Intro to Gong

Octoberr 21, 2024

5:30 to 6:30 PM

Today’s session:

- What is a gong
- Origin of the gong
- Sound produced and effects
- Essential equipment
- Basic techniques to play the gong
- Preparing the space

What is a Gong

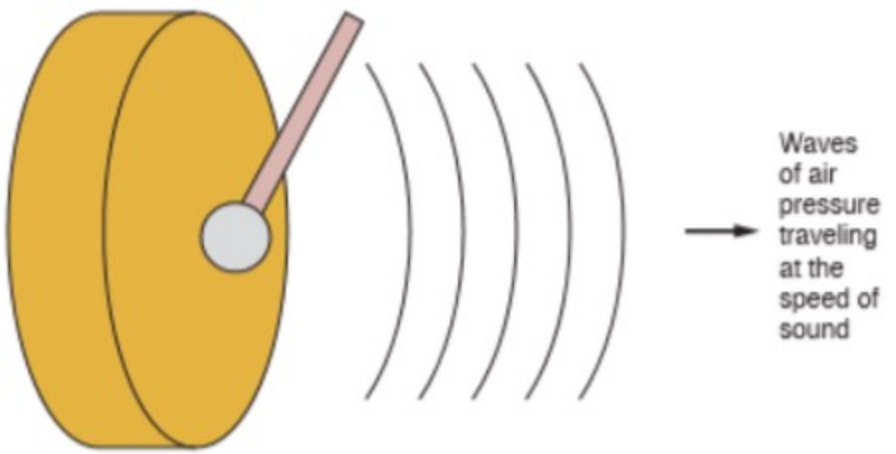
- Percussion instrument
- Sheet of metal made out of copper, tin, nickel and zinc
- Hand hammered to shape and fined tuned
- Round with a flat surface but some gongs are raised at the center

Origin

- China in the 6th century, *Tai Loi* inscription "Happiness has arrived"
- Moved to Java in the 9th century, the term 'gong' is Javanese
- From Asia to Africa to Europe, Francois Gossec introduced the gong in the orchestra in 1791
- Yogi Bhajan introduced the gong in 1970s

