

SONIC BLISS BATH...

An Experience of Sound & Vibration... *The New Integrative Medicine*

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As you enter the room, the sound of crystal and Tibetan singing bowls washes over you and you take your place in a comfortable position as people settle in around you. As everyone begins to relax, the sound of the bowls becomes quieter and stops. In a moment there are instructions in some yogic breathing techniques and perhaps a little easy stretching to help prepare us to receive the blessings of the sound.

We relax in silence for a few moments, experiencing the silence, allowing our minds to quiet from the activity of our busy day.

Then, out of the silence arises the sound of the gong, a deep resonant sound just in the range of hearing. As we pay attention to the sound of the gong, it begins to fill the space getting louder. Then there is the sound of a second gong. The sound is

similar to the first, with a slightly different frequency setting up a resonant harmonic so that, in addition to the tones of the gongs, there is another tone of the resonant harmonic, a rhythmic “beat” that underlies the sound of the gongs. As more gongs are added to the mix, the harmonics increase and the room is filled with the sounds of the gongs.

In this case, there are five gongs, each tuned to the frequency of a different planet. For example, there is the Earth gong, tuned to the sound of OM, the frequency of the sound of the Earth. There is also a Jupiter gong, a Mars gong, a Venus gong, and a Chiron gong. Each of these frequencies are of benefit to us living here on the Earth.

The Earth gong, obviously, with its resonance helps to connect us to the Earth, physically, mentally, and spiritually. It is inviting us home, bringing us into a deep awareness of our relationship with the Earth, our home planet. Jupiter is the largest planet that we are familiar with in our solar

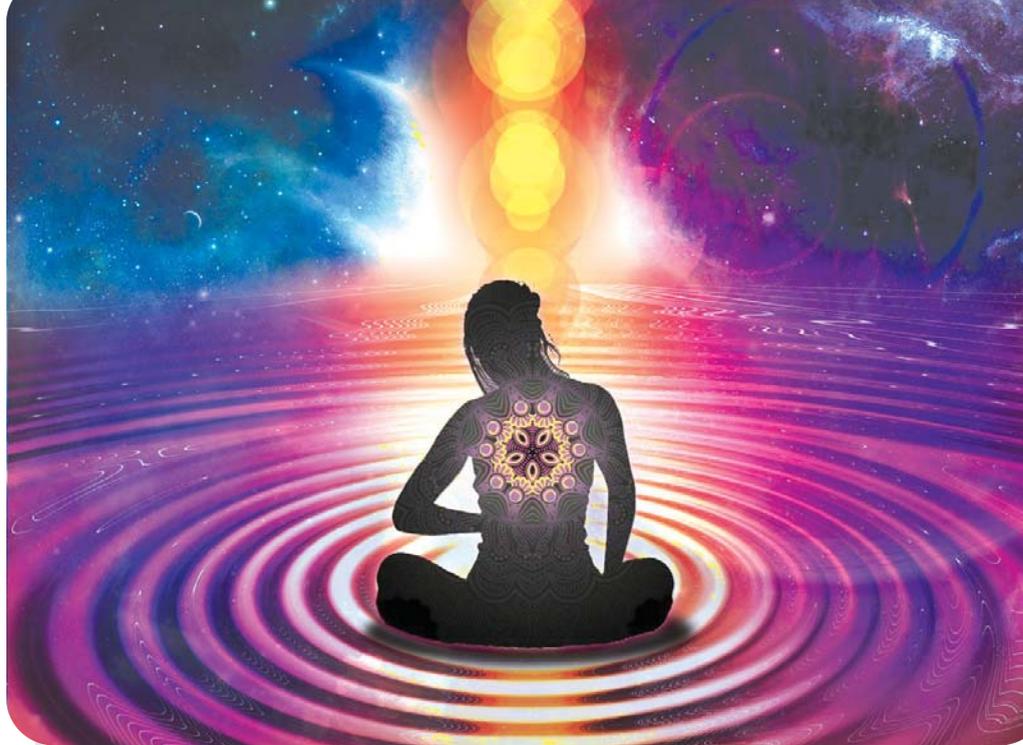


system. As a large planet it is the archetype of expansion, of creating new patterns, of new “big” things in our lives.

Mars, the red planet, is named for the god of war, the warrior. By attuning to the Mars gong, we strengthen our immune systems, and we familiarize ourselves with our boundaries, protecting ourselves from unwanted influences in our lives. The planet Venus is one of the most familiar bright lights in the sky, sometimes the evening “star,” sometimes the morning “star.” We are also familiar with the characteristics of Venus, as she is the goddess of love, representing peace and love and beneficial relationship with all beings.

Chiron is a lesser-known planet, having been “discovered” in 1977, and is named for the Greek god, Chiron, who was born a centaur, half man and half horse. He was rejected by his mother because of his unusual appearance, and has been identified with the wounded healer. The vibration of the planet Chiron is therefore helpful in the treatment of old wounds, physical, mental, or spiritual. Attuning to the Chiron frequency is a very pleasant way of delving into “old stuff” and with the help of the other gongs, gently helping to bring it to resolution.

As the sounds of the gongs fades, the sounds of the singing bowls becomes apparent, further deepening the experience of our existence in the cosmos, of our place in the universe. The bowls, too, are tuned to specific frequencies, relating not only to the planets, but to our various chakras, helping us come in to balance



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Experience**

October 3, 2015
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and harmony, allowing us to realize the reality of our lives. You may also be touched by tuning forks, also tuned precisely to specific frequencies which our bodies recognize and adjust to the natural flow of the sounds.

Then the gongs sound again, and fade into the silence, bringing the session to an end, after which there is time for a brief discussion of your experience—or time to sit in the silence and feel. ■

*We are all vibration.
May we meet
in harmonious resonance!*



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