

SOUL TO SPIRIT

USING THE POWER OF THE GONG TO HEAL, BALANCE AND EMPOWER



CHAKRA BALANCING GUIDED MEDITATION

SOUL TO SPIRIT MEDITATION USING THE POWER OF THE GONG TO HEAL, BALANCE AND EMPOWER

SOUL TO SPIRIT MEDITATION IS DEDICATED TO THE CREATION AND DISTRIBUTION OF LIFE TRANSFORMING GUIDED MEDITATIONS TO HELP HEAL THE MIND, BODY AND SOUL.

WE LIVE IN TIMES OF ACCELERATING CHANGE AND THE DEMANDS PLACED ON US REQUIRE A CONCERTED EFFORT TO KEEP UP. THESE MEDITATIONS CAN FACILITATE THE REALIZATION OF YOUR DEEPEST TALENTS AND CAPABILITIES, HELPING YOU TO PERFORM AT PEAK LEVELS DURING THIS EXTREMELY CHALLENGING INFORMATION AGE.

IT IS UNDERSTOOD THAT A REGULAR MEDITATION PRACTICE PROMOTES MENTAL AND EMOTIONAL HEALTH AND CAN HELP YOU EXPERIENCE HAPPINESS UNCONDITIONED BY OUTER EVENTS.

THESE POWERFUL MEDITATIONS USE THE VIBRATIONAL HEALING ATTRIBUTES OF THE GONG TO BALANCE YOUR INNATE CHAKRA ENERGY SYSTEM, HELPING YOU TO PERFORM AT PEAK LEVELS IN ALL ASPECTS OF YOUR LIFE - INCREASING YOUR CREATIVITY, ENERGY, VITALITY, WILL POWER AND CONFIDENCE.

LIKE A "SELF-EXCAVATION" PROCESS, THESE MEDITATIONS CAN REMOVE LAYERS OF EMOTIONAL BAGGAGE, EXPOSING YOUR TRUE SELF - THE LIGHT, AWARENESS AND PEACE OF GOD'S CREATION.

WITH THIS RENEWED SENSE OF SELF COMES A PROFOUND FEELING OF ONENESS WITH THE CREATIVE AND SUSTAINING LIFE FORCE AND ENERGY OF THE UNIVERSE.

THE MOST IMPORTANT FUNCTION OF THESE MEDITATIONS IS TO AWAKEN THIS UNION WITH OUR CREATOR AND TO KEEP IT ALIVE IN THOSE WHO ARE READY TO RECEIVE IT, FOR AS THE RIVER FINDS ITS WAY BACK TO THE SEA,

SO TOO, MUST THE SOUL FIND ITS WAY BACK TO SPIRIT.

THINK OF THE HUMAN BODY AS A STRING INSTRUMENT, WITH EACH CHAKRA REPRESENTING A SPECIFIC STRING. THE GONG WORKS LIKE A TUNING DEVICE, AND REGULAR PRACTICE OF THESE GUIDED MEDITATIONS WILL TUNE THE CHAKRAS SO THAT YOUR MIND AND BODY ARE IN COMPLETE HARMONY AND FUNCTIONING AT AN OPTIMAL LEVEL.

THESE MEDITATIONS ARE DESIGNED TO BE EXTREMELY SIMPLE AND EASY TO USE, SO ABOVE ALL ELSE, SIMPLY RELAX, BREATHE AND LISTEN TO THE GONG AND THE SPOKEN WORDS ON THE CD. HOWEVER, THE FOLLOWING INFORMATION WILL HELP YOU GET THE MOST FROM THE MEDITATIONS.

VIBRATING ENERGY

SCIENCE ACKNOWLEDGES THAT THE UNIVERSE IS COMPOSED OF CONSTANTLY CHANGING PARTICLES OF ENERGY. STRING THEORY PROPOSES THAT ALL MATTER IS MADE UP OF TINY VIBRATING STRINGS SMALLER THAN THE SIZE OF THE ATOM.

WE LIVE IN A SEA OF VIBRATING ENERGY. EVERY ELEMENT OF THE UNIVERSE IS IN A CONSTANT STATE OF VIBRATION MANIFESTED TO US AS LIGHT, SOUND AND ENERGY. WE PERCEIVE ONLY A FRACTION OF THIS INFINITE RANGE OF VIBRATION.

IT IS DIFFICULT TO COMPREHEND THAT THE 'WORD' MENTIONED IN THE BIBLE IS ACTUALLY THE TOTALITY OF VIBRATION, WHICH UNDERLIES AND SUSTAINS ALL CREATION.

