



Sonic Energy

Collection

**EXPAND
YOUR NOW**



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Content

Anatomy Redefined	06
Sound Therapy for Kids	10
Trance through Receptive Sound Therapy	14
Release the Stress	16
The MEINL Singing Bowls	18
The MEINL Singing Bowl Accessories	20
The MEINL Don Conreaux	22
Eight Corners of Heaven Mirror Gong	24
Flower of Life	24
The MEINL Flower of Life Collection	25
The Power of Sound – Gong Concerts	26
The MEINL Wu Xing Gongs	27
Magical Vibrations	28
The MEINL Symphonic Tam Tams	28
The MEINL Gong Stands	30
The MEINL Gong Mallets	32
Journey into Sound	34
The MEINL Chau Tam Tams	35
The MEINL Gong Resonant Mallets	35
The MEINL Wind, Opera, Tiger & White Gongs	36
The MEINL Table Gong Stands and Gong Beaters	37
The MEINL Gong Accessories	38
Sound Frequency Effect	40
The Cosmic Octave	42
Align with the Universe	44
The MEINL Planetary Tuned Gongs	46
Kundalini Yoga	48
Soundbaths	50
Jain Wells	52



06



18



10



14



16



22



35



24



26



28



30



34



40



30



42



32



44



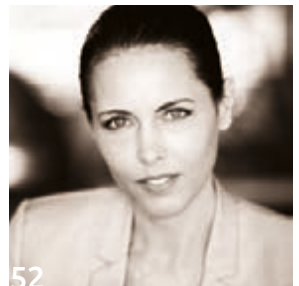
48



37



50



52



54



58



55



67



60



56



64



62



66



68



74



70



74



72



78



80



76



82



77



84



83

Woven into the Cosmic Tapestry of Sound	54
New Light and new Energy created through Sound	55
The Icosmo Matrix Concept Story	56
The MEINL Planetary Tuned Tuning Forks	58
The MEINL Planetary Tuned Energy Chimes	60
The Art of Playing Handpans	62
The MEINL Harmonic Art Handpans	64
Sound connects our Hearts, our Souls	66
The MEINL Steel Tongue Drums	67
Hemp-Protein Energy Balls and Buckwheat Banana Pancakes	68
The Theatre of Soul	70
Your Voice is Vital	72
The MEINL Frame Drums	74
The MEINL Sound Effects	76
The MEINL Ornamental & OM Series Singing Bowls	77
The Meridians of your Body	78
Reishi Cacao Elixir	80
The Yoga of Dance	82
The MEINL Bells	83
Integral Sound Work on German AIDA Cruise Ships	84

Product Overview 86

ANATOMY REDEFINED

I truly believe music does have the power to change our bodies, our minds and our world if we simply listen.







My journey with music and sound began at a young age. As a child I was often dancing and singing to the music that echoed throughout the rooms of my family home. Listening to everything from Paul Simon to Phantom of the Opera I learned at a young age that music can change the way you feel, that it can take you to another place and that it can inspire connection with people around you.

Throughout my teen years and into college I began exploring various forms of alternative health which eventually led me to discover sound healing. I began studying sound all over the country mentoring and meeting with various musicians and healers. I wanted to learn as much as I could to understand the benefits and power of this art on the body, mind and spirit.

The music I was making was a sound all of my own. This was my creative expression I was offering the world, and it was helping my participants experience what they described as "inner bliss". When leading a sound meditation, I often love to mix in my gongs with other instruments like quartz and metal singing bowls, elfin chimes, wind chimes and a monolona. I have found the mix of tones and therapeutic sounds helps to soothe listeners and carry them into a place of simply "being".

I have led sound meditations for many different size groups ranging from singles to over 50 people and I find that the music and the energy of the space, people in it etc. creates such a unique sound each time it's like our energy is dancing with one another. I have found that even those new to or skeptical about meditation love the sounds of the gongs and accompanying instruments.

It's hard not to relax when you hear and feel the soothing vibrations.

In the meantime I travel now all over the city of Chicago and mid-west leading sound meditations at various centers, yoga studios, medical offices, private events and more ... and love every minute of it.

Witnessing the profound power of sound day after day has been one of the most humbling and joyful experiences of my life. I truly believe music does have the power to change our bodies, our minds and our world if we simply listen. • **Liz Meador**

Instagram: @anatomyredefined

Lucia Nosko

Facebook: Sound Healing Slovakia
www.soundhealingslovakia.sk



Sound therapy for kids



Why?

