

GONG MASTER PRACTITIONER INTENSIVE

HARMONY OF THE SPHERES RESIDENTIAL & ACCREDITED TRAINING

2nd - 6th July 2021

Facilitated by Sarah Gregg

**Dev Aura, Little London, Tetford, Nr Horncastle,
Lincolnshire LN9 6QL**

*The knower of the mystery of sound knows the
mystery of the whole universe"*

- Hazrat Inayat Khan



The Gong is one of the most ancient and important instruments, thought to have originated nearly six thousand years ago in Sumeria, it has been used for healing and ceremony ever since. It has experienced a renaissance in recent years here in the UK and throughout the World and has been adopted as part of their therapeutic or personal practise by many therapists, sound healers, yoga teachers, shamanic practitioners and those following a spiritual path. Gong Healing practitioners offer Gong Baths or Immersions either in a group setting or as a one on one. Recipients report very

deep states of relaxation, along with a feeling of totally letting go, often going into a state of deep meditation where healing can more readily occur.

From our own varied experience conducting many sound baths and attending a large number of different certified sound healing and gong trainings, we have developed what we feel is a unique and comprehensive training in the Gong. Our Gong Master Practitioner Training is comprised of two parts. A residential training followed by a distant learning correspondence course. Firstly you will attend the Harmony of the Spheres residential training.



The Gong Master Practitioner Harmony of the Spheres Intensive is a mixed ability residential workshop. No musical experience or experience of the gong is required to attend. The workshop is suitable for complete beginners as well as advanced, experienced players who wish to immerse themselves in the gong space.

This intensive training will provide participants with enough knowledge and practical experience so they have the confidence and competence to practise in a healing environment or group performance situation. Participants will be taught everything they need to know about playing the gong, giving one on one treatment sessions and group gong baths/performances. It is a complete course in how to play the gong from basic to advanced playing techniques. The aim is to impart as much knowledge and teaching about the gong as possible within the timeframe. The residential is held over five days in a very high vibrational centre of which we have exclusive use over the duration of the stay and its private and quiet location is perfect for the work we undertake. The Intensive is suitable for those who wish to use the gong for transformation and healing, both for themselves and others in a non-professional capacity. You may attend the Intensive only if you wish, or you can also proceed to Part Two to complete your professional qualification.



A wide range of gongs will be available during the residential for participants to use. If participants already own their own gong, they are invited to bring them to the training to be included within the gong space.

All participants will take part in the all night gong puja ceremony and for those proceeding to Part Two, this is an essential part of the certification. You should bring bedding, cushions and covers with you for comfort during this session as we will be spending the night in the gong space. Please note it is not permitted to use the bedding from Dev Aura. All participants will remain in the sacred gong space, each taking a turn during the event at playing the gong for all present. After the puja ends, participants will have the opportunity to rest for a few hours before continuing with the training.

The emphasis of this residential is upon practical, hands on experience mixed with relevant theory. Participants will truly be immersed in the gong for the entire length of the residential at a relaxed pace.

Residential Syllabus

- History & Background of the Gong
- Intention - Intuition - Meditation
- Mallets and Flumis
- Types of Gongs
- Choosing your Gong
- How to approach and play the Gong
- Taking care of your Gong
- Basic and Advanced Playing Techniques
- Conducting a one on one Gong healing session
- Giving a Group Gong Bath
- Hand held Gong
- Journeying with the Gong
- Other Instruments to accompany the Gong Bath
- The Universal Greeting
- Using the voice with the Gong – mantra and toning
- All night Gong Puja



Our residential venue is the high vibrational centre Dev Aura (meaning House of Light) located in the beautiful Lincolnshire countryside. Dev Aura is a very special place, standing in two acres of beautifully kept extensive garden, it also houses a meditation sanctuary. The Dev Aura house is light and airy with a spacious dining room as well as two sitting rooms. Guests are nurtured by the loving energy of this place for their entire stay. Accommodation is shared. Dev Aura provides a delicious and exclusively vegetarian cuisine using produce from their own organic garden which is situated in the grounds. Dev Aura House and grounds are completely non smoking.

The Course fees for the residential is £815 which includes all tuition, accommodation and food and Part Two distant curriculum should you decide to do that. Single rooms available at a £60 supplement. You will need to make your own travel arrangements. It is advised that participants take out their own insurance to protect their booking.

Arrival from 4pm onwards on Friday 2nd July 2021 & depart 4 pm Tuesday 6th July 2021.





Should you wish to continue your training and receive the qualification as Gong Master Practitioner, you can continue to Part Two after you have attended the residential training. Part Two follows a distant learning syllabus separated into five modules which are based on both practical and theoretical study. The aim of Part Two is to provide practical and theoretical learning opportunities for students to really explore both their relationship with the gong and also experience working with “clients” on a one to one and group basis. The explorations are both interesting, developmental and fun and on completion the students will have extensive practical and theoretical knowledge and the confidence to practice professionally should they wish.

To complete this training, should you go on to Part Two, you will need to have your own gong or be able to use a gong to complete Modules One to Five. You will receive an introductory workbook during the residential and a more comprehensive on-line workbook at Part Two which will provide all the theoretical information you need to complete the training. On successful completion of each module, assessed and approved by your tutor, you will be able to move on to the next module. The modules must be completed within 12 months of attending the residential.

This training is certificated and evaluated and recognised by the CMA (Complementary Medical Association), the leading professional body in the field of complementary therapies. As a registered CMA college, we are recognised as one of the leading providers for gong training. We feel the two parts combined give students the best of both worlds; an intensive residential training to really immerse themselves in the teachings of the gong, and an extended course of study to assimilate the teachings over a longer period of time at a pace to suit yourself.

