

**Resounding
Earth invites
you to
Forge a
Singing
Bowl**



At The Clophill Centre, Bedfordshire, UK

30th April – 2nd May, 2016

Have you ever wondered what it would be like to make your own healing tool?

A sounding instrument that carries a sound frequency of depth and beauty, crafted by your own hands and heart filled desires?

A hand crafted singing bowl...a calling card towards the creation of the future.



To craft your own singing bowl is a fun and rich experience of immersion into an ancient process of working closely with the elements and the tools whilst bringing a new consciousness to every moment. At the end of the three days you will not only have a beautiful sound companion and ally but you will have gone through an embodied experience of personal and alchemical change yourself!

Outwardly what appears to be a simple and traditional skill becomes an act of potent transformation leading to new ways of being in the world and sometimes experiencing change beyond what you had previously thought possible.

Come and take part in an immersive workshop for birthing sound frequencies through the conscious transformation of material.

What can you and the metal co-create?

The process of crafting is exciting and wonder filled, both reflective and transformative experience for both the maker and the metal.



How can the choices we make today co-create the future?

The singing bowls and instruments that result from this crafting process become allies for creating stillness, companions for sound and vibrational healing and beautiful 'tools' to assist with resonance and coherence in all aspects of life.

Details

Times: Saturday 9 30 am –Monday 5 pm each day will run from 9 30 until late afternoon. Evenings are free of organised programme.

Cost: £330 plus materials - between £15 - £40 dependent upon size of bowl.

Booking: a non-refundable deposit of £100 is required to secure your place. Please see below for contact details

Lunches, Drinks and Snacks are included in the cost of the workshop.

Camping and Eco House accommodation is available at or near to The Clophill Centre. Please ask for more information.

The workshop and touring team from Resounding Earth – soundsmiths, coppersmiths and alchemists - Gabriella Kapfer and Heather Smith Cowen will be co-facilitating this transformational workshop in the beautiful and nourishing environment of The Clophill Centre.



Of the Singing Bowl Making Process Gabriella and Heather say...

“In our practice of crafting new singing bowls for this time we reconnect to the tradition of the ancient bowl makers of Tibet who worked the bowls in meditation and prayer, infusing it with the spirit of the purpose for which it was made. We perceive the process of the work with the elements of fire, metal, water, air, wood to be an alchemical process of transformation and incarnation. The incarnation, or coming into form, of a very specific and unique frequency. Our focus is not so much on the particular tuning but more on the quality, purpose and essence of the sound. It is through our whole and open hearted engagement with the craft that we too go through the transformation and fine tuning assisted by the elemental forces and beings.”

Of the Singing Bowl Workshop Process previous participants say...

“Working with Gabriella and Heather has been the deepest and **most profound experience of transformation** for me. Never before have I felt so safe in a workshop. My process with the bowl was tough at times, and always - like a miracle - one of these **beautiful enablers** showed up to be with me. Sometimes to support me in the handling of the tools, sometimes to listen, sometimes to just be in silence together for a while, sometimes to ask this one question that allowed me to move on....they hold the rim of the circle in wondrous ways ... a healing sanctuary ... a sacred vessel.”
M. S. Brussels.” Belgium

“Gabriella and Heather establish and hold a co-creative space that allows people to do what they need to do with perfect levels of non-interference or support as needed. It is verging on miraculous how far beyond the practicalities of making a singing bowl the workshop travels: the structure of the days with sound journey and sharing circles to begin and end and the joy of being able to work outside together with learning new skills, working with vibration and the elements of manifest life in all forms takes this experience to a very high vibrational level which individual participants access at whatever level is most beneficial at any given moment. This particular workshop seemed to be a period of extended and held synchronicity with the benevolent universe promoting the creation of some instruments whose resonance is of great positive evolution in the direction of love. There is space for solitude and contemplation, and for collaboration and communication. The instruments ask to be played in the sound journeys and effortlessly weave the strands and feelings of the group and move us forwards into the day's work. These workshops are about so much more than making a singing bowl: the bowl making process is held in a vibrational field which encourages self-reflection leading to self-knowledge and insight, recognition and potential release of blockages to the free flow of energy whether mental, emotional, physical or spiritual: Gabriella and Heather are always there too along with fellow workshop participants to facilitate these healing and clearing times.”

Louise Carpenter Yoga teacher Plant Shaman Suffolk 2015

**<http://peace-trails.com/singing-bowls/singing-bowl-workshops> &
<http://www.resoundingearth.org/workshops.html>**

For all bookings and enquiries contact

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**For a video invitation of The Clophill Centre and the pleasure it takes in
creating with Sound watch this**



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