



Pure Sound: Gong Bath Review

Introducing Carys Hughes-Love

Carys has been working as a Nurse for 28 years and is often faced with stressful situations. *“I was tired, insomnia was getting the better of me, and my menopause symptoms were getting me down. I was anxious about silly little things and found myself encountering increasing physical pain”.*

So Carys tried a Gong Bath.....

Carys' Story.....

My wonderful sister, Bethan, introduced me to a Gong Bath, as she had been attending for a while and I was curious. I had also seen the sessions being advertised on Facebook and, so I asked her about it and she talked me through and said how relaxed she felt after her sessions. As a result, I asked her if I could join her in a sessions and I attended my first ever Gong Bath in Menai Bridge in January 2019. **I had already decided that I needed to invest in some quality “me time” this year as life had been a little hectic and stressful and I recognised that this was having a negative effect on me.** I was tired, insomnia was getting the better of me, and my menopause symptoms were getting me down. I was anxious about silly little things and found myself encountering increasing physical pain. In essence I felt as if I was “out of tune”.

Having talked through this with my sister, I was sort of prepared. I knew what I needed to bring, I knew that I needed to let Steph know about my health and I knew that the session would start with a relaxing mindfulness session before the Gongs commenced.

I thought that I would give Gong Bath a try- I have always been open to alternative forms as have been known to have regular Reflexology and Reiki and have also Bowen Therapy. If I can help my body to heal naturally, it is good, however a spinal surgeon in Walton dismissed reflexology as a valid method of pain relief!!

I suppose that I was hoping that taking this time to invest in me and my health would result in me being able to function better, having better clarity of mind, being able to sleep and me more “settled” and comfortable in myself.

My first session was welcoming and there was a lovely serenity- the room was quiet and the soft warm glow from the candles and the little rope light were inviting. My sister was loaning me a yoga mat and she had arrived before me and set herself up and placed the yoga mat for me next to her space. I placed my pillow and throw in place and switched off my mobile phone... that in itself is quite liberating! Shoes off and I got myself into position on the mat. Made myself comfortable and off we went.

A lovely welcome to all by Steph and then we started with the mindfulness. I already practice mindfulness, but made a decision that I should do my mindfulness more often. It felt good. I could feel myself relaxing to Steph's voice.

Then the Gongs, started with their singing. That is exactly what they did... they sang. I felt warm and felt the tones emitting from these beautiful instruments (which Steph later explained to me are hand beaten).. **There is only one word to describe this.... BLISSFUL. I was engulfed in the sounds of the gongs.. so much so that my sister complained to me at the end that I was snoring!!!** I'm pretty sure that I do not snore, but if I did, does it not prove that it worked to totally relax me?? That in itself is a major task!! She said that she had poked me several times and that I would stop for a while, but then start up again.

I totally remember that warm and safe feeling in my first session. This feeling returned in my second session as well. **The Gongs are like protectors and they envelope you in their warmth and create like a safety blanket around you. The tones from the Gongs are so smooth- like silk and so well rounded like a good lovely red wine. The warmth of the snuggly comfort blanket of the Gongs was so welcoming....**

After my first session, I spoke with a friend who was also intrigued and she came with me to the second one I attended. She has also gained benefit from the session and feels better for attending. The result of this is that another two friends are attending a different session, so it appears to be growing and spreading quickly as people are intrigued and wonder what it is...

As I work amongst health professionals on a daily basis, I have started mentioning it to them and more and more in this field are showing interest. People are asking me now about the experience and I enjoy reliving the experience and telling them about it. Maybe I should be on commission?? Haha!!

After each session, the dark chocolate and pieces of ginger for grounding that Steph shares with all is gorgeous. Steph has a chat with all participants individually to ensure that all is well as the sessions can bring out a variety of emotions and can affect people in different ways, Steph explains this well to everyone and provides support even after a session as contact can be made by messenger, or email.

I would advise to dress comfortably in loose comfortable clothing and make sure that you have had something to eat and drink before the session (make sure also that you have a wee!!) so that you are entirely comfortable. Bring a drink of water with you to have afterwards and keep on drinking afterwards as Steph suggests, as it helps to rid toxins from your body.

Well, I suppose you all want to know now, did it do what I wanted it to do?? The answer is YES!! I have managed to improve my sleeping and on the evening that I attend the session, I sleep like a baby!!! I feel more in tune and more able to make clear decisions and my tiredness has improved. I feel that the time out that I have for this session is well worth it.

Steph is amazing. She is welcoming, reassuring and her ability to put you at ease is fantastic. She is knowledgeable and you can contact her after your session should you wish to discuss anything further or ask her about the experience that you had during or after the session. I wholeheartedly recommend the sessions and will continue to attend at least one a month- possibly more!! Thanks Steph and the Gongs.