

**GONG MASTER TRAINING 2015**  
**INTERNATIONAL GONG MASTER TRAINING SCHEDULE**  
**21 to 28 July 2015, Fontallorso (Fi)**

**21 - 22 July**

**INTRODUCTION FOR BEGINNERS**

**CHRISTOF BERNHARD**

Ethics, guidelines, history of the gong, different kinds of gongs, basic techniques for the suspended gongs and hand held gongs

**23 – 26 July**

**ADVANCED GONG MASTER TRAINING**

**HANS COUSTO**

- The cosmic octave – where astronomy, mathematics, music and colours meet. The link between micro- and macrocosm
- The discovery of planetary tones and of the colours' connection to astronomical rhythms and their practical usage
- Hydrogen: the prevailing sound in the universe
- Body sensations and reactions elicited by planetary tones and their therapeutic applications
- Audio examples letting you experience first-hand this journey into the micro- and macrocosm

**AIDAN MCINTYRE**

- The Gong Master's Heart - humbleness, empathy and intuition
- One gong, 10 mallet – the range of sounds in every gong
- Advanced strokes - building the wave, thunderbolt, penultimate and ultimate stroke, healing vortex
- Finding the heavenly choir (Elohim) in every gong
- Telepathic synchronization – learning to play the gong together effortlessly and harmonically
- Spontaneous improvisation – playing from the center of the heart

**MARISA GIORGINI**

Mantra – daily chanting of a mantra in Sanskrit with its ancient activation

**Activation of the Ganesh Mantra - OM GAM GANAPATAYE NAMAHA'**

These vibrations assure a good start in any project or undertaking, this holy chant connects us to the force present both in the depths of our inner side and around us. This force has the power to remove any obstacle on our way. It is said that Lord Ganesh is the body of Om, the primordial sound, and that chanting his mantra awakens the being's creative power, determination and wisdom

**Activation of Shiva's mantra – OM NAMA SHIVAYA**

Shiva is the power of transformation of the Enlightened consciousness. The five phonemes making up this mantra are linked to Shiva's five faces, which represent five powers of the highest consciousness. They can be activated by connecting them to the chakras located on the body's axis of light. Chanting this mantra connects

**di Christof Bernhard**

us to the ability of turning the negative into the positive, obstacles into opportunities and grants us access to the calm fragrance of the power of detachment.

### **Activation of Tara's mantra - OM TARE TUTTARE TURE SO HA**

Tara is the feminine Buddha, the compassionate mother encouraging our drive towards change, the bright force that supports and protects us in times of difficulty and when we can't move forward. Her name means "star"; the goddess Tara is like a star showing us the way in the night and enchanting us with her mystery and beauty. These sounds have the power to brighten up the soul and bring back our smiles

### **Activation of the Tibetan healing mantra for curing eye problems and strain – OM RUNI HUNG PHAT SO HA**

Within the Tibetan tradition of sounds healing the various body parts, this mantra affects positively and deeply our physical sight, mental clarity and the attainment of lucidity in the dream dimension.

Preceded by a particular purification carried out with the breath, fire and water, this activating chant will also charge some healing water, which will convey the mantra's healing message directly to the physical body

**27 – 28 luglio**

**TUNING FORKS**

**HANS COUSTO**

- Introduction to using tuning forks – perceiving the vibration
- Practical experiences of feeling the tuning fork's vibration in the body: you will find out the most pleasant spots in a lighthearted way and discover that they tend to coincide with the classical ones of acupuncture in Chinese traditional medicine
- Massage with tuning forks – practical applications
- Massage with a gong and tuning forks: special combination. Various techniques will be shown that make use of tuning forks in combination with a gong: the tuning forks affect specific areas, while the gong affects larger body areas

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