

Benefits of the Gong



Sound Healing is one of the oldest and most natural forms of healing on the planet. It began 40,000 years ago. It uses the power of vibration and sounds to restore the body, mind, and spirit back into a state of balance.

The gong is the oldest instrument in the world and all the sounds of creation are contained within it. The frequencies and sounds cannot be predicted by the mind, so it slows the brainwaves into a meditative state.

The gongs bring us from a place of thinking and doing to a place of **feeling** and **being**.

The vibrations of gongs help to calm the mind, still your thoughts, and connect you with your true essence. Through this experience, the body naturally releases oxytocin and endorphins, the feel-good hormones in the body.

Some of the many benefits of the gongs include:

- reduces anxiety
- lowers blood pressure
- strengthens the immune system
- increases sense of calmness
- recharges and renews the body, mind, and spirit
- releases energetic blockages
- cleanses and detoxifies at cellular levels
- improves concentration
- improves sleep
- increases peace within
- quiets the mind and connects you with your true nature of peace, love, joy, happiness, and well-being