

Martha Collard - The Art & Science of Gong Playing 2025

During this introductory gong course, you'll:

- **Rediscover the power of sound through gongs** as a scalable, accessible healing modality that instills immediate benefits
- Discover why the **practitioner's intention and presence are the most powerful ingredients for healing**
- Explore how different gongs — metals, mallets, frequencies — **can be used for different purposes**; from DNA repair to vagus nerve stimulation
- Understand how **gong frequencies can entrain 37 trillion cells in your body** — and what this means for your health
- Learn how to **influence the chakras through specific striking zones** and gong types
- Discover how **the gong can stabilize energetic fields and raise emotional coherence** in you and those around you
- Learn the OSIAM technique to **connect to Source and channel healing energy** through you and your instrument
- Explore how consistent, heart-centered gong playing — even for just 5 minutes a day — can initiate **profound personal and planetary shifts**
- Learn how to **structure a gong session** to guide people through clearing, activation, and integration
- **Compare the power of gongs with other sound-healing tools** like singing bowls, tuning forks, and binaural beats*
- Learn **how gongs were used in ancient times** for cosmic resonance and ceremonial transitions
- Recognize the **powerful cleansing effects on mind, body, and soul** may result in a healing crisis, and how to deal with them effectively
- Tune in with **three mind-healing mantras, ground with your breath, and open your awareness** through a sound-focused listening guided meditation

**For an in-depth definition of binaural beats and its uses in meditation, please read this disclaimer.* As a pioneering voice in the modern revival of sacred gong practice, Martha bridges Eastern wisdom with modern healing, bringing gongs into hospitals, schools, and corporate spaces and works with cancer patients, special needs families, and children to facilitate deep healing.

She'll share the history, science, and multiple uses of gongs for your own healing and/or healing practice for others, as well.

Joining her course, you'll learn from one of the most widely revered gong practitioners of our time.

What You'll Discover in These 7 Weeks

In this 7-week transformational course, Martha will guide you through the skills and competencies you'll need to discover the art and science of the gong as an ancient and effective healing and transformational tool.

Weekly Sessions are on Tuesdays at 6:00am Indochina Time

This course will feature LIVE teachings, interactive sessions, experiential practices, and Q&A with Martha. Each session will build harmoniously upon the previous ones, so you'll develop a complete holistic understanding of the practices, tools, and principles you'll need to understand and integrate the gong as a healing and transformational practice.



Module 1: June 3, 2025

Answer the Call to Harness Sound for Healing, Awakening & Inner Peace



Module 2: June 10, 2025

Explore the Gong's Ancient Origins to Unlock Its Transformational Power



Module 3: June 17, 2025

Understand the Science of Sound to Optimize Brainwave States & Emotional Balance



Module 4: June 24, 2025

Build Your Gong Toolkit to Play With Confidence, Creativity & Care



Module 5: July 1, 2025

Integrate Planetary Frequencies & Sacred Harmonics to Deepen Spiritual Impact



Module 6: July 8, 2025

Apply Sound Healing in Today's World to Support Mental Health & Lasting Change



Module 7: July 15, 2025

Play With Purpose to Elevate Collective Consciousness & Heal the Planet

SPECIAL BONUS OFFER

When you register by Wednesday, May 28, at 2:00pm Indochina Time, you'll receive special bonus offerings designed to complement Martha's transformative 7-module course — and deepen your understanding and practice even further.



Bonus: Expires May 28

Planta Sonus

Video Sound Journey From Martha Collard

Recorded in Martha's Red Doors Studio, enjoy this unique collaboration that combines the gong with the inner sounds of a plant — a mesmerizing sonic interlude. Martha responds on her titanium gongs to the synthesized sounds from her ZZ plant. A novel recording that has never-before been shared. Close your eyes and you will soon slow your breath to relax in the moment.

Plus... you'll receive these bonuses too!



Bonus

Gong Puja Explained

Audio Teaching From Martha Collard

Gong pujas (worship rituals in Hinduism) were originally conceived by Don Conreaux to address a need for delivering ten consecutive 45-minute gong baths efficiently — preferably throughout an entire night. Here, Martha explains their background, what to expect as a gong player or “sleeper,” and their benefits.



Bonus

The 9-Stroke Meditation

Video and PDF From Martha Collard

Delve deep into the “9-Stroke” meditation for renewal and opening the door to new possibilities. 2025 is a universal year, meaning its digits add up to nine ($2+0+2+5=9$). Nine in numerology corresponds with completion — of letting go in preparation for the new. This meditation with Martha draws upon the symbolism of the number nine, as well as the power of the gong to energetically cleanse and renew.