Just like adults, children have their own doubts and stress. They are extremely perceptive and sensitive as well. They have to pass through many challenges. For example, when they get a new tooth or when they go to kindergarten for the first time. Also, adults have a lot of demands on them.

Sound healing makes them happy and brings back lost balance ...

I'm providing sound therapies for kids from 0 years old. Bringing disharmony gradually into harmony again for these little ones. I do many types of sound therapies and personalize for every child. I can see after a minute or two what kind of "structure" I'm going to apply. It's important to me to find what is in the best interest of the child. The vibration and resonance from singing bowls or gong will affect our cells in a natural way bringing peace.

Every child reacts in a different way and I have witnessed many experiences. For example: A baby just a few months old sat up after a sound therapy session. Many children are really just meditating during a session. How does it look? Easy. You can see it very clearly. After few minutes of sound therapy, kids will start to look very focused on one point. Without thinking. Parents are usually very surprised and happy with their child's experience.

Children and traumas

All children benefit but children that have trauma find sound meditation brings them back into peaceful balance and days without fear. Sound meditation is a wonderful way of reducing the negative effects of trauma.

Many children are crying during the therapy and may need physical contact like hugs, holding a hand, cuddle and so on. All of them are very calm and peaceful. Tears mean the purifying process has begun and these blocks are being removed.

I had an interview with the family of a boy who was not able to speak after his trauma. The parents were desperate. They came and tried sound therapy. After the first one he said his first word after one and a half years.

It was an amazing experience. From that time, I'm very focused on the many children that have gone through shock and are not able to speak anymore. Sound therapy is helping them so much. Sound meditation is one of the fantastic ways to help unblock unpleasant experiences.



Group or individual therapies?

Both are amazing and different, too! Though, working with a big group of small children can be a challenge.

Usually they are so spontaneous and are reacting very fast! You have to feel what they need exactly in that moment and read what they want to say with their body language and then work with them. Children love any type of sound. They love singing bowls but they are absolutely amazed by the gong! You can hardly tell if they are breathing.

I'm working with a kindergarten class and I can see a big change in the problematic kid's behavior. It is a process. For some children the harmonizing process is very fast and we can see a big difference in their behavior. For others, it can take awhile. That is because every organism is different. It is important what is going on in the body during and after sound meditation.

During the sound therapy children are usually very peaceful but can be

"Children love any type of sound ... but they are absolutely amazed by the gong!"



social, too. They begin to hold hands or hug each other. They do it subconsciously. You can see how they are opening inside. It is because they start to feel safe, happy and loved. It's very important to connect with these basic feelings.

I'm still studying the physical and mental reaction of the human body. I have many different experiences with my baby clients – All are amazing.

Very intensive are the individual therapies. I prefer when parents are attending. They can see what I'm doing, how their baby is reacting. It is interesting.

I love to work with kids which are around 7 years old. I can work deeper with them. They are able to meditate in very intensive way. I ask them a few questions during the therapy. After a while, children can describe to me, with closed eyes, what is going on in their body and mind as well. Children are able to see many colors. Usually colors of the chakras. They can see also their own fears and disharmony. When they describe this kind of finding, we work together to change it.

Afterwards children are happier, calmer, relaxed and much more open. This helps them have better sleep, which helps them perform better in school, how to show more love, to feel their real needs, wishes, visions and plans.

Sound therapy is the best way

This helps calm kids in a natural way, makes them happier and helps them to raise their living standards. Balance and harmonization are the most important points in our life and in our children's life, too! No doubts.



Children with disabilities

This is very special and individual group. I'm collaborating with a special centre for kids with multiple disabilities. This is one of the most amazing things because kids with such a severe disabilities are many times a day very nervous, which is normal. They have their own way to show their needs. Singing bowl therapy is helping them immediately to be at peace again, calm, in harmony and without any stress factors.

These children are having several epileptic seizures a day. On the day when they receive having sound therapy, the number of epileptic seizures drops sharply. From apx. 20 epileptic seizures a day to 1-2, or nothing after a singing bowl therapy session.

