

Gong Used in Sound Healing.

1. Where did Gongs Originate.
2. How Gongs are made, and materials used <http://www.paistegongs.com/manufacture.php>
3. Types of Gongs <http://en.wikipedia.org/wiki/Gong>
4. Symbols of the Gong
 - A Scared Geometry
 - B. Planetary / frequencies Hans Cousto
1978 <http://www.planetware.de/octave/cosmic-octave.html>
 - C. Wealth and prosperity/ Ceremonial
5. A .How Gongs Heal: Sound Therapy
 - B. Blood Testing <https://www.youtube.com/watch?v=aQ-JDNfviDM>
 - C. Research by Sherry Beitzel (insideouttherapies@yahoo.com)
Magnetic field therapy and Blood Testing
6. Playing Gongs, size of gong and different mallets
7. My Experience with the Gongs
 - Where Training comes from
 - a. Yogi Bhajan, Don Conreaux lineage.
 - b. Learning alone

c. Yoga Nidra

d. Flying verses Gong Playing

1. Where did Gongs Originate.

The gong is one of the oldest musical instruments in the world. Archaeologists have unearthed gongs built almost four thousand years ago. The earliest written mention of the gong was in China in the 6th century. In these ancient documents the Chinese claim that another culture from Central Asia introduced it to them. While we can't be certain which culture created the gong, it's safe to say the sound resonated with the Chinese and that they made the gong their own.

The gong and its music then migrated from China to Java -- the term gong is actually Javanese in origin -- and became established in Indonesia by the 9th century.

The Javanese made their gongs in a new way that was much different from the large flat Chinese gongs; they used deep turned-down rims with a raised knob in the center.

The Indonesians also developed a style of playing many of their gongs at once, in a percussion orchestra known as a gamelan. In gamelan, the gongs are usually different sizes, with each one tuned to a different specific pitch.

Gongs migrated slowly from Asia to Africa and finally arrived in Europe in the eighteenth century.

The style of gong that Europeans first saw and heard was the big Chinese gong of indefinite pitch that you have probably seen in the back of orchestras. Though now a regular part of the percussion section in Western orchestras, the first symphony to include one was *Mirabeau*, written by the French composer Francois Gossec, in 1791.

How Gongs are made, and materials used

.Gongs are constructed of hammered metal. Most are made out of bronze or brass, but with an amalgam of other metals.

Gongs vary in diameter from about 20 to 60 inches, and they are made of [bronze](#) containing a maximum of 22 parts of [tin](#) to 78 of [copper](#); but in many cases the proportion of tin is considerably less. Such an [alloy](#), when cast and allowed to cool slowly, is excessively brittle, but it can be [tempered](#) and [annealed](#) in a peculiar manner. If suddenly cooled from a cherry-red heat, the alloy becomes so soft that it can be hammered and worked on the [lathe](#), and afterwards it may be hardened by re-heating and cooling it slowly. In these properties it will be observed, the alloy behaves in a manner exactly opposite to [steel](#), and the Chinese avail themselves of the known peculiarities for preparing the thin sheets of which gongs are made. They cool their castings of bronze in water, and after hammering out the alloy in the soft state, harden the finished gongs by heating them to a cherry-red and allowing them to cool slowly. These properties of the alloy long remained a secret, said to have been first discovered in Europe by Jean Pierre Joseph d'Arcet at the beginning of the 19th century. Riche and Champion are said to have succeeded in producing tam-tams having all the qualities and timbre of the Chinese instruments. The composition of the alloy of bronze used for making gongs is stated to be as follows: Copper, 76.52; Tin, 22.43; Lead, 0.26; Zinc, 0.23; Iron, 0.81. The gong is beaten with a round, hard, leather-covered pad, fitted on a short stick or handle. It emits a peculiarly sonorous sound, its complex vibrations bursting into a wave-like succession of [tones](#), sometimes shrill, sometimes deep. In China and Japan it is used in religious ceremonies, state processions, marriages and other festivals; and it is said that the Chinese can modify its tone variously by particular ways of striking the disk.

. Tam-tam Gongs, Nipple Gongs, Opera Gongs, Wind gongs, Sculptural Gongs, Planet Gongs, Symphonic Gongs

Gongs are constructed of hammered metal. Most are made out of bronze or brass, but with an amalgam of other metals.

