

## THE HEALING POWER OF THE GONG

Susie Hernandez

The gong is an ancient instrument which was revered in many civilizations and used for rituals, ceremonies, weddings, funerals, major announcements, battles, and even to assist the soul to leave the body through the crown chakra at the time of transition. It is not only a musical instrument commonly found in orchestras, but also considered an agent of transformation for the body, mind and soul because of its unique vibrations and harmonics.

Most instruments have an initial sound (attack) and as the sound continues, it fades (decay) in a linear manner. Our minds are able to predict the way the sound will begin and end with most instruments. However, when a gong is struck, or sounded, after the initial attack, it begins to fade but instead of fading to silence, the sound begins to build again without an additional attack. Think of waves in the ocean, lapping over each other. As the sound waves begin to layer on top of each other, it creates new sounds. This layering of sound eventually fills the room with complex unpredictable vibrations which the mind can no longer categorize. The mind begins to surrender to the sounds it can no longer predict and the individual begins to hear in a new non-linear way. The mind attempts to identify the sound and here is where each individual's experience is unique, they may even begin to think they hear other instruments, voices, animals, or sounds.

Yoga teacher and gong practitioner, Mehtab Benton, in his book, "Gong Yoga" writes: "This entirely personal perception of the gong's sound is due to its undertones. These undertones, which are produced when loud tones are sounded together, are known as combination tones. Acousticians consider combination tones to be a physiological phenomenon, rather than an acoustical one, because the notes are actually synthesized within the inner ear of each listener by the vibration of the cochlea, or extremely delicate hairs. The gong thus produces an inner sound as well as an outer sound. It is this dual sound that takes each listener deeper into their own experience of being so that the sound of the gong becomes individually unique to each person."

From aboutgong.com: "The gong also restores vitality to the body through sympathetic resonance. The idea here is that every part of your body (every organ, every cell) has a resonant frequency – a frequency that it most naturally wants to vibrate at. These frequencies get out of balance with illness and stress, but you can restore them to optimal vibrancy through exposure to a stronger vibration at the same frequency. The powerful vibrations from the gong travel through your body (since bone and water are effective conductors of sound), allowing you to re-tune those frequencies where you might be lacking." The gong also stimulates our glandular system to function at a higher level and impacts our meridians.

Our parasympathetic system is also activated by the gong by entraining our brainwaves from beta into alpha and theta states where our minds are relaxed. When our minds are quieted, new ideas, solutions, and inspiration come to the forefront. When our minds are relaxed, our bodies follow. In deep relaxation, our body's natural ability to heal is activated, stress and tension are reduced, blood pressure and circulation improves, and we feel an overall sense of calm and peace. When we are in deep relaxation we can access the frequency of truth, where we can gain insight and be in tune with our intuition. In my experience, it also has the ability to attune you to your higher self which makes it easier to see what is not in alignment with you.

When asked in an interview, “**How does the frequency of this instrument affect the human being?**” Yogi BhaJan, Ph.D said: *“The gong plays all sounds that have already been created. The physical body is pure energy and when we have the blessing of receiving the sound of the gong, this leads us to an ocean of waves where we can organize ourselves completely.”*

I’ve created a 10-minute sound bath with my two gongs, crystal bowls, and other instruments and added sacred geometry visuals created by geometer, Jonathan Quintin, to enhance the experience. The visuals are from his presentation “Sacred Geometry & Universal Order” which he presented at the 10th International Globe Sound Healing Conference on Nov. 14, 2021. I highly recommend watching the full presentation here: <https://www.youtube.com/watch?v=vOC7Kr1LCQU>

As you listen to the sounds and watch the video, try to keep your muscles relaxed and allow the sounds to penetrate your body. Also, keep in mind what Quintin says about these sacred geometries which are aligned to the Golden Ratio, 1:1.168. He says that when we look at these geometries, they are imprinting on your mind and aligning you to a higher, natural, transcendental order. The more you look at them, the more they are enmeshed in your consciousness. He says that even though you are looking at the screen, the real geometry is happening in your mind as your mind applies the mathematical processes that created these geometries, organically. From a cellular level, you are recognizing various aspects of these universal principles. The algorithms of the universal mind are feeding you, nourishing your soul and they include the harmonic frequencies that went into the production of their visual arrangement.

I hope you are able to benefit from the sound bath with visuals, it is best experienced with headphones. You can follow my sound healing journey (Gongsia Sacred Sound Sessions) on Instagram: [www.instagram.com/gongsiasessions](http://www.instagram.com/gongsiasessions) and on Facebook: <https://www.facebook.com/GongsiaSessions>

Namaste