

WINTER SOLSTICE GONG MEDITATION with mecky

December 21, 2018 - 6:30pm to 9:00pm

Winter Solstice - Full Moon - pre-X-mas GONG MEDITATION with mecky

WHERE: Kundalini Yogazentrum, Heidestrasse 51, 60387 Frankfurt Bornheim, Germany

WHEN: Friday, 21 December 2018, 18h30-21h - €30

Surrender to the graceful vibes of the gong... and for 2 1/2 hours take time out and let the gong rebalance you...each tone interacts with the next weaving an intricate system of sounds... an echo that that ripples through your body and vibrations that physically touch your skin. The gong is not sound, it is re-sound. It's like an archaic form of ultrasound that scans and resounds through you bringing harmony & flow to your whole being.

The sound of the gong creates deep relaxation and healing by reducing tension and releasing blockages. It enables us to relinquish control of the rational thinking mind, thereby breaking up emotional energy patterns that may have engrained in the body. It cuts through the clutter in the unconscious mind bringing us back to our neutral buddhi mind, to point zero, shuniya, where our innate wisdom can be accessed. On a physical plane, it stimulates the glandular system to a balanced functioning and reorganizes & regenerates the nervous system. Nerves like steel keeping stress at bay...

The wide range of tones - from very deep & low to very high overtones has an effect down to the molecular level inducing deep relaxation. Some fall asleep, others reach a trancelike state. Everybody will make their own individual experience... but nobody and nothing can resist the gong... We will start with a nerve & navel strengthening Kundalini Yoga kriya, so we can let go & surrender with trust & grace to let the Gong in...

"The gong is very simple. It is an inter-vibratory system. It is the sound of Creativity itself" - Yogi Bhajan

Physical and psychic stability is a precondition to attend a gong meditation. Please do not attend under the influence of alcohol and/or drugs. Pregnancy: not recommended during first and final trimester of pregnancy / Tinnitus / Menieres Disease / Epilepsy / Any condition which is 'sound sensitive' or which could be triggered by sound / Metal implants / pins / screws / pacemakers etc (can resonate the metal and also change rhythm of pacemaker) Please do not eat a full meal shortly before attendance.

For more info and reserving your space contact mecky: t: +49 1522 758 4243 or +44 7958 368620 / e: mecky@3g-kundaliniyoga.com



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3G-Kundalini Yoga: Go-Grow-Glow