loosen the body and quickly lead to restful relaxation..

► Sound meditations and sounding imaginary journeys

The relaxing sounds are ideal for creating meditations or accompanying fantasy journeys. These can be used for relaxation or - depending on the content - also specifically for educational, counseling or therapeutic settings.

► Specific use in various professional fields

Sound settings and sound exercises enrich numerous fields of work such as education, therapy, care and healing. They are used as a complementary method, as an independent intervention or in combination with other methods.



Source:

Broschüre „[Sound: Source of Inner Strength. The singing bowls as valuable life companion](#)“ Internationale Association of Sound Massage Therapy, 2024

Peter Hess sound methods in the context of research and science. Original (German): Peter Hess-Klangmethoden im Kontext von Forschung und Wissenschaft. [Verlag Peter Hess](#), 2010

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