

Good Vibrations: the Sound of Relaxation

By Linda Stone, Editor

Imagine lying still on the floor of a building near Heathrow with aeroplanes passing overhead every thirty seconds : great waves of sound crashing into your body, vibrating every cell. Imagine that, rather than this being unpleasant, every wave of sound is welcome because each transports you more profoundly into a peaceful, twilight world, a deeply relaxing no man's land between sleep and wakefulness. If you can imagine this, you will get a sense of my first encounter with the gong-playing of Sonya and Harish Kanchan-Lal of new **Whitton**-based company, **Universal Resonance**.

The sound of the gong will form an integral part of Universal Resonance's *Gong Yoga* classes, launching in **Twickenham** this month. Brought to the West in the 1960s by Yogi Bhajan, the relevance of the gong to contemporary life has been developed by Grand Gong Master, Don Conreaux, with whom Sonya and Harish have both trained. It is understood that the sound of the gong can be helpful in restoring optimum health and balance. This is based on the musical principle that all tones of equal amplitude keep resonating. Unique to gongs, this resonance replicates the inner processes of the physical, mental, emotional and spiritual parts of our bodies, making playing and listening to the gong highly transformative experiences. Sonya laughingly describes listening to the gong as "lazy man's yoga" as it has the same uplifting effect and healing properties, but without the exercise component!

Sonya has practiced Kundalini Yoga for 14 years and Universal Resonance is also offering *Kundalini Yoga* classes. "It has always helped me gain clarity in my life and be guided by my intuition" she says. Also brought to the West by Yogi Bhajan, the practice aligns body, mind and spirit and teaches techniques and awareness that maintain good health, promotes strong immune and nervous systems, encourages the vitality of glands and good circulation and develops an awareness of the impact of habits on the body.

As proprietor of a successful nursery business, what is it that has compelled Sonya to set up Universal Resonance? "I want to show people how easy it is to make relaxation a part of everyday life" she says. "You really don't have to go away and sit on a mountain."

Extra

Universal Resonance is holding classes in the **Twickenham** area starting this month. For further information, visit www.universalresonance.co.uk