

The Art of Sound Healing with Gongs

Learn

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- ~What you are experiencing in sound healing
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- ~Q and A with “Gong Master Sound Healer’ Dhyanjot aka ‘DJ’

Benefits of Sound Healing

- Neutralizes Tension
- Clears energy blockages in body and mind
- Enhances energy by activating the nervous system
- Activates and shifts vibrational frequencies through entrainment
- Re-aligns body systems into its original balanced state
- Brings one to be more present, at ease and at peace

Planetary Gong Incorporated into Sound healing

- Calibrated based on Hans Cousto mathematical formulas based on planet movement
- Each gong has a fundamental note, octave, frequency (Hertz), and effect (content)
- Each gong has an object, symbol, and content
- Gongs combined creates a symphony, story, and state of entrainment
- Combining specific gongs to the astrology magnifies the benefits and effect

About Vedic Astrology and gongs

- Each session reflect what is happening in the solar system
- Planet arrangement in the sky are similar to each session arrangement
- Gongs magnify the vibrational influences of the planets
- The outer vibrations of each planet inter-relate to our inner elements
- Everything is interconnected through vibration
- Planet arrangements for each session help magnify the positive aspects
- Setting intentions as a group in relationship to the astrology creates a portal
- Each portal has a vibrational channel that has a story and pattern for alignment
- Aligning with planets regularly helps one ebb and flow with life

What are you experiencing during a sound healing

- Vibrational sounds and frequencies that calm the mind and ground the body
- If you have a strong mind frequency there can tend to be some internal turbulence
- Turbulence is related to holding on, a fear of losing control, or not breathing deeply
- Old patterns, conditions, and habits are temporarily let go of in favor of a more natural state of being that comes from releasing stress
- Regular sound healings begin to help permanently shift these patterns, habits, and conditions through what is called entrainment
- Entrainment helps develop positive healing results from effective techniques in sound healing
- Trauma, deep seeded conditions, and suppressed experiences may lie deeper in the subconscious vibrational patterns of the cells. These can begin to be found through the shamanic journeying in order to reconcile and heal
- After a sound healing you may feel lighter, energized, euphoric, relaxed, connected, refreshed, and clear headed
- Sleep patterns and processing may change. Try not to judge how and what sleep should be like in order to receive the maximize benefits from the residual energy after a sound healing session

How to get the most out of a sound healing session:

- Lay down comfortably on your back with slight movements at the beginning in order to find a comfortable position to be fully relaxed
- Gamma Delta state is best: Slightly awake and not fully asleep or a lucid state
- Cover with a blanket and have a pillow under the nape of neck and knees
- Breath deep four seconds in and eight seconds out to activate Vagas nerve
- When turbulence or internal wave motion comes breath into it and let it dissolve. It takes about 90 seconds-3 minutes for major tension to dissolve
- If guided internally visually, then do your best to stay focused and listen to the guidance to observe what you are experience
- To be guided to a place in a session allows you to be a participant in the processing of what is happening in your sub-conscious mind
- There are Gamma/delta states (higher states of consciousness), Theta states (dream state), and Alpha states (meditative state) that can be experienced
- If the sound is irritating where ear plugs as its the vibration and not the sound you are here to experience. If it is easier to go inward wearing an eye cover then do so
- If you sing through your nose please choose to lay on your side comfortably so not to disturb others if falling into deep delta state. If you are tapped on the should or head then it is an attempt to help you move out of delta and into a Theta or other state for the maximum benefit of the experience
- Stay as still as possible during the sound session and only move when instructed to do so by the sound healer. Many leave their body for a short time and need time to come back and ground. No food or water for 30 minutes to 1 hour after session