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## - Vibrating with TheAncientOnes - Wisdom of THE GONG



Gongs belong to the oldest and most important musical instruments of South East Asia. Although their origins may be traced back to the second millennium B.C., it is assumed that the gong is much older. In Chinese history, gongs are mentioned around 500 A.D., attributed to a nation called HSI YU between Tibet and Burma .

Historic research provides us with four main centers - Burma, China, Annam, Java. At least 7 gong shapes and sound structures stem from these regions. Only a few families knew the tradition of gong making as it was passed from generation to generation. The art of making gongs was veiled in a sense of magic. Gong makers believed that a gong could only succeed with the help of higher powers.

The gong was an important element in the lives of Far East people and still is in some countries today. In Asian families, the gong was an attribute of wealth and served as a status symbol. In rites, the gong was used in the evocation of ghosts and in the banning of demons. In rituals of the Far East, the gong has retained its special significance to this day - touching a gong brings fortune and strength.

As a musical instrument, the gong accompanied celebrations, funeral ceremonies, songs, and theater plays. In the music of the Asian high cultures, the gong was used as an orchestral instrument. Orchestras with gong plays containing up to 18 notes were not uncommon. They were also played in private concerts at residences.

Since about 1790, gongs were used in European orchestras. Since then, the terms "Tam Tam" for flat gongs, and "Gong" for bossed gongs, have become customary. However, the authentic term in all languages of the origin countries is GONG.

*The above info/ photo are from the Paiste website. [www.paiste.com](http://www.paiste.com)*

The Gong sphere, true to its shape, is an energy and a tool to assist us to achieve wholeness and unity consciousness. The particular gong that I use is a Paiste 28 inch symphonic gong which came to me from Sedona. It was gifted to me by a friend who recognized my affinity to this off-world instrument, after having both experienced an absolutely amazing private gong meditation from a resident Sedonian artist.

In addition to being a healing tool, and a facilitator of incredible meditations, the gong is known as a manifesting tool, as it is, in my opinion a primordial sound upon which matter is formed. My first gong meditation seemed to confirm this. I saw the gong sound reverberations as light streaming throughout room, (as if the room was an electrified cage). Do not expect to experience this amazing phenomena unless all light is excluded from the room.

The gong has the richness & uniqueness of the crystal & tibetan bowls, and of the didgeridoo, yet it is entirely different. The gong's off-worldly sound has somewhat of a planetary resonance with a similar frequency to the didgeridoo, but with the celestial mystique of bells or chimes – and with its unpredictable overtones being its signature / salient characteristic. The gong sound lends itself well to the accompaniment of “toning” with voices.

It is my understanding that it is the keepers of the 7<sup>th</sup> dimension, (the Andromedans), that prevail over the path/door-ways of cosmic/celestial sound. From Barbara Hand Clow's description, the Andromedans are Christ consciousness light beings. The sacred sounds/harmonics from Andromeda are transmitted to heal & re-awaken humanity. And so it is with this awesome experience. Light be-

ings can be invited into the circle of a “Mystic Gong Meditation” to prevail over, and to bless us each with a gift, a healing and an adventure in consciousness.


Gong experiences are most suitable for the adventurer-“warrior.” It is not an event for the timid or for the faint of heart. The gong-sound magic speaks to the Shaman / Alchemist within. Although some people consider that this could be a great opportunity to experiment using recreation drugs, let me make it very clear that this is totally unacceptable behaviour. The Gong experience can verge on overwhelming for someone in complete charge of their faculties, and it could be excessively challenging for someone not in complete control of their mental & emotional faculties. Suffice it to say drugs will not enhance your experience - rather they will hinder it. In these high vibrational times, you are better equipped within your heart and soul to fly to higher realms. Drugs actually hold you back from reaching those accelerated spaces. Some will disagree...but in the world of the gong ...this is so.

Gong events are about transformation and the intention is to resonate with pure love, - and yet, it is not always gentle. For people who suspect that they have sensitive ears I suggest using hearing protection. Simple foamy ear plugs will do the trick - although most people love the building resonance.


The group energy takes the gong to where it will go, and invariably it will at times get boisterous, (especially if our dragon friends take the stage). The power of the group intention combined with the vibration of the ancient gong resonance - are a masterful combination. Grateful we are for such a gift!

*Blissful Blessings, AnandaOm, E-mail anandaom@yahoo.ca In reverence & humility, Caretaker of the Gong and Instrument of The Divine in Loving Service to All That Is.*

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E-mail [anandaom@yahoo.ca](mailto:anandaom@yahoo.ca) to be added to our e-list for future Gong events, to have the Gong brought to your neighbourhood, or to experience a personal Gong Healing.