Kids are breathing slowly during the sound therapy, which shows us, they feel very comfortable and very safe. Every kid is showing in their own way they love sound healing. It's very interesting when we finish, they are always looking for the sound as it disappears. Usually they don't want to leave. Many people will think that kids with multiple disabilities don't know what's going on around them. This is not true. They know exactly what they are experiencing. They are having their own perceptions and have opinions about it as well.

Sound healing makes them happy because sound therapy brings them lost balance. • **Lucia Nosko**

The MEINL Singing Bowls

The MEINL Singing Bowls are handcrafted in India using traditional methods. Each singing bowl starts by sourcing high grade metals to provide a pure tone.

Then in the hands of the skilled artisans, an individual masterpiece is created displaying the quality and care put into each instrument. Finally, each singing bowl passes through our quality control in Germany before being shipped to our customers. MEINL has a singing bowl for every purpose and passion.



UNIVERSAL SERIES

Create a nice and relaxed ambience.

ENERGY THERAPY SERIES

Reinforcement rim produces a high tone at first followed by a deep tone afterwards.



More information about:

Singing bowl series and accessories see page 18 - 21
Separate singing bowls and sets see page 86

Trance through

The effect of sounds is always holistic, encompassing mental, spiritual, and physical levels at the same time. Using MEINL Cosmos singing bowls with a deep keynote amplifies the physical impact because the body can directly feel the vibrations caused by resonance. In this sense, it is accurate to talk about being able to "hear" with the entire body.

The therapist creates sounds for the patient with the help of an outwardly simple resonating body. A background in music is not required. Based on firsthand experience, singing bowls and gongs are especially suitable. Compared to other models, MEINL Cosmos singing bowls are much better at producing a pure, long-lasting, amorphous sound with no changes in pitch that is still rich in overtones.

A sustained vibration that is both intense and delicate at the same time spreads out and fills the room, supporting the effects of suggestion on the subconscious. Hearing these tones is unlike our familiar experiences of listening to music. In most cases, the combination of melody and rhythm fosters the emergence of a trancelike state.

The term "trance" refers to an altered state of consciousness that arises when an individual's attention is mainly focused inward rather than being directed to the outside world. Of course, this is always possible without music and sounds, but it is usually easier if these are present. People begin to experience time, space, and even their own bodies differently, as if in a dream. Emotions, subconscious moods, and impulses are magnified, and thoughts become more visual until the spontaneous emergence of waking-dream sequences. This is especially beneficial for hypnotic fantasy journeys.

Trances can occur in different forms. For instance, someone under hypnosis may be in a relaxing trance that also alters his or her behavior. Individual types of trance rarely take place in isolation; they are often found in combination. In

psychotherapy, it is advantageous to maintain a sufficient level of "day consciousness" for the person involved to feel that they can control the therapy situation, and not that they are helpless at the other's mercy. As a result, inner processes can be perceived with enough clarity to be remembered and reflected on at a later point in time. In a light to medium trance, it is possible to allow experiences to flow freely on the one hand, but also to allow the waking consciousness to intervene and possibly make changes or take control. This may be necessary if fears of a threatening nature appear, for example.

Especially when listening to gong sounds, a "deep" trance may take place – a sleeplike state in which internal images become increasingly incoherent to the point where they can no longer be remembered and processed in full. Nevertheless, such deep trances may offer therapeutic effects thanks to the subsequent sense of rest and relaxation, aided by the soothing experience of stepping away from the day consciousness with all of its ambivalent feelings and problems. The ability to enter a deep trance and fall to the ground without control can be seen as a sign of primal trust – a feeling that grows in intensity through the process. • **Andreas Rehländer**

Receptive Sound Therapy



**GIANT and COSMOS
THERAPY SERIES**
Singing Bowls see page 19

Release the Stress

The positive effect of sound healing

Life is full of stress and rush. We bring and offer sound healing more as a beautiful way to release this stress. Our cells vibrate at various frequencies of sound – that's why we use sound and vibrations to connect to these cells and organs to promote healing.

The very first impression will be a relaxed mind and beautiful feelings all over the body. It's very satisfying to just feel the vibrations and listen to the awesome sounds. But really, the positive effect goes much deeper.

The brain comes to Theta state, the simplest possible form of meditation. The brain will concentrate on the vibrations, automatically relax and "switch off" the hundreds of thoughts that are streaming through. Another name for these sound meditations is Nada Yoga. We unify the individual mind with pure consciousness through the flow of sounds

How is it all possible?