THESE MEDITATIONS CAN HELP YOU EXPAND YOUR SENSITIVITY TO THE ENTIRE SPECTRUM OF VIBRATION BY SYNCHRONIZING YOUR DEEP BREATHING WITH THE VIBRATING RHYTHM OF THE GONG, ALIGNING YOUR PERSONAL VIBRATION WITH THE COSMIC VIBRATION OF THE UNIVERSE, WHICH UPLIFTS THE SOUL AND FACILITATES A DEEP SENSE OF PEACE AND LOVE.

THE CHAKRAS

CHAKRA IS A SANSKRIT WORD MEANING “WHEELS OF LIGHT”. IN HINDU TRADITION, LIFE ENERGY INTERACTS WITH OUR BODIES AT SEVEN MAJOR CHAKRAS CENTERS. CHAKRAS FUNCTION AS LIFE ENERGY DISTRIBUTION CENTERS, CONSTANTLY RADIATING AND PUSHING THE FLOW OF LIFE ENERGY THROUGHOUT THE BODY.

A CHAKRA CAN BE VISUALIZED AS A WHIRLING VORTEX OF ENERGY (A SUN) SPINNING CLOCKWISE, LOCATED ALONG THE SPINAL PATHWAY AT THE CONJUNCTION OF THE BODY AND MIND. CHAKRAS RANGE IN COLOR FROM RED AT THE BASE OF THE SPINE TO PURPLE AT THE CROWN OF THE HEAD.

THE BELOW TABLE SHOWS THE PHYSICAL BODY LOCATION, CENTRAL THEME AND COLOR FOR EACH CHAKRA.

CHAKRA	LOCATTON	THEME	COLOR
1ST	BASE OF THE SPINE	SECURITY	RED
2ND	PELVIC AREA	CREATIVITY	ORANGE
3RD	NAVEL AREA	WILL POWER	YELLOW
4TH	CHEST AREA	COMPASSION	GREEN
5TH	THROAT AREA	COMMUNICATION	SKY-BLUE
6TH	FOREHEAD	INTUITION	INDIGO BLUE
7TH	CROWN OF THE HEAD	SPIRITUALITY	PURPLE
8TH	ENTIRE BODY	AURA	RAINBOW

OVER TIME, THE PRESSURES FROM DAILY LIFE CAN PRODUCE NEGATIVE THOUGHT PATTERNS THAT CAN CLOG OUR CHAKRAS. BLOCKED CHAKRAS CANNOT PUSH THROUGH SUFFICIENT ENERGY, AND BOTH OUR PHYSICAL AND SPIRITUAL IMMUNE SYSTEMS ARE GRADUALLY COMPROMISED.

THE HUMAN BODY IS AN ENERGY SYSTEM, AND THE MORE WE ALLOW THE FREE FLOW OF ENERGY, THE BETTER OUR LIFE EXPERIENCE WILL BE.

THE GONG

THESE MEDITATIONS USE THE POWERFUL, VIBRATIONAL HEALING ATTRIBUTES OF THE GONG TO ALIGN, BALANCE AND "CLEAN" THE CHAKRAS. THE PURE, PENETRATING SOUND WAVES OF THE GONG CAN EASILY CLEAR AWAY THESE BLOCKAGES AND RESTORE BALANCE TO THE CHAKRA SYSTEM, BRINGING HARMONY AND VITALITY BACK TO THE BODY AND MIND.

THE EXCEPTIONAL GONG PLAYING ON THESE MEDITATION TRACKS IS PERFORMED BY MARK SWAN. MARK HAS BEEN A GONG MASTER FOR OVER 15 YEARS AND IS ALSO A KUNDALINI YOGA INSTRUCTOR AND MEMBER OF THE AMERICAN SCHOOL OF CYMATICS. HOLDING GONG BATH EVENTS ACROSS THE PLANET IS HIS LIFE'S WORK. VISIT MARK HERE: WWW.GONG-HEALING.COM

GONG BATHS ARE HAVING ASTOUNDING AND WONDROUS EFFECTS ON A WHOLE RANGE OF MALADIES. THE PURE, PENETRATING SOUND WAVES OF THE HEALING GONG CAN EASILY CLEAR AWAY NEGATIVE FEELINGS AND WILL ENABLE YOU TO BREAK FREE OF OLD PATTERNS AND CLEAR NONPRODUCTIVE ENERGY WITHIN THE HUMAN SYSTEM.

