Gong Meditation to Benefit the UNR School of Medicine's Free Student Outreach Clinics

Numerous academic studies have shown the health benefits of music: "it can lower blood pressure and heart and respiratory rates; reduce cardiac complications; increase the immune response; boost our natural opiates...and assist in healing serious disease," according to Mitchell Gaynor, M.D.

In a gong meditation, you are bathed with sound while you lie on the floor in meditation. The healing harmonic vibrations enter your body, where organs and cells vibrate in sympathetic resonance, urging the body to return to its natural, healthy state. It brings the body, mind, and spirit into balance, releases emotional stresses, and opens your right brain to spiritual inspiration from beyond the finite self. It is an awesome experience.

Join us for a gong meditation followed by a short discussion about the science of vibrational healing. One half of the proceeds will go to the UNR School of Medicine 's Student Outreach clinic.

Sunday, November 21
Circle's Edge Center for Spiritual Living
1117 California Ave, Reno
1:00 pm — 3:00 pm

$20 General tickets
$5 UNR students
Bring a mat, pillow, and blanket for comfort

Circle's Edge Center for Spiritual Living™

Information: judy@pathtobliss.com

PATH TO BLISS

Judy Strauss, Ph.D., Gong Artist, Reiki Master, and Sound Healer studied with Grand Gong Master Don Conreaux and at the Nine Ways Himalayan Bowl School. She is a member of the U.S. Sound Healer's Association and on the Marketing faculty at the University of Nevada, Reno. She plays the gong and other spiritual instruments with loving intention for individual healings and gong meditations. See http://pathtobliss.com