Gong Journeywork Description

The Sacred Sound Gong Journeywork™ experience is a safe, gentle and self-directed process to help you:

* Experience Deep Relaxation
* Release Tension and Emotional Blocks
* Access your own inner wisdom for insight, guidance and personal growth
* Reconnect with your true purpose and potential.

The Gong Journeywork process brings participants to a state of awareness beyond the conscious mind where your inner guidance or “Higher Self” is more easily accessible. Once this “Altered State” is reached, all manner of vision, insight, intuition and knowing become available to guide us towards true happiness, health and wholeness. During group sessions there is the added benefit of “group wisdom” gleaned through the sharing of individual journey experiences to gain even deeper universal meaning and insights.

The process includes:

\* Identifying and manifesting your heartfelt question

* Deep guided relaxation
* Gong Journey Experience
* Journaling/recording the details of your experience
* Group processing of visions/information

Participants are encouraged to bring blankets/pillows/yoga mats, etc… to lie comfortably on along with a journal or notebook.