



How to Heal With Singing Bowls: Traditional Tibetan Healing Methods

Suren Shrestha

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No book on the market has the detailed, step-by-step instructions for ancient Tibetan healing bowl techniques that this one has. The healing methods are all illustrated with photographs showing how to place and strike the bowls, so that anyone can learn how to do it. Some of these methods have been taught to only a few Eastern practitioners, and are now spreading to the West where there is considerable interest in them.

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