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Undergraduate Library Research
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Healing Sound: Contemporary Methods for Tibetan Singing Bowls

William H. Hannon Library offered a tremendous assortment of resources and services which enhanced my work. Services that aided in developing quality research included searching through the library's main stacks, requesting books from the basement storage and Special Collections, utilizing Link+ through the document delivery service, and using research databases such as Worldcat, Proquest, and Oxford Music Online. Since the topic of my paper focused largely upon sound, it was extremely helpful to check out sound recordings found in the library's media collection. I was able to listen and analyze the recordings of Tibetan instruments in a private music room located within the library.

At one point, I was having difficulty requesting a journal when I discovered the option to chat online with a librarian for assistance. This resource in particular was very helpful and the librarian helped guide me through the process. This service is phenomenal and extremely helpful. I was able to call, text, or chat online with an available librarian if I had any questions. The librarians working in Special Collections were also extremely helpful in retrieving books from the vault, suggesting specific materials, and helping me search through the collection of postcards. While researching books such as Kircher's *China Illustrata* (1667), *Phonurgia Nova* (1673) and Pinkerton's *Travels from Tibet: to and from China* (1811), I discovered that Tibetan singing bowls ceased to be mentioned. I was almost certain that Kircher's *Phonurgia Nova* would have at least mentioned singing bowls since it was the first book written on the physics of acoustics. At first, I thought that I had reached a dead end in finding information for my research paper. However, the very fact that Tibetan singing bowls were not mentioned in any of the historical special collections lends support to the theory of several authors such as Eva Rudy Jansen and Suren Shrestha, that use of these instruments were hidden from the public eye and utilized secretly because Buddhist monks did not want to have any affiliation with shamanism.

When finding and evaluating research on Tibetan singing bowls, I learned that it is very helpful to have a bibliography that cites mention of Tibetan singing bowls. Once I discovered that quality bibliographies lead to even greater resources and books, I was able to check out several books from Link+ including books with sound recordings and case studies in which I was able to use as clinical evidence. My discovery of the multiple tools and techniques available for research at the library resulted in a quality paper which I presented at the Undergraduate Research Symposium 2010. If I had been unaware of all of the great resources and services available to me, I would not have felt confident presenting my paper.

My library research has contributed to a mastery of lifelong learning in which I now know several research strategies, resources, and services available to me at Loyola Marymount University. As I graduate in May, I will continue to utilize the strategies I have learned when tackling a research project and employ them throughout my graduate professional career.