COMPLETE GONG MASTER PRACTITIONER TRAINING COURSE SYLLABUS

- Course Introduction
- The Origins of Sound Healing
- How sound heals
- Intuition / Intention / Meditation
- The Role of the Gong in Sound Healing
- Origins of the Gong
- The Golden Mean
- The Sound of The Gong
- Benefits of the Gong
- Types of Gong
- How the Gong is made
- Paiste Planet Gongs
- Accompanying Equipment – Mallets, Flumis, Stands, Bags
- Taking Care of the Gong
- Cleaning the Gong
- Approaching & Playing the Gong
- Hung Gong Techniques
- Walking Gong Techniques
- Creating Sacred Space
- The Universal Greeting
- Healing with the Gong
- One on One
- Consultation



- Consent Form Filling
- Delivery
- Aftercare
- Contraindications
- Professional Boundaries
- Group Gong Bath / Performance
- Journeying with the Gong
- The Gong Puja
- Other Instruments within the Gong Bath
- Role of the Gong Master Practitioner
- Code of Ethics
- Good Business Practise including Insurance
- Continuous Development



PRACTICAL AND THEORY MODULES DISTANT LEARNING

You will be enrolled in our on-line course and invited by email within 10 working days of receipt of your application. Once you have sent back your completed module via email, your homework will be assessed and you will be notified of your results within ten working days of receipt by your tutor. On successful completion, you will be enrolled in the subsequent on-line module. Upon successful completion of all of the modules within 12 months of the date of the residential training, you will be emailed your Gong Master Practitioner Certificate (in PDF format) and will be able to gain insurance to practise professionally. Please ensure you leave enough time to complete each module within the twelve month time frame. Suggested time frames for completion are in brackets next to module details and each module has a deadline. Should you complete each module in less time than the suggested time frame, once assessed, you can move immediately on to the next module.

Module One – Introduction to Sound Healing & The Gong (3 months).



Module Two – Exploration with the Gong and other instruments – Deepening your relationship (one month)

Module Three - One on One and Group Gong Healing/ Performance – You will be required to complete 36 one on one case studies and 2 group gong baths. (3-6 months).

Module Four – Shamanic Practise, Journeying with the Gong – 1 case study plus 1 group session. (one month).

Module Five – Voice Work, Mantra & Gong Mastership (one month).

Tutorial sessions by phone or Skype can be arranged with Sarah at a mutually agreed time at £25 per half hour.

The Gong Master Practitioner Intensive – Harmony of the Spheres Residential is facilitated by Sarah Gregg, Sound Healer, Natural Therapy Practitioner and Reiki Master Teacher with 22 years clinical and teaching experience. In 2007 she introduced Reiki Drumming into the UK and was instrumental in making it available on a wide scale throughout the country. She also developed the ever popular Usui Reiki Kotodama & Buddhist Chants workshop as well as the Ancestral Resonance Process™ Celtic New Year Residential which incorporates ancestral healing with sound healing techniques. She holds the post graduate Professional Diploma in Ceremonial Sound at Dev Aura each year.

She has received extensive training with leaders in the field of Sound Healing and specialises in the gong, drums, crystal bowls and voice. She practices as a sound healer from her base in Sawbridgeworth and holds weekly community healing and sound events including Sonic Exploration evenings. As a qualified Reiki Master Teacher Sarah runs regular Usui, Reiki Drum Karuna Reiki® Workshops. She also holds Munay-Ki workshops. She holds residential retreats in beautiful places throughout the UK, as well as holding regular Sacred Sound & Light Immersion Workshops. Sarah is a fully qualified holistic therapist in a variety of different therapies. Her teaching reflects her interests in Sound Healing, Reiki, Yoga, Tai Chi,

Qi Gong, Eastern Healing Arts, Buddhist Philosophy and Shamanism. She is a member of the UK College of Sound Healing as well as the International Sound Healers Association. Her organisation Reiki Drum & Sacred Sound Inspirations is a registered college with the Complementary Medical Association (CMA).

Some quotes from past gong residential and sound healing retreat participants:



Thank you again for an amazing training. I came home and slept for 10 hrs and feel light and recharged today. The weekend gave me an unforced sense of 'this is what I am meant to be doing' i.e. working with the gong. It was so

wonderful to play without expectations, to receive healing from others and to experience your teaching and holding space; you offer from a place of deep humility and wisdom. And of course the venue and its devi energy was the perfect support for our inner work.

Thank you for a fabulous time it was amazing. I loved the photos of the white group we all looked so good! The whole event was amazing and you of course were fantastic. Bless you. Hope to see you again sometime soon.

I am absolutely loving this course! Really enjoying reading more widely about how Sound heals at the moment. What an honour to work with these beautiful Gongs! Many Thanks for everything this course is giving me.

I just wanted to thank you for a fabulous weekend. The inspiring content of the weekend in the tranquil Dev Aura, great teaching space, nourishing whole food and meditation gardens gave my whole being a refreshing break and real boost. I came home feeling ready to take on the world.

I'm writing to thank you for the magical 5 days in just spent in Lincolnshire on the Gong Master course. It was an amazing experience and far exceeded any expectations I may have had. I thought you were brilliant, and the house, and the group together made the whole experience unforgettable. After all my indecision about which gong to buy I woke up the morning after reaching home suddenly clear, and I ordered it that morning. I'm missing the gong a lot. Looking back it seems to me that it helped me find solutions to what felt like intractable problems. It seemed to introduce a line of thought that I could accept. I wasn't going to do Part 2 for example, but my mind was changed, and it now feels obvious that it's the right thing to do. Thank you again for your thoughtfulness, intuition and wisdom that made the 5 days a life-enhancing experience.



Thank you Sarah, it's been a life changing experience.



PHOTOS FROM PREVIOUS SOUND HEALING RESIDENTIALS



Contact

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