



Sit in an Easy Pose, with a light jalandhar bandh.

Eyes: Close the eyes completely. Press the eyes up slightly to focus through the Brow Point. Visualize and sense the entire body simultaneously.

Mudra: Make the spine erect, straight and comfortable. Equalize the tension in the body so that both sides feel equal. Tuck the lower spine forward, but do not force it. Relax both arms and elbows. Place the hands on the knees with the palms face down.



Breath: Focus on the flow of breath. Let it become slow, and meditative. Start with even, deep, complete yogic breaths. Then let the breath gradually become lighter and more meditative. It should breathe itself once you fully concentrate and become still. The teacher of the class will play the gong. It should go through at least three cycles of build-up and release. End the gong with soft final tones and a long die-out, so the gong slowly comes to a natural rest. If there is not a gong or a teacher who knows the art of gong-playing, use a gong tape with good speakers that reproduce most of the tones. A tape can capture up to about 80 percent of the range if the system is very good.

Time: Continue for 6-31 minutes.

To End: Inhale deeply and relax.



Comments:

The mantra for this meditation is the sound of the gong. As you listen to the gong's sound, it will penetrate every cell and fiber of your body. At times it can seem frightening or overwhelming. Emotions and thoughts are provoked from the subconscious. The entire nervous system is put under a pressure to adjust and to heal itself. When that pressure builds, totally relax in the deepest meditation possible. Surrender the mind and body. The sound will carry you beyond all fears. The pressure will release the nervous system of many illnesses. Feel yourself ride the sound into the Infinite itself. If you play or listen to the gong 11 minutes or longer, do not drink any water for a half hour after the meditation.

This meditation will clear the nerve-endings and make you very sensitive to the motions of prana and to the effects of sound. The restriction on water allows the sympathetic and parasympathetic systems to interact with each other internally rather than turning their energy to another task. The parasympathetic nervous system is ruled by sound. The sympathetic nervous system is ruled by vision. It is the sympathetic system that needs to be regulated. When it triggers too often and in the wrong regions of the body, you can be greatly weakened. The parasympathetic system regulates the sympathetic. But it is weakened by drugs and by poor health. To regenerate the parasympathetic system, nothing is more powerful than the sound of the gong.

(See Yogi Bhajan's tape on playing gong and Spirit Songs CD from Ancient Healing Ways.)