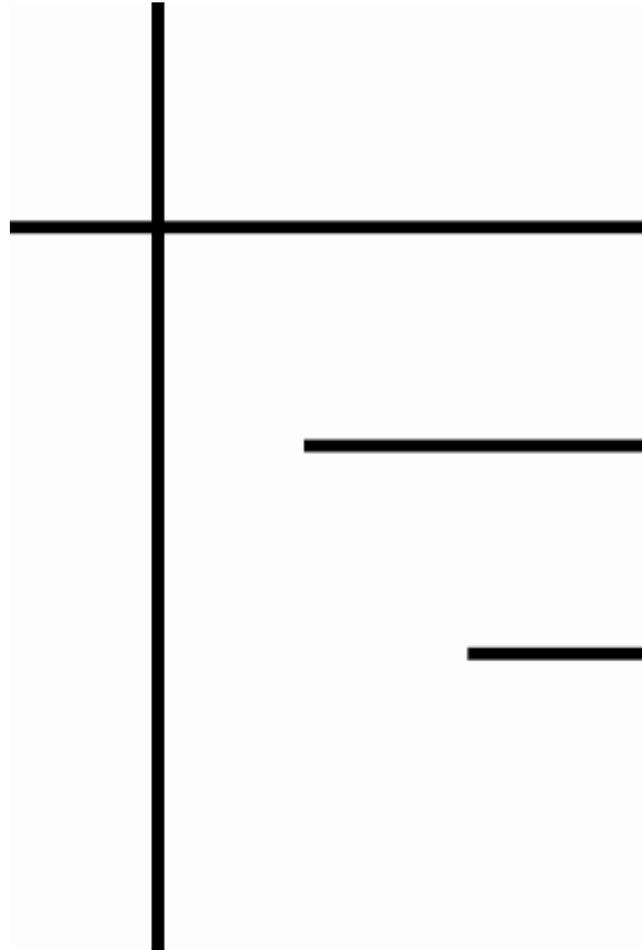


JAMES T. BURGER is known for his atmospheric and meditative musical performances. His distinctive sound combines acoustic instruments such as kalimba, metallophone, shruti box, singing bowls, and autoharp with electronics and a wide variety of percussion.

His innovative CD, *Resonating Twilight*, comprises a series of ambient percussion pieces representing the cyclical moods of time and nature. He was the creator and producer of ArtWorks, an annual arts festival at Dartmouth College, and has performed rhythmic interpretations of Emily Dickinson's poetry at Amherst College.

He is also the editor and publisher of *xylostyle.com*, an award-winning online magazine.



JAMES T. BURGER



Tibetan Singing Bowls

About the Bowls

Historically, Tibetan singing bowls have been used to enhance meditation. Their seemingly endless frequency vibrations and harmonic overtones have the ability to transport listeners into a relaxing realm of calm and self-awareness.

The bowls are made from a combination of various metals, including gold, silver, copper, lead, tin, and iron. Metallurgical history suggests that they may date back to at least the eleventh century BC.

Holistic practitioners also use the resonant energy of singing bowls to tune and align the body's seven *chakras*. Particular frequencies, pitches, and soundwave pulses correspond to the characteristics of each *chakra*.

Playing Techniques

A singing bowl can be played in a number of ways. Most basically, it is gently struck with a fabric-headed stick, similar to a gong mallet. This produces a muted chime-like tone. Rather than tapping out a tempo, the player leaves enough space between each beat for the notes to cross-fade into each other.

Striking the bowl with a wooden stick produces a more strident sound, similar to that of the Balinese gamelan.

The purest song is produced by holding the bowl in the palm of one hand and rubbing a stick around the rim. This creates a sustained, uninterrupted tone-flow, like that of a bowed stringed instrument. Pitch and vibrato are affected by the speed, pressure, and angle of the stick's motion.

The Seven Chakras

(With Corresponding Musical Keys and Colors)

Top of the Head

(B, Violet)

Forehead

(A, Indigo)

Throat

(G, Blue)

Heart

(F, Green)

Solar Plexus

(E, Yellow)

Abdomen, Lower Back

(D, Orange)

Base of the Spine

(C, Red)