

Clear Mountain Zen Center
Montclair, New Jersey



7 Oak Place
Montclair, NJ 07042

February 2017 FULL MOON Healing HEART Gong Sound Bath & Dessert made by Jarna

Friday, February 10th 2017 10 am to 12 noon

Saturday, February 11th 4pm to 6pm

Energy Exchange: \$35

Register at www.eventbrite.com or contact Jarna Parikh at 917-916-0570 to RSVP



Please wear comfortable clothes, bring yoga mat,
cushion and blanket/shawl and water.

Please come 10-15 minutes prior to start of event.

The "Gong Bath" or "Sound Bath", group therapy meditation, is a very ancient technique from Asia, a complete sound bath that produces an amazing sense of well-being through the vibration of all the water within the body (our bodies are 80% water). This healing process is intensified during the full moon. It is a sacred time. The sound vibrations emitted by the gongs send signals that are interpreted at the biological, energetic and emotional levels, directing the cells to develop in a homeostatic rather than unbalanced manner.

Gong Baths bring an intense sense of well-being and re-stabilize the balance of energies. "If we accept that sound is vibration and we know that vibration touches every part of our physical being, then we understand that sound is heard not only through our ears but through every cell in our bodies."

"Sound enters the healing equation from several directions: it may alter cellular functions through energetic effects; it may entrain biological systems to function more homeostatic; it may calm the mind and therefore the body; or it may have emotional effects, which influence neurotransmitters and neuropeptides, which in turn help to regulate the immune system—the healer within."

*Mitchell Gaynor, M.D. Oncologist and Clinical Professor of Medicine. Author of "The Healing Power of Sound: Recovery from Life-Threatening Illness using Sound, Voice, and Music."