Science has revealed that the human body is basically a vibrational frequency entity. Each cell in your body gives and accepts frequencies of sound. It is like the sick, or damaged cell is "out of tune". During sound therapies, we bring the sound vibrations into your body and fix these broken cells. Simply putting them back in tune. • Tokhi

Benefits of sound healing therapy:

- + physical and emotional healing process
- + deep relaxation
- + stimulation of skin, organs, bones (proven very positive effect after fractures, etc.)
- + removal of blocks and tensions



- + eliminates toxins from the body
- + respiration, heartbeat, pulse, blood pressure, metabolism and digestive system regeneration
- + immediate, non-invasive, but still strong sound frequency streams into the whole body

Join us on this beautiful journey
that is full of sounds and tones.
Feel the vibrations ... and enjoy!

tokhi@tokhi.cz • www.soundhealing.cz



- + complete regeneration of aura
- + blood circulation improvement
- + better immune system
- + stress management

The MEINL Singing Bowls

HANDCRAFTED
MASTERPIECES

ALWAYS
GOOD
VIBES

UNIVERSAL SERIES

The UNIVERSAL SERIES Singing Bowls are quality sounding instruments at a great value and are intended to be used in a variety of situations including yoga and meditation. Can be used individually or played together as a set to create a nice and relaxed ambience.

SB-U-1500 • Set includes SB-U-400, SB-U-500, SB-U-600; Resonant Mallet SB-RM-LE; Covers and Felt Rings



ENERGY THERAPY SERIES

The ENERGY THERAPY SERIES Singing Bowls feature a reinforcement rim that produces a high tone at first followed by a deep tone afterwards, and they have a very long sustain. These bowls are suitable for upper body sound massages.

SB-E-4600 • Set includes SB-E-1000, SB-E-1400, SB-E-2200; Professional Mallets SB-PM-MF-S, SB-PM-MF-L; Covers and Felt Rings



GIANT SERIES

The GIANT SERIES Singing Bowls are an extraordinary masterpiece of craftsmanship and sound. These rare singing bowls are perfectly suited for sound therapy producing deep tones and a long sustain from the large diameter. You can also experience the unique sensation of the vibrations flowing through your body by standing inside the bowl.

SB-G-5000 • SB-G-10000 • SB-G-14000

Including Buckwheat Cushion

SPECIAL ENGRAVED SERIES

The hand-engraved ornamental design is definitely an eye-catcher and together with the brilliant finish the SPECIAL ENGRAVED SERIES Singing Bowls are the perfect combination of a pleasing sound and look.

SB-SE-2400 • Set includes SB-SE-600, SB-SE-800, SB-SE-1000; Resonant Mallet SB-RM-LE; Mallet SB-M-LT-S; Covers and Felt Rings



COSMOS THERAPY SERIES

The COSMOS THERAPY SERIES Singing Bowls have been designed to accommodate professional meditation and sound therapy workers. With a bellied design created from additional hammering, these bowls generate a sustained deep tone that will fill a room with ambient sounds.

SB-C-2700 • Set includes SB-C-250, SB-C-650, SB-C-800, SB-C-1000; Resonant Mallet SB-RM-LE; Mallet SB-M-LT-S; Covers and Felt Rings



Separate singing bowls and further sets see page 86

The MEINL Singing Bowl Accessories

Mallets

The MEINL Singing Bowl Mallets have a natural felt tip on a wooden handle and are offered in different sizes. They are suitable to use with various MEINL Singing Bowls.

SB-M-ST-S • Small Tip, Small • 8.27" / 21 cm

SB-M-LT-S • Large Tip, Small • 8.27" / 21 cm

SB-M-ST-L • Small Tip, Large • 12.44" / 31.6 cm

SB-M-LT-L • Large Tip, Large • 12.44" / 31.6 cm

Resonant Mallets

The MEINL Singing Bowl Resonant Mallets are manufactured to have an even playing surface to create the rim singing sound. Plain or leather-covered versions available.

SB-RM • Plain • 7.91" / 20.1 cm

SB-RM-LE • Leather • 7.91" / 20.1 cm

SB-RM-LE-L • Leather • 10.24" / 26 cm

SB-RM-LE-XL • Leather • 10.63" / 27 cm



Buckwheat Cushions

The Buckwheat Cushions are made out of natural linen fabric and filled with buckwheat. They create the perfect combination of safely holding the singing bowl while also transferring the vibrations while playing.

