

## Some guidance on selecting a Sounding Bowl

A little like selecting which piece of music is your favourite, choosing a Sounding Bowl is finally an individual choice that no-one else can make for you. Guidance in making that choice, help in finding your way is available by phone or email. The charts below may also help you decide which type best suits you.

Whilst you are considering this it may help you to know what other people have found and what trends we, as makers discern. In this table I have sorted the particular strengths of each type. While all Sounding Bowls have a blend of all these attributes and can be applied in any situation, this chart may help you to find the Sounding Bowl most suited to your personal needs.

Type	Melody	Lyre	Bridging	Hermetic	Meditation	Heart
<b>Strengths</b>	<ul style="list-style-type: none"> <li>• Playing written music.</li> <li>• Picking out a tune.</li> <li>• Accompanying song.</li> </ul>	<ul style="list-style-type: none"> <li>• Balancing left and right.</li> <li>• Freeing up improvisation.</li> <li>• Large sweeps of sound.</li> </ul>	<ul style="list-style-type: none"> <li>• Particularly rich overtones.</li> <li>• Huge sound and volume for size.</li> <li>• Harmonizing inner conflict.</li> </ul>	<ul style="list-style-type: none"> <li>• Lightness of tone.</li> <li>• 'Bending' notes.</li> <li>• Affordability.</li> </ul>	<ul style="list-style-type: none"> <li>• Quiet intent.</li> <li>• Empowering focus.</li> <li>• Warm gentleness of tone.</li> </ul>	<ul style="list-style-type: none"> <li>• Rich warmth of tone.</li> <li>• Intense inwardness.</li> <li>•</li> </ul>
<b>Typical user/ Application</b>	<ul style="list-style-type: none"> <li>• Musician</li> <li>• Music Therapist</li> </ul>	<ul style="list-style-type: none"> <li>• Sound Healer</li> <li>• Arts therapist</li> <li>• Body worker</li> </ul>	<ul style="list-style-type: none"> <li>• Psycho/musical therapist</li> <li>• Sound Healer</li> <li>• Self-healing</li> </ul>	<ul style="list-style-type: none"> <li>• Meditation</li> <li>• Home user</li> <li>• Kindergarten teacher</li> </ul>	<ul style="list-style-type: none"> <li>• Self development</li> <li>• Meditation teacher</li> </ul>	<ul style="list-style-type: none"> <li>• Psychotherapist</li> <li>• Music therapist</li> <li>• Meditation teacher</li> </ul>

Below this is a guide to sizes. After that you MAY wish to choose a particular wood type, the influence of the wood is subtle but real.

We are happy to choose a highly resonant piece from our stock of carefully chosen and pre-dried tone-woods for you or you can discuss with us the possible availability of a [particular species](#) to suit your needs.

Scroll down for size chart.

Once you have a feel for which type appeals to you the next choice is size

Number of Strings	Applications	Comments
3	A choice of notes for tonal meditations	Single notes or progressions as gateways
5	A choice of notes for harmonic meditations	As above plus intervals
7	Gives a pentatonic scale for children, meditation, awakening the inner child	The <a href="#">pentatonic scale</a> is an ancient tuning of particular value in working with children.
9	Gives a choice of modern or ancient scales and modes	Popular with music therapists
10	As above plus major & minor scales within one tuning	Popular with music therapists
11	As above plus Myxolydian mode within same tuning	Typically in a Lyre Pattern.
12	As above plus extra top note as used in so many songs	N.B 12 string Melody Bowls are typically light and shallow for ease of holding in performance and a bright open sound. <a href="#">Sample video</a>
13	As above plus allows <a href="#">sweep harmonics</a> on Lyre Bowls	Lyre Bowls are typically slender, lightweight instruments, easy to hold up and affording a large open sound.
14	This size is popular on Bridging Bowls and provides a rich diversity of improvisational play	This video covers an improvisation on a 14 string <a href="#">Bridging Bowl</a>
15	A good sweep of sound on <a href="#">Lyre Bowls</a> or two full octaves on a Melody Bowl. Rich and full sound.	The 15 string Melody Bowl is typically a deeper style instrument with a <a href="#">large body of sound</a> .
16	Two octaves+ one from either start-string on a Bridging Bowl	A sample of the peal of bells sound attainable on Bridging Bowls is on <a href="#">this video</a>
17	Increases the range and power of a Lyre Bowl	A popular size with Sound Healers
18/20/22	Bridging Bowls this size are working with orchestras, A powerful sound as a stand-alone instrument.	This is a prize winning design. Unique amongst instruments for many reasons
19/21	These two sizes of Lyre Bowl move the very cells in the body when used in <a href="#">Sound Bath</a> therapy.	Many NHS practitioners have commented very favourably on the power of this size of Lyre Bowl.