



Pure Sound: Gong Bath Review

This is Medi Vaughan Wilkinson, a translator, who was introduced to the Gongs by a good friend. I have always had time for alternative forms of healing. During my teenage years I practiced meditation and showed a keen and interest in self care and natural healing. I would further develop an interest in ASMR and guided relaxation.

The idea of Gong Baths naturally peaked my interest and having listened to my friend talk about her amazing session I decided to give it a try!

A perfect selling point for me was that nothing would be expected of me. Much to my relief I would not be expected to flex myself into difficult positions and hold them (or any such thing)!! It was simply a matter of laying down and letting my myself drift away. I decided that I could cope with that!

My expectations of the Gong Bath was that I might find a peace within myself (if only for the duration of the session) and meet some kind and like minded people in the process. These expectations were fully realised.

My experience during a Gong bath was feelings of warmth, safety and inner peace. I find the low lighting immensely comforting alongside Steph's gentle voice. **The gongs have a beautiful pulse and depth that washes over you like waves, like beautiful light bubbles that transport you into a place of peace.** I have never experienced 12 strangers relax and drift away together like this. It was quite magical I have to say!

These sessions have introduced an awesome new tool in my personal self care box and have been a wonderful eye opener for me. They have introduced a peace to my life.

I am about to enter my second Sound Bath session and will be attending them regularly from now on if I am lucky enough to grab a ticket as they sell out really quickly! I would most certainly recommend Gong Baths to my friends.