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Sound Healing Certification Final Paper

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The vibrations of sound have direct impact on our emotions and physical energy. When you hear music that makes you feel good, you are feeling the effects of dopamine. Dopamine is an organic chemical released in the brain that enhances the feelings of reward and pleasure. While meditation music can be calming and relaxing, any music that brings joy to your heart helps you shift.

Gong sound can be used to rebalance the physical, emotional and spiritual bodies. It is an excellent therapy for stress related issues, depression, fatigue, anger and hostility, feeling of separation and loneliness, and all kinds of fears along with many other conditions related to lack of balance and harmony in the body.

“The gong is known as an instrument of transformational power. It is a tool by which we are engulfed in total sound, and through our intuition, we are brought back to optimum health and balance. The gong is a supportive tool for the manifestation of our harmonious physical, mental, and emotional being. The OM tone of a gong creates total silence within. The sustained tone of a gong creates timelessness. The building of its tone combinations and creates a sense of levitation or lightness. It is the unique quality of a gong’s resonance that integrates diverse elements into a power of synergy, or functional harmony. We also call the tone produced by the gong a “feeling tone,” because we feel it in our body, as well as hear it

This "musical touch," of hearing through the ear of the body itself, creates a sense of ecstasy or well-being. The gong experience is an immersion into a spiraling cocoon of total sound. Through gonging, we are able to lose the sense of identity with our body as a physical object. We are no longer limited to a 3rd dimensional material world, but are taken to a fourth dimensional dream body.

When we are in a 4th dimensional dream body, there is less interference between our ego consciousness and our more evolved innate intelligence. Our innate intelligence is the consciousness, creating perpetual DNA-repair while we are alive.

Although this repair goes on while we are in the awake state (beta consciousness), it is when our rational mind is asleep that the DNA-repair is better able to achieve maximum efficiency. This process begins in the alpha-theta state and reaches ultimate efficiency in the deep delta state. In delta-sleep, the mind is completely unconscious.

In the completely meditative state of being awake while completely asleep (the 4th dimensional gong experience), we increase the re-youthening potential of the innate intelligence without going into unconsciousness. The personal ego is then able to attain a state of non-judgement or neutrality. This is the state of total body/mind harmony. “–Don Conreaux

This is why I chose the topic of the gong for my final project. I attended a gong bath in March of 2016 and I was so mesmerized by all the tones I was hearing. Being a percussionist I listen and play music as well as facilitate drumming circles. It's important to be creative, listen to the silence, work with what is given to me by the group/energy and empower those in the group/band. I wanted to know more about sound, which lead me to taking this class after talking to a drummer friend, Tonya Lyles after she posted on her face book page that she received her Certification in Sound Healing.

“Remember that sound shaped into a dazzling tool can make, brake or rearrange molecular structure and levitate objects. Hence, when used in a benevolent fashion the formula is $FREQUENCY + INTENT = HEALING.$ ” - Deloma.Life

This is a formula I keep near to me. When clients come to me I see them as whole, perfect and complete. They are just coming to lay on my table for a minor reboot or adjustment to continue on life's path in a harmonious way.