A UNIQUE GONG IS USED FOR EACH OF THE EIGHT-CHAKRA MEDITATIONS ON THE CD. YOUR BODY WILL NATURALLY TUNE IN AND ALIGN WITH THE VIBRATIONAL FREQUENCIES OF THE GONG. THE HUMAN MIND THAT IS PRODUCING THE NEGATIVE THOUGHT PATTERNS THAT ALLOW THE CHAKRAS TO BECOME CLOGGED IS OVERCOME BY THE GONG, AND THE MENTAL IMPRINTS THAT STORE THE NEGATIVE ENERGY IN THE CHAKRAS CAN BE CLEARED.

IN ORDER TO FAITHFULLY REPRODUCE AN AUTHENTIC AND UNDILUTED ORGANIC GONG EXPERIENCE, THESE DIGITAL RECORDINGS HAVE BEEN DESIGNED TO CAPTURE THE FULL DYNAMIC RANGE OF EACH GONG.

THE GONGS ARE TUNED TO THE INDIVIDUAL FREQUENCY STANDARDS PER SWISS SCIENTIST, HANS COUSTO, WHOSE SEMINAL WORK 'THE COSMIC OCTAVE' IS THE BENCHMARK FOR SOUND HEALERS THE WORLD OVER.

KUNDALINI

THERE ARE NOT MANY THINGS WITHIN THE REALM OF YOGA MORE MISUNDERSTOOD AND MISREPRESENTED THAN KUNDALINI.

KUNDALINI IS THE DIVINE ENERGY THAT GIVES LIFE TO OUR ORGANS AND SYSTEMS AND IS ALWAYS OPERATING WITHIN US AS A SUSTAINING LIFE FORCE. FOR MOST PEOPLE THE EXTENT OF KUNDALINI ACTIVITY IS VIRTUALLY IMPERCEPTIBLE.

HOWEVER, MANY PEOPLE WHO MEDITATE SERIOUSLY WILL EXPERIENCE MANIFESTATIONS OF KUNDALINI AWAKENING AT SOME POINT IN THEIR PRACTICE. WHEN KUNDALINI IS ACTIVE, THE DEEPER SELF BEGINS TO REVEAL ITSELF TO US, WHETHER AS A FEELING OF ENERGY, OR LOVE, OR AS A PROFOUND AWARENESS, AND IN MANY OTHER WAYS AS WELL.

IF YOU FEEL MANIFESTATIONS OF KUNDALINI ENERGY IN MEDITATION, THE FIRST THING TO REMEMBER IS THAT IT IS YOUR OWN ENERGY WORKING WITHIN YOU TO OPEN YOU TO THE SPIRIT WITHIN. KUNDALINI IS A FORCE THAT IMPELS US FORWARD, ENCOURAGING US TO BECOME INVOLVED IN PURSUITS THAT PURIFY THE BODY AND ENHANCE THE MIND.

MEDITATIVE STATE

THE MEDITATIONS ARE DESIGNED TO PUT YOU INTO A DEEP STATE OF RELAXATION. DO NOT USE THEM IN ANY SITUATION REQUIRING YOUR FOCUSED ATTENTION, SUCH AS OPERATING MACHINERY OR DRIVING A MOTOR VEHICLE.

PHYSICAL EXERCISE

IT IS HIGHLY RECOMMENDED THAT THESE MEDITATIONS BE USED IN CONJUNCTION WITH A VIGOROUS EXERCISE PROGRAM. A MIND/BODY DISCIPLINE SUCH AS YOGA OR TAI CHI IS HIGHLY RECOMMENDED.

LISTENING IDEAS

THERE ARE EIGHT INDIVIDUAL MEDITATIONS ON THE CD, EACH APPROXIMATELY 6 MINUTES IN LENGTH. EACH TRACK WORKS WITH A SPECIFIC CHAKRA. THERE IS ANY NUMBER OF WAYS TO LISTEN TO THE TRACKS.

YOU COULD LISTEN TO ALL 8 TRACKS CONSECUTIVELY, WORKING YOUR WAY UP THE “RAINBOW BRIDGE” FROM THE 1ST CHAKRA TO THE 8TH. OR YOU COULD SELECT A CHAKRA THEME THAT FOCUSES ON AN AREA THAT NEEDS WORK, AND LISTEN TO THAT TRACK REPEATEDLY UNTIL YOU ARE READY TO MOVE ON. FOR EXAMPLE, IF YOU WANTED TO INCREASE YOUR WILL POWER, LISTEN TO THE THIRD CHAKRA MEDITATION.