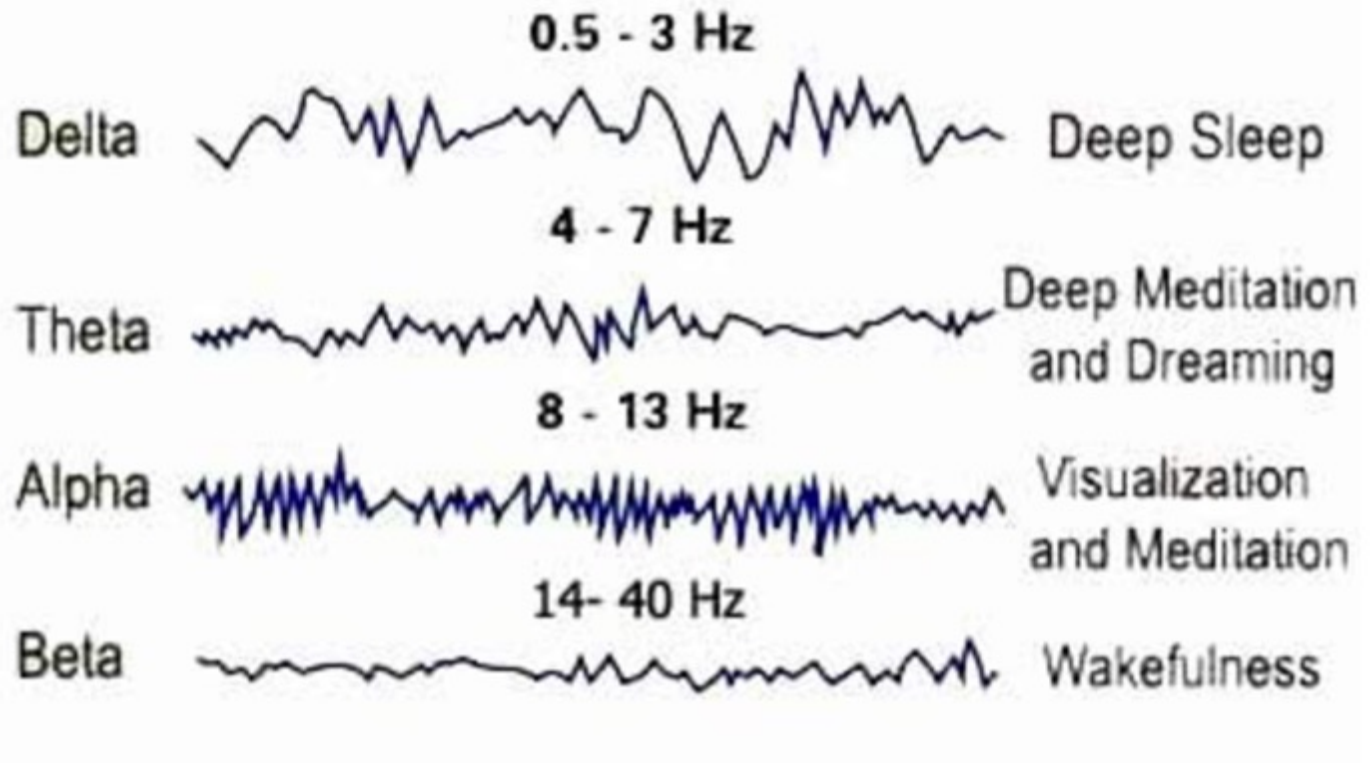
Sound produced and effects

- Produces clusters of tones, overtones
- Complex, unpredictable sound the human mind cannot identify it
- Within 30 to 90 seconds, the mind surrenders to the sound
- Slows down brainwaves to Alpha, Theta and Delta



The science: shift in brainwave

- Beta: walking, talking
- Alpha : relax, reiki, daydream
- Theta: access subconscious memories, patterns and programs to release blocks, pain, trauma and create new neural pathways (subconscious healing)
- Delta: body shuts down to repair itself (physical healing)



