



Pure Sound: Gong Bath Review

Introducing Elaine Marianne Hughes.

Elaine works as a councillor and heard about the Sound Baths through a friend. Having enjoyed the benefits, Elaine now attends a Gong Bath monthly. Here's what she has to say about them.....

What led you to trying a Gong Bath?

At the time – I was experiencing anxiety re health issues (Fibromyalgia - insomnia) I thought the sessions would complement my daily meditation practice and help with my anxiety and insomnia. Every Gong Bath is a different experience for me. However I do find that afterwards I have a very peaceful nights sleep . I have found that on occasion – when feeling ‘ stuck ‘ in a rut and unable to move forward – a couple of days after a gong bath – something shifts . I'm convinced that the Sound Bath helps with ‘stuck’ energy in the body.

How have the Gong Baths helped you?

The sessions have impacted my life in a very positive way. I used to attend quite sporadically – but now I am dedicated to attending on a monthly basis – because of the positive outcomes for me for my physical and mental well being. I was diagnosed formally by a consultant with Fibromyalgia about two years ago. Its a complicated condition compromising a whole range of symptoms including chronic fatigue, insomnia, stiffness, anxiety, irritable bladder / bowel, depression – and each individual will experience different aspects of this condition. Being such an active person – a ‘doer’ made me live in denial of it for the first year – but this gave me a big struggle mentally. Attending the Sound Baths has definitely helped – the tranquillity and relaxation I experience has been greatly beneficial. Also there is a great power within ourselves to self –repair. I am convinced that the sound vibration during the sound baths has helped my body to self repair. For this reason – I now want to attend on a regular basis.

Also I think the Sound Baths at particular times of the year – at the equinoxes for example are special. We are so out of synchronicity in a modern fast paced world. I believe the sound baths assist in the settling of our bodies into the rhythm of the seasonal changes.

Would you recommend attending a Gong Bath to your friends?

I would definitely recommend them to my friends. There is something very magical about the resonance and sound of the gongs and the chimes. It is so wonderful to have a time set aside to self care in this way. In a world that is so fast paced – to have time to restore the body and mind on a regular basis for self healing is invaluable. Many of us are geared to caring for others – I always feel nurtured by Steph's soothing voice and there is an opportunity to have a word with her afterwards or a phone call/email .