OR YOU COULD BREAK THEM INTO GROUPS. THE FIRST FOUR MEDITATIONS FOCUS ON THE “LOWER CHAKRAS” AND PERTAIN TO WORLDLY AND MATERIAL CHALLENGES. FOCUSING ON THE LOWER CHAKRAS IS A GREAT WAY TO STAY GROUNDED.

THE LAST FOUR MEDITATIONS FOCUS ON THE “UPPER CHAKRAS” AND ACKNOWLEDGE OUR INNER SPIRITUAL STATE. YOU MIGHT CONSIDER “GRADUATING” FROM THE LOWER CHAKRAS AND THEN MOVING ON TO THE UPPER CHAKRAS.

DON'T RUSH TO THE 7TH CHAKRA. SOMETIMES PEOPLE MAKE THE MISTAKE OF WANTING TO BECOME “ENLIGHTENED” AND FOCUS PRIMARILY ON THEIR 6TH AND 7TH CHAKRAS. THE GOAL IS TO HAVE ALL THE CHAKRAS OPENED, BALANCED AND FUNCTIONING IN CONCERT TOGETHER.

SOUND QUALITY

THE TRUE HEALING POWER OF THESE MEDITATIONS IS THE GONG, SO IN ADDITION TO A QUIET SETTING, WITH NO DISTRACTIONS, YOU WILL WANT TO USE A DECENT PAIR OF HEADPHONES.

FOR THE MAXIMUM BENEFIT, USE A GOOD QUALITY SPEAKER, ONE THAT ALLOWS YOU TO BOTH HEAR EXCEPTIONALLY WELL AND ALSO TO FEEL THE VIBRATION OF THE GONG.

COMFORTABLE POSITION

THE OPTIMAL POSITION FOR LISTENING IS LYING COMFORTABLY ON YOUR BACK WITH YOUR ARMS AT YOUR SIDES, EYES CLOSED. YOU CAN USE A THIN PILLOW FOR YOUR HEAD, BUT BE SURE YOUR CHIN AND FOREHEAD ARE LEVEL (PARALLEL TO THE FLOOR). IF YOU PREFER TO BE SEATED, MAKE SURE YOUR SPINE IS STRAIGHT AND YOUR CHIN IS LEVEL (PARALLEL TO THE FLOOR).

PRAYER

THERE IS A SPIRITUAL COMPONENT TO THESE MEDITATIONS AND IT IS RECOMMENDED TO TUNE IN SPIRITUALLY WITH A SHORT PRAYER BEFORE AND AFTER EACH SESSION. EVEN IF YOU HAVE A PROBLEM WITH THE WORD GOD, PRAY TO YOUR HIGHER SELF, THE DIVINE ENERGY, HOLY SPIRIT, ETC.

BREATHING

BREATHE STEADILY AND EASILY THROUGH THE NOSE - DEEP, NATURAL AND RELAXED BREATHS. DIRECT YOUR ATTENTION TO THE CHAKRA LOCATION AND FOCUS YOUR ATTENTION THERE FOR A FEW MOMENTS. FEEL AS THOUGH YOU ARE BREATHING RIGHT THROUGH THAT ENERGY CENTER. THE ENERGY FLOWS INTO THE BODY ON INHALATION AND EXITS THE BODY THROUGH THE CHAKRA ON EXHALATION.

AFFIRMATIONS

VERY SIMPLE, ONE-SENTENCE AFFIRMATIONS ARE USED WITH EACH MEDITATION. THE AFFIRMATION WILL BE SAID TWICE IN SUCCESSION. REPEAT IT SILENTLY ANOTHER THREE TIMES. THE AFFIRMATION SOLIDIFIES THE POSITIVE ATTRIBUTE WE ARE ENHANCING WITH THE SPECIFIC MEDITATION.

THE 3RD EYE

THIS IS THE POINT ON THE FOREHEAD THAT IS THE CONTROL CENTER FOR THE ENTIRE CHAKRA SYSTEM, THE SEAT OF CONCENTRATION AND PERCEPTION. AS YOU SETTLE INTO THE MEDITATION, WITH YOUR EYES CLOSED, FOCUS YOUR GAZE AND ATTENTION AT THE POINT BETWEEN THE EYEBROWS. THIS IS THE GATE THAT LEADS TO INNER REALMS AND SPACES OF HIGHER CONSCIOUSNESS.

VISUALIZATION

A COLORED SUN VISUALIZATION IS USED WITH EACH CHAKRA MEDITATION. VISUALIZE A BURNING SUN EXPANDING JUST OUTSIDE YOUR BODY AT THE LOCATION ADDRESSED IN THE MEDITATION.