Some of the benefits

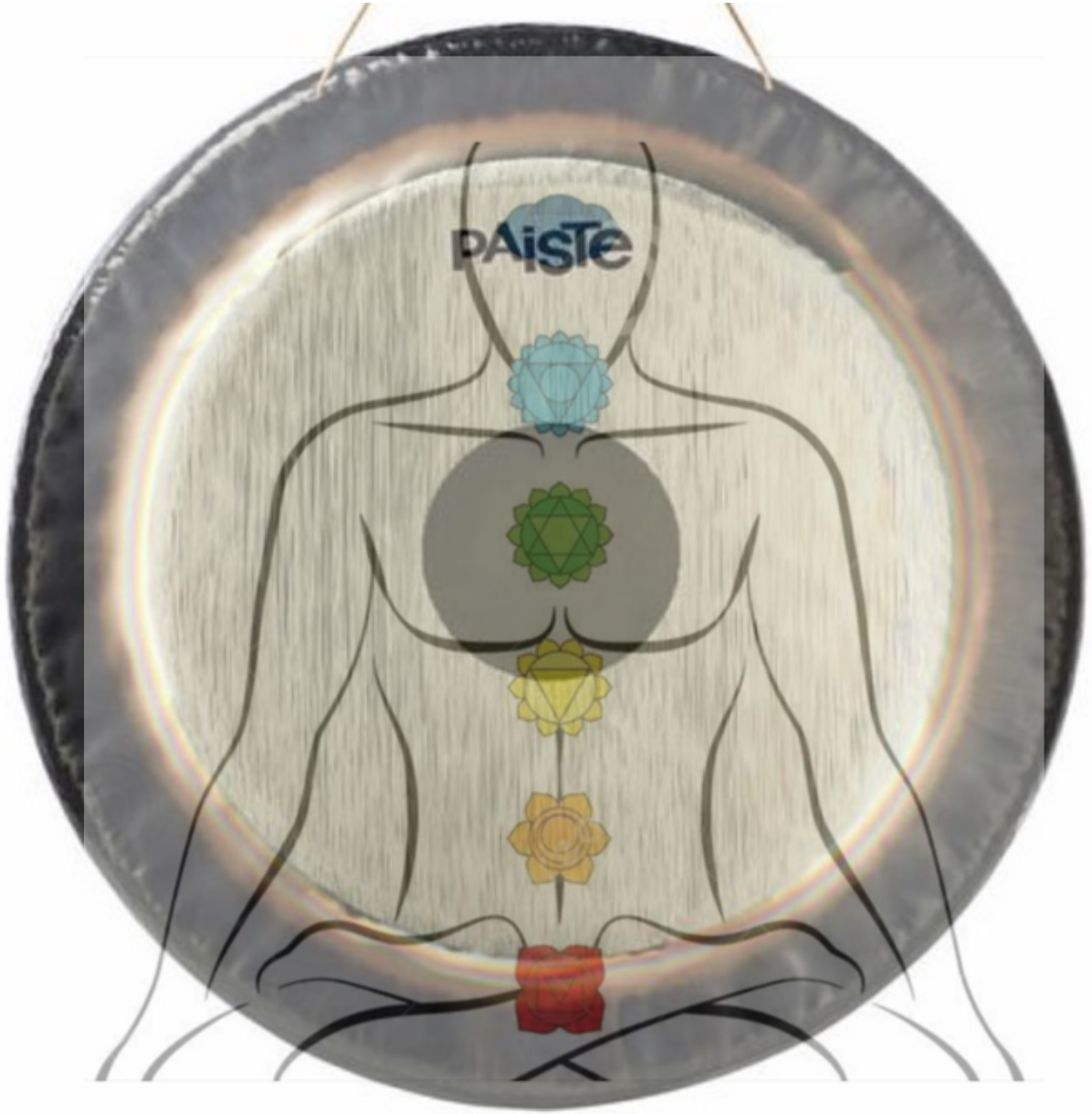
- Creates deep relaxation and clears the mind; Immediate reduction of stress and anxiety;
- Stimulates the glandular system and improves function
- Stimulates circulation
- Relieves neck pain, headaches, menstrual cramps, muscle pain, and improves joint flexibility and range of motion
- Aids in breaking addictive behavior
- Regenerates the nervous system and repairs damage to the nervous system
- Clears the aura, opens and aligns the chakras
- Clears the subconscious mind from negative thought patterns

