

Therapeutic Benefits of Gong Sound

LLa'Rah



- ❖ A Gong Sound Bath is a profound higher sensory experience, like a very deep & lasting massage.
- ❖ The Gongs produce a whole spectrum of harmonics that are based on pressure waves and pure tone. The soundwaves vibrate all the body's cells, bones and organs reminding it of a healthy tone, so that it can repattern & harmonise. Negativity and chaos are suspended, irregularity and resistance are cleared, & the whole being is reset, regenerated & rebalanced to a state of synchrony and alignment through its own innate abilities.
- ❖ Each person's experience is unique. As the gong sound washes over them people can experience movements of energy in the body, a calmness & stillness; sometimes a feeling of weightlessness, dreamlike images, colour visuals, moments of clarity & understanding, & sometimes discomfort as a blocked energy is released.
- ❖ Because it rebalances the physical, emotional and spiritual bodies the Gong sound is an excellent therapy for stress related issues, depression, fatigue, anger and hostility, feeling of separation and loneliness, and all kinds of fears along with many other conditions related to lack of balance and harmony in the body.
- ❖ The gong sound can draw stress, anger and negativity out of a person and works well with young people who have hostility issues
- ❖ When the senses of hearing and feeling sound are mixed, a blissful mood occurs which science calls "synaesthesia". In this altered state, with eyes closed, it is possible to experience various levels of ecstasy and enlightenment.



LLa'Rah is a Sound Healer and Workshop facilitator based near Frankston. She combines 20 years of Spiritual exploration as a seeker, teacher and Spiritual Healer/therapist with an academic background as a Psychotherapist, Holistic Counsellor, Writer and Educational Trainer. She is a member of SHA (Sound Healers Association). LLa'Rah can be contacted on 0448 014 723 or email healingwithsound@bigpond.com

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