

HANDHELD GONG THERAPY SESSIONS

The three handheld gong therapy sessions may each be done individually or in combination with each other.

It is best to prepare the client with breathing and relaxation techniques before beginning the sessions.

Handheld Gong Therapy Session #1 – Client Standing (“Gong Shower”)

1. Client comes standing and relaxed. Remain 2-3 feet in front of client. If acceptable to client, tune in together with the sound of three “ONG” chants, softly striking the gong with each chant, in order for them to experience the sound of the Gong. (If chanting is not used, strike the Gong 3 times, allowing the sound to fade between each strike.)
2. Move in front of client, about 12-18 inches away. They can have their eyes open or closed, depending upon their comfort level. Allow the back of the gong to be held at its lowest level in front of the client. Inhale, and strike the Gong once. As it plays, slowly move the Gong up from bottom to the top, stopping at the heart level. Repeat 3 to 5 times.
3. Move to the left side of the standing client and repeat the process, 3 to 5 times.
4. Move to the back of the client and repeat 3 to 5 times. At the back, the gong can be moved higher, up to the head.
5. Move the right side and repeat the process, 3 to 5 times.
6. Move to the front again and repeat the process 3 to 5 times.
7. Remain in silence for a few moments, and then invite the client to open their eyes and move into a seated position. This ends the “gong shower” and you can ask them about the experience. You may then complete the session, or move into Session #2.

Handheld Gong Therapy Session #2 – Client Seated

1. Client comes seated and relaxed. Player can also sit and tune in or check in with the client and then come standing 2-3 feet in front of the seated client. If acceptable to client, tune in together with the sound of three “ONG” chants, softly striking the gong with each chant, in order for them to experience the sound of the Gong.
2. Move to about 18 to 24 inches away from client. Client closes their eyes and, depending upon their comfort level, hold a mudra or hand position as if in meditation. Encourage them to connect to the flow of the breath as they listen to the Gong. Allow the back of the gong to be held at its lowest level in front of the client. Inhale, and strike the Gong once. As it plays, slowly move the Gong up from bottom to the top, stopping at the heart level. Repeat 3 to 5 times.
3. Move to the left side of the seated client and repeat the process, 3 to 5 times.
4. Move to the back of the seated client and repeat 3 to 5 times. At the back, the gong can be moved higher, up to the head.
5. Move to the right side and repeat the process, 3 to 5 times.
6. Move to the front again and repeat the process 3 to 5 times.
7. Remain in silence for a few moments, and then invite the client to open their eyes. They can share their experience with you. If this session follows the previous standing session, they may wish to share any differences they experienced between the two sessions. You may end with this session now or move into Session #3.

Handheld Gong Therapy Session #3 – Client Reclining (Supine and Prone)

1. After checking in, client comes relaxing on their back. They may hold a therapeutic mudra if desired, and then guide them into deeper relaxation by having them consciously connecting to their breath while playing the Gong softly for 2 to 3 minutes.
2. Standing at the feet of the client with the gong, direct their attention to the soles of their feet. Direct them to inhale from the soles of the feet to the crown of the head exhale from the crown to the soles of the feet. As they breathe, strike the gong softly and move it back and forth over the feet, from right to left and left to right. Allow the sound to end each time before you strike again, and keep the gong moving side to side of the feet as the sound dies away. Repeat for 5 to 10 strikes. Then allow for 30-45 seconds of silence.
3. Now direct their attention to the palms of their hands. Direct them to inhale from the palms of the hand into the heart and exhale from the heart to the palms of their hands. Position the gong so it can be moved over the body from palm. As they breathe, strike the gong softly and move it back and forth over the palms, from right to left and left to right. Allow the sound to end each time before you strike again, and keep the gong moving side to side of the palms as the sound dies away. Repeat for 5 to 10 strikes. Then allow for 30-45 seconds of silence.
4. Now direct their attention to the third eye or brown point. Direct them to inhale from the tip of the nose into the third eye and exhale from the third eye to the tip of their nose. Position the gong so it can be moved over the body 24-30 inches beyond the crown of their head. Move the gong to the left and right, about the width of their open arms. As they breathe, strike the gong softly and move it back and forth, from right to left and left to right, taking care not to move the Gong in or out from the head but only moving slowly side to side. Allow the sound to end each time before you strike again, and keep the gong moving side to side as the sound dies away. Repeat for 5 to 10 strikes. Then allow for 30-45 seconds of silence.
5. There are two options: A) You can now end the session and have them slowly come sitting up for silent meditation and a check in, or B) You can have them slowly turn over onto their stomach and proceed as follows.

6. Resting on their stomach, the client turns their head so they are resting on the right side with the left ear turned up. Direct the client to take their breath into the backside of their body. The player strikes the gong and moves the gong slowly back and forth from slightly beyond the client's feet up the back and to slightly above their heart, to create a wave of sound along the spine. Repeat 5-10 times. Rest in silence for 30-45 seconds.
7. Now invite the client to turn their head so they are resting on their left side with the right ear turned up. Direct the client to take their breath into the backside of their body again. The player strikes the gong and moves the gong slowly back and forth from slightly beyond the client's feet up the back and to slightly above their heart, to create a wave of sound along the spine. Repeat 5-10 times. Rest in silence for 30-45 seconds.
8. There are two options: A) The client can slowly turn back over onto their back in full relaxation, and the gong player may use other gongs or sound healing instruments to continue deep relaxation for 7 to 15 minutes, or B) They can finish as follows:
9. After a few moments of silence resting on their back, the gong is played and moved back forth from slight beyond the soles of the feet to slightly above heart, as if a cleansing or healing wave of sound, for 5 to 10 times. The client can then very slowly come into their breath and gradually move into a sitting position.
10. They can either check in about the experience, or the gong player can choose to repeat Session #2 again while the client remains seated and then allowing for a final check in and feedback at the end.