In Tantric Hinduism and Buddhism, a diagram representing the universe, used in sacred rites and as an instrument of meditation. The mandala serves as a collection point for universal forces. By mentally “entering” the mandala and moving toward its centre, one is guided through the cosmic processes of disintegration and reintegration.

[from: Merriam-Webster dictionary]

Symbols of the Gong

The word mandala itself is derived from the root manda, which means essence, to which the suffix la, meaning container, has been added. Thus, one obvious connotation of mandala is that it is a container of essence.

[Taken from: Exotic India]

Scared Geometry

The above 2 definitions can also be applied to the Gong. What is the Gong but a container of essence? It is a container of energy, of primal life force. Those of you who work with Gongs know this. You also know that by entering it, you become a part of the whole of creation.

Even the shape and the colorings/patterns of the Gong are mandala-like. Who hasn't spent time just looking at a Gong and meditating on it? And like the Buddhist mandala, the Gong invites us in, invites us in to experience the vastness of the Universe.

Everything is contained in the Gong. ~ Singal Rinpoche

Planetary / frequencies Hans Cousto 1978

"The sound characteristic of Planet Gongs (PG) is comparable to that of Symphonic Gongs in diameters 20" through 38". Planet gongs are tuned in conformity with the natural harmonic series based in the orbital properties of the Earth, the Moon, the Sun, and the Planets according to calculations of Hans Cousto. Thus they resonate in harmony with the cycles of the celestial bodies and communicate a distinct aspect of the 'music of the spheres' so amply quoted since the Antique. Their sound color is extremely mysterious and conveys an unusual, unfathomable atmosphere."

Wealth and prosperity/ Ceremonial

. Sound Healing Sound is being perceived through our ear, our skin and bones. A fascinating fact about hearing is the association of the ear to the pneumogastric, or tenth, cranial nerve, a.k.a. the vagus nerve because it wanders through the thoracic and abdominal cavities. It regulates the functions of many major organs, among them lungs, heart, stomach, kidneys and the liver. Originating in the brain, it attaches to the inner and outer eardrum, the conveyors of vibrations generated by sound in the ear, and ends all the way down by the anus. As a result, sound is not just vibrating the eardrum but with the help of the vagus nerve it resonates and **vibrates**, or "massages", the entire being on a cellular level.

<http://en.wikipedia.org/wiki/Vibration>

<http://en.wikipedia.org/wiki/Sound>

<http://www.ndt-ed.org/EducationResources/HighSchool/Sound/vibration.htm>

David Gibson Sound Healing Course in San

Francisco <http://www.soundhealingcenter.com/explore.html#whatis>

How Gongs Heal: Sound Therapy

Blood testing Richard

Rudis: <http://www.sacredsoundgongbath.com/>

video of blood test. <https://www.youtube.com/watch?v=aQ-JDNfviDM>

Research by Sherry Beitzel (insideouttherapies@yahoo.com) Magnetic field therapy and Blood Testing

Sherry has done 5 events over the last 2 years where 20 to 50 people attended.

She has done a total of 25 blood tests from these events.

Only 2 out of the 25 showed irregularities, but both 2 subjects had eaten a full meal before the gong bath.

(fighting each other for nutrients, and blood flow?)

23 subjects showed increase of O₂ in the blood which transports CO₂ and junk, toxins out of the body, out of the cells.

Blood showed improved circulation.

Sherry was surprised at her findings. She says "The blood shows physical, mental and emotional aspects going on in the body". She was surprised the first time she did a test after gong that the amount of change that happened.

- a. No sticky cells (open you up to release)
- b. Boosted white cell production
- c. Brighter, shinier, bigger cells, immune system showed strengthening.

Richard tells his people to drink water before and after the gong meditation to allow the body to process.

Because the emotional and mind are at rest during a Gong bath.

Playing Gongs, size of gong and different mallets

Different Mallets do different things on a Gong. A larger Gong has a different affect with a certain mallet than a smaller gong. Gong range in size from a few inches in diameter, to 80' in diameter, or even more.

Harder Mallets, Soft Mallets, Flummies (German word for rubber superball) It is better to have one gong, and several mallets you can have an amazing sound healing tool. It is better to have One gong and many mallets and flummies, than many gongs and one mallet. Sound Healing with Gongs by Sheila Whittaker.