SB-BC-10 • Ø 3.94" / 10 cm

SB-BC-16 • Ø 6.3" / 16 cm

SB-BC-21 • Ø 8.27" / 21 cm

SB-BC-26 • Ø 10.24" / 26 cm

Professional Mallets

The Professional Mallets are offered in a wide variety of sizes and styles starting with different wood handles. Choosing the right mallet head size, shape and material will help you achieve the desired sound from your singing bowls.

SB-PM-SR-S • Soft Rubber Tip, Small • 8.86" / 22.5 cm

SB-PM-HFS-S • Hard Felt, Small Tip, Small • 8.86" / 22.5 cm

SB-PM-HFM-S • Hard Felt, Medium Tip, Small • 8.86" / 22.5 cm

SB-PM-MF-S • Medium Felt Tip, Small • 12.01" / 30.5 cm

SB-PM-MF-M • Medium Felt Tip, Medium • 12.99" / 33 cm

SB-PM-MF-L • Medium Felt Tip, Large • 13.78" / 35 cm

SB-PDM-F/R-S • Double, Felt & Rubber Tip, Small • 9.25" / 23.5 cm

SB-PDM-F-XL • Double, Felt Tip, X-Large • 15.94" / 40.5 cm

Felt Rings

Keep your MEINL Singing Bowls in a safe position while playing them with the Felt Rings which are made from a nonslip natural felt.

SB-FR-08 • Ø 3.15" / 8 cm

SB-FR-10 • Ø 3.94" / 10 cm

SB-FR-13 • Ø 5.12" / 13 cm

SB-FR-16 • Ø 6.3" / 16 cm

Covers

Used to protect the MEINL Singing Bowls from dust and fingerprints, the Covers are a great option when your singing bowls are not in use.

SB-CO-08 • 8" x 8" / 20.32 x 20.32 cm

SB-CO-09 • 9.5" x 9.5" / 24.13 x 24.13 cm

SB-CO-11 • 11.5" x 11.5" / 29.21 x 29.21 cm

SB-CO-14 • 14" x 15.5" / 35.56 x 39.37 cm

SB-CO-17 • 17" x 19" / 43.18 x 48.26 cm



Singing Bowl Stands

The MEINL Singing Bowl Stands are crafted from Baltic Birch and provide the perfect display option when your singing bowls are resting. There is an extra padded layer to hold each singing bowl in a stable and secure position.

SB-ST-S • Small

SB-ST-L • Large

Cotton Bags

The Cotton Bags are the best option to protect the MEINL Singing Bowls. The natural cotton linen fabric and the synthetic fleece inlay assure safe transportation and prevents from scratches.

SB-CB-20 • 7.87" x 7.87" / 20 x 20 cm

SB-CB-25 • 9.84" x 9.84" / 25 x 25 cm

SB-CB-30 • 11.81" x 11.81" / 30 x 30 cm

SB-CB-38 • 14.96" x 14.96" / 38 x 38 cm

SB-CB-50 • 19.69" x 19.69" / 50 x 50 cm



WE DON'T CALL
THE GONG
A MUSICAL INSTRUMENT.
IT'S A POWER TOOL.

—
Don Conreux

The MEINL Don Conreaux Eight Corners of Heaven Mirror Gong

The Eight Corners of Heaven Mirror Gong was developed in collaboration with the Gong Master "Don Conreaux". This gong features a unique appearance with ancient mysterious symbols set against a mirror finish.

HANDCRAFTED
MASTERPIECE



*Designed in cooperation
with Don Conreaux*

www.donconreaux.com



Front

Back

32" Gong

The eight runic glyphs represent the cycle of life and suggest that the sound of the gong originates in the eight corners of heaven propelling the cycle of life on earth. Both sides of the gong are finished with a mirror surface allowing the player to see himself, listeners, or other gong players in an ensemble. This is also beneficial in meditation and therapy use for self-mirroring and reflecting surrounding lights.

G32-DC-B • 32" / 81 cm • Tuning D2 - D2#

• Including Cover and Gloves

Flower of Life

... the sound of balance

There is more than one concept concerning the order of frequencies. It is up to the holistic practitioner to decide which one of the existing concepts best fits with his own talents and profile. It's part of the MEINL Sonic Energy ethos to provide professional instruments along the spectrum of options within contemporary holistic use of sound and music.

