

Singing Bowl Exercise

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There is a link of a Tibetan singing bowl being hit every 1 minute. These bowls have been used since antiquity for various purposes in Buddhist ceremonies. In a time when life is very fast-paced, we often find ourselves in a trap of being on the go. Being in this state for the long term can lead to sympathetic hyperarousal. This is the "fight or flight" state that be harmful to one's health when we can not safely turn it off. With the fast-pace and the fight-or-flight state, we often get trapped in a cycle of instant gratification. This permeates through our whole society, down to our children. In children, this shows up as "being bored."

Despite this being more of a societal issue, we can still have a say in our health. Listening to the singing bowls is one simple helpful exercise. The regularity of the strikes and the long duration or the recording is very trance-inducing, which helps slow down our minds. The singing bowl at intervals also strengthen our patience ability as the listener has to wait for the next strike. This is a natural antidote to the instant gratification that is ever so prevalent around us. After getting comfortable with the 1 minute intervals, you can Youtube search "singing bowl 2 minute intervals," then "singing bowl 3 minute intervals" and so on.

These benefits can help everyone, especially if we start this with our children. What starts as boredom can contribute to behavioral issues (including impulsivity) and also show up as Attention Deficit and Hyperactive Disorder (ADHD). Left

unchecked, they can lead to adrenal fatigue, as we get addicted to the rush. I have seen many who resort to substance use and subsequently deal with addictions to satisfy this rush and to escape the boredom. In the absence of the rush, many crash and stay in the lows of life. Let's try to proactive and not get trapped in this cycle!

So, the next time you are bored, give the bowl a ring!

Links:

1. <https://www.youtube.com/watch?v=yzStdsMllbA>