Playing the Gong

- Basic equipment:
  - Gong (24 to 36 inches)
  - Stand
  - Mallet

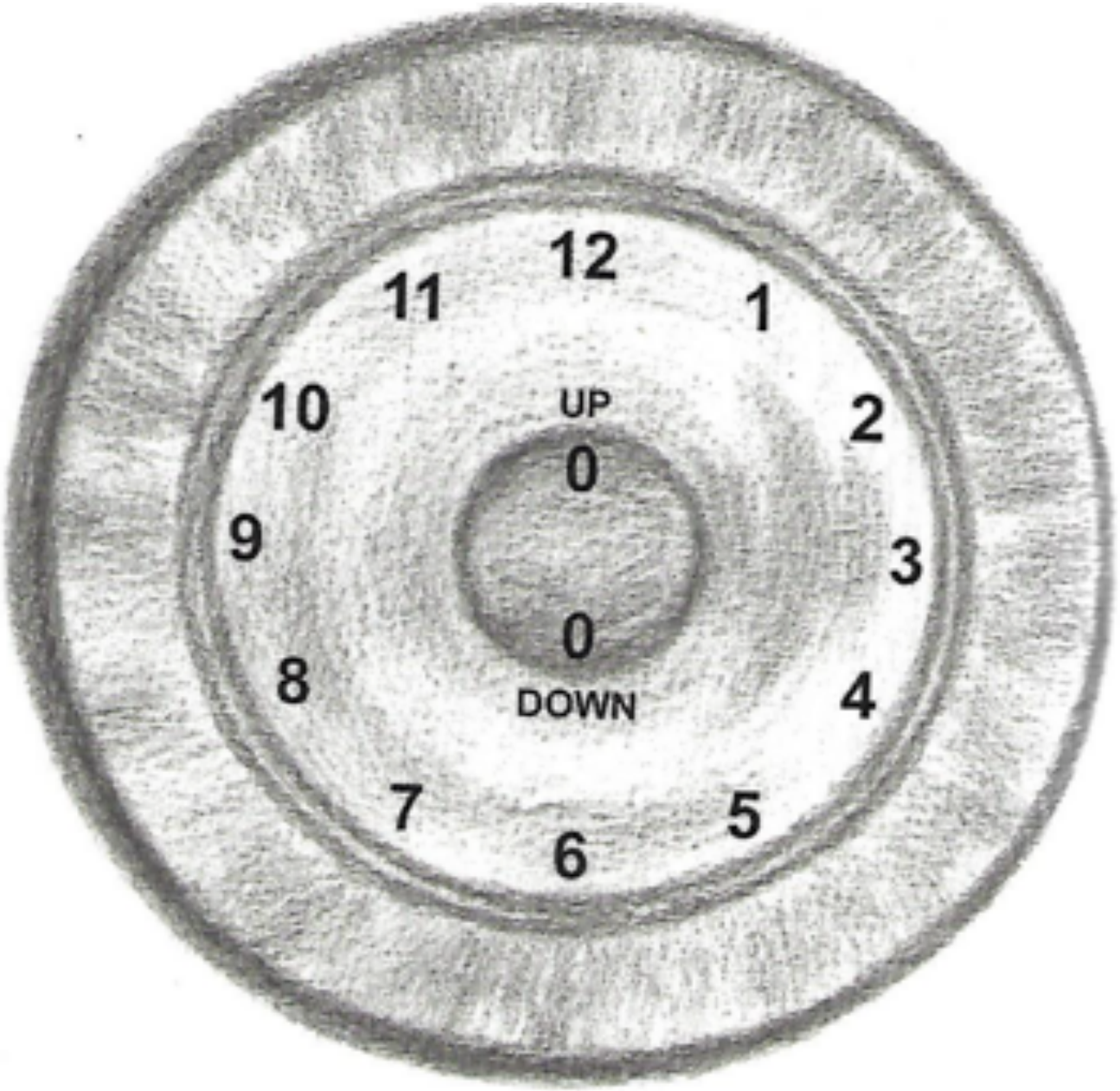
Playing the Gong

- Lower area – the organs and glands in the lower part of the body are affected
- Upper area – the organs and glands in the upper part of the body are affected
- Center – heart, lungs and thymus gland



Playing the Gong

- Percussion points
  - 12 points
  - Up 0 and Down 0
- Strokes
  - Up stroke
  - Down stroke
  - Single point
- Rhythm
  - Faster and louder – release block
  - Slower and softer – relaxing



Ways to use Gong

- Deep relaxation
- Kriyas and meditation
- Rebirthing
- Sound bath
- Gong Puja
- Gong therapy

How to prepare the space for participants

- Relax the physical body with kriya, meditation or breathwork
- Reduce sensory stimulation
  - Dim the lights or cover the eyes
  - Cover the body with shawl or blanket
  - No strong smell of perfume, smudge, oils or incense
  - Turn off all devices
- Lie down on the back and be comfortable, pillow can be used, head position
- Give basic guidelines for relaxation
- Remind students to surrender, relax, let go and let the gong work its magic

How to prepare YOU for a gong meditation

- Approach the gong with honor and reverence
- Tune in with three mantras to create an intuitive relationship with the gong:
  - Aad Gurah Nameh
  - Ong Namo
  - Aad Such
- Bow and/or acknowledge the gong before holding onto the mallet
- Prime the gong
- Chant a mantra while playing

Contraindications

- Women who are in their first and final trimester of pregnancy
- Children under the age of 7
- People suffering from a serious mental health issue or suffer from serious heart conditions
- People on heavy medication
- People wearing a pacemaker or other metal implant
- People suffering from sound induced epilepsy

Sat Nam and thank you!

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