My Experience with the Gongs

Where training comes from

Yogi Bajan It means that as a teacher of righteousness and truth, you must master the truth itself. You must become a living truth.

Harbhajan Singh Khalsa Yogiji, known as Yogi Bajan The first to publicly teach Kundalini Yoga, when he arrived in the West in 1968, he announced he had come to the West "to create teachers, not to gain students". <http://fateh.sikhnet.com/yogibhajan>

Don Conreaux formerly known as Baba Don and Guru Jagat. Master Don was one of the five original Kundalini Yoga Teachers designated by Yogi Bhanan in 1969. Don also studied the gong writings of Dane Rudhyar. He established the Nanak Dwara Ashram Teacher Training 1970-1976 in Phoenix, Arizona.

Learning alone

I did not get formal training, except for a book called **Gong Yoga by Mehtab Benton**. I could not walk, I could not drive.

I sat in front of that gong, every day for 4 hours, and listened and watched, and heard and practiced.

I bonded, and she taught me, she loved me back to health. It was the universe, it was me. It was all things.

I saw my reflection in her, and knew I had been here in front of her before. I saw a man, a woman, a monster, the good the bad and the ugly. I embraced, and I flowed into the Gongs graceful blossoming frequencies and vibrations.

I started feeling better. I started to be able to stand while playing.. little by little...

I invited people who were interested in sharing my experience. They taught me how to speak my truth in front of a group, which I was so afraid of doing. I was not the star, it was her, She tricked me into talking about life, and the cosmos and all my previous spiritual adventures, and Truths I discovered on my journey. We bonded more. I got healthier. Something magical was happening. People came to listen to her sing, and listen to me speak.

Yoga Nidra

I took a Yoga Nidra class, I did not know what it was, only it had yoga in it, and it didn't involve postures to stand and balance. I had no idea that this was going to be the platform of my Gong Meditations. Breathing in and out.. Singing quietly until the energy begged for a little more.. Then the big breath, and the out breath followed, but most importantly that pause between... which was so important for processing, releasing, healing, and discovering. Downloads, and mystic scenery. Love and Hate, all becoming One, all neutrality in a moment.

I got sick July 2009- I found my Gong in 2011.

2014, New Years I played and shared my now, 5 beautiful gongs to a crowd of 75 people. How did I get here, what was going on? I knew vibration would heal me, but what really was going on?

I played sitting down for a year, now I can stand. I have 3 nights a week I play. I have seen remarkable things change in people's life. There confidence, the trust, a community was born. All because of her, and my wiliness to look for her.

The most impressive change people express is creativity. Which comes to no surprise since during a Gong session, my intention is to get them into theta and ride delta. That is where one is out of the way, the body knows how to heal itself, and the soul knows what it needs. Images come, dreams are remembered I bring them out of the meditation the way Steve Price my Yoga Nidra taught us.

Now I am in class, an online class with people from all over the world. I am so blessed. I just wanted to find out how to record my new family, and found a sound healing class. I used to fly high and fast, for amazing families who owned amazing aircrafts. I flew at 51K feet above the earth, seeing its curvature. My love was the freedom of flying, and being in the now. I did not think it was obtainable here on earth. And here I am in my room, flying off into dimensions far more impressive, yet unbelievable to the mind.

Flying verses Gong Playing

Flying has taught me many spiritual things. I could smell, hear what was going on which my aircraft before it showed up in the physical. I can feel the crowd that listen to me, like it is the vessel I am piloting. Yet, I am not the pilot, the universe is my pilot, my portal is the Gong.

I have to be careful because I became immune to turbulence, having experience very severe in the past 25 years of flying, I forget when it a little bumpy, that it could make the passengers uncomfortable. Just like the sounds I encourage out of the Gong.. The Gong is more powerful than any machinery I have ever flown. It can break up emotions, and patterns, and cellular structural, genetics'.. Who knows, and I need to be light on the wheel, and conciousious of the vibrations rippling out.

But the Gongs knows, and I just have to pay attention, the vessel knows how much stress can be handled, I just have to be aware and stay out of the way.

Go to www.Gongster.com to show my CD and how I play.. thank you David.