AS YOU FOCUS YOUR ATTENTION THERE AND YOU BREATHE THROUGH THE CHAKRA AREA, VISUALIZE THE COLORED SUN EXPANDING (TO SOCCER BALL SIZE) ON THE INHALATION AND THEN RADIATING HEALING ENERGY AND REDUCING (TO BASEBALL SIZE) ON THE EXHALATION. THE COLORED SUNS RISE AND FALL IN UNISON AS WE ASCEND THE RAINBOW BRIDGE FROM THE RUBY RED 1ST CHAKRA TO THE ROYAL PURPLE 7TH CHAKRA.

CALMING THE MIND

WE AVERAGE OVER 48 THOUGHTS PER MINUTE! ONE OF THE GOALS OF MEDITATION IS SLOWING DOWN THIS ENDLESS FLOW OF THOUGHTS SO THAT WE CAN SETTLE INTO THE PRESENT MOMENT AND IMPROVE OUR CONCENTRATION, FOCUS AND AWARENESS.

BEFORE YOU BEGIN THE MEDITATION, MAKE A CONSCIOUS EFFORT TO PUT YOUR THOUGHTS ON HOLD UNTIL YOU ARE DONE WITH THE SESSION. YOUR EGO OR "LOWER-SELF" MAY TRY TO DISTRACT YOU WITH THOUGHTS AND FEARS, BUT SIMPLY NOTICE THE THOUGHT (DO NOT JUDGE IT) AND THEN RELEASE IT AND LET YOUR ATTENTION FLOW NATURALLY BETWEEN THE CHAKRA VISUALIZATION, THE 3RD EYE POINT AND SIMPLY LISTENING TO THE HEALING SOUND OF THE GONG AND SPOKEN WORDS.

WITH PRACTICE, YOU WILL EXPERIENCE LONGER GAPS BETWEEN YOUR THOUGHTS, AND IN THIS PROFOUND STILLNESS, YOUR SPIRIT WILL AWAKEN.

FEEL THE ENERGY

ULTIMATELY, YOU WANT TO FEEL YOUR ENERGY FLOWING BETWEEN THE CHAKRAS. ONCE YOU GET FAMILIAR WITH THE MEDITATIONS, IT WILL BECOME EASY TO FEEL YOUR AURA AND RADIANT BODY. GIVE YOURSELF A FEW MINUTES AT THE END OF THE LAST MEDITATION TO SIT IN SILENCE. THIS TIME OF SILENCE ALLOWS YOU TO FOCUS ON YOUR ENERGY AND TO RECEIVE THE INFORMATION THAT IS MOST BENEFICIAL TO YOU.

RELEASING TENSION

YOU MAY FEEL SOME TENSION OR TINGLING IN YOUR BODY AS YOU LEARN TO HARNESS THE FLOW OF ENERGY THROUGH THE CHAKRAS. BE SURE TO BREATHE NORMALLY, AND PERIODICALLY LOOSEN ANY TENSION THAT GATHERS IN YOUR NECK OR SHOULDERS, AND OCCASIONALLY RELAX ALL THE MUSCLES IN YOUR FACE.

COMMITMENT

ONE OF THE SINGLE MOST IMPORTANT ELEMENTS TO ACHIEVING SUCCESS WITH THESE MEDITATIONS IS THE REGULAR, COMMITTED PRACTICE OF THEM. YOU HAVE 96 FIFTEEN-MINUTE SEGMENTS IN EACH 24-HOUR PERIOD. DEDICATE ONE OF THEM (15 MINUTES) EACH DAY TO THESE MEDITATIONS AND YOU WILL FIND THE RESULTS TO BE NOTHING SHORT OF AMAZING.

"VIBRATE THE COSMOS AND THE COSMOS WILL CLEAR THE PATH" - YOGI BHAJAN



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USING THE POWER OF THE GONG TO HEAL, BALANCE AND EMPOWER



1. INTRODUCTION	10:07
2. FIRST CHAKRA - SECURITY	6:22
3. SECOND CHAKRA - CREATIVITY	5:16
4. THIRD CHAKRA - WILL POWER	5:27
5. FORTH CHAKRA - COMPASSION	7:17
6. FIFTH CHAKRA - COMMUNICATION	4:56
7. SIXTH CHAKRA - INTUITION	6:03
8. SEVENTH CHAKRA - SPIRITUALITY	5:32
9. EIGHTH CHAKRA - AURA	6:11

TOTAL TIME 56:31

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