The Flower of Life Concept is a perfect example. Especially for those cosmic, sound music activists who enjoy pure, intuitive and inspired practices. There is just one frequency being 128 hertz, which is the exact reflection of a proper note C. This note was described as being the central tone of creation by the legendary philosopher Rudolf Steiner, as well as the famous Italian composer Guiseppe Verdi. The tone C at 128 hertz can be looked upon as the tone of the center of ultimate balance. From there you can go into any direction and then get back to the center again.

If we analyze 128 hertz from the perspective of the Icosmo Matrix calculation we find the frequency exactly on the middle of the color band scale with an analog expression of a nice green color.





The MEINL Flower of Life Collection

Designed in cooperation with Jens Zygar

HANDCRAFTED
MASTERPIECES



As this frequency is tuned into a perfect symphonic type of gong, its sound covers all of the possible spectrum of the unfolding sound. Any sound meditation with the Flower of Life Gong brings the listener back to his personal state of balance and harmony. It sets an impulse of being connected with the harmonies of creation and life itself. The visual combination of the geometrical design of the Flower of Life and its frequency, heighten the morphogenetic resonance effect of this universal design of positive life force.

For those integral sound partners who wish to work in group improvisations in order to amplify the cosmic resonance effect, the SONIC ENERGY COLLECTION provides an upper octave of the Flower of Life gong as an analog resonating energy chime. The purpose is to create the most harmonious vibrational sound field possible. A sonic energy space of cosmic harmony for everyone involved. • **Jens Zygar** • www.jenszygar.com

Gongs

G24-FOL • 24" / 61 cm • Tuning 128 Hz / C3
(A4/a' 440 Hz » 430.54 Hz)

G36-FOL • 36" / 91 cm • Tuning 64 Hz / C2
(A4/a' 440 Hz » 430.54 Hz)

Including Cover and Gloves

Energy Chime

EC-FOL • Tuning 2048 Hz / C7 (A4/a' 440 Hz
» 430.54 Hz) • Including wooden beater

Tuning Fork

TF-FOL • 8.3" / 210 mm • Tuning 128 Hz
(A4/a' 440 Hz » 430.54 Hz)

THE POWER OF SOUND – GONG CONCERTS

Spirit Connection

When a gong sounds it is an invitation to turn inward. We recognize the external world only too well in the form of enticing and dominant ideas about ourselves, the other and the world around us. Our internal self is characterized by simple, impersonal stillness, something we often fail to recognize in the bustle of our daily lives.





SPIRIT CONNECTION

Store, sound studio's and events

www.spiritconnection.nl

The MEINL Wu Xing Gongs

HANDCRAFTED
MASTERPIECES



Our sound meditations and gong concerts are designed to redirect your attention from hearing the unconditional and objectless listening and to observe the subtle experiencing itself, rather than the experiences. And to losing yourself in the sound of stillness.

Initially, while listening, your mind will label instruments, sounds and feelings, in an attempt to form an image. It will be wanting to hear music. But once you transcend conceptual thinking and place your attention on undefined sound, you'll notice that thinking becomes less persistent and gradually becomes still ... until only an impersonal presence remains.

Don't dwell on this for too long, or your mind will be eager to claim this as understanding. It is in fact the miraculous, unnamable, that which supersedes and transcends all thinking. We recognize this as our primordial home.

As everything in creation comes and goes, the manifested world after cathartic ecstasy, will return to the background of silent presence with a sigh of relief. • **Spirit Connection**

The name Wu Xing comes from an old Chinese phrase that is translated as the five elements of life. It is from these elements that gongs are created and used to balance life within the universe.

五 = WU 行 = XING

The MEINL Wu Xing Gongs are made in Germany in the European gongmaking tradition. These gongs are tuned with a greater frequency range that allows them to produce complex tones and beautiful harmonies within themselves.

G24-WX • 24" / 61 cm • Tuning G2 - G2# • Free Gong Handle

G28-WX • 28" / 71 cm • Tuning E2 - F2

G32-WX • 32" / 81 cm • Tuning C2# - D2

G36-WX • 36" / 91 cm • Tuning A1# - B1 (H1)

G40-WX • 40" / 101 cm • Tuning G1 - G1#

Including Cover and Gloves

MAGICAL VIBRATIONS

Gong Concerts by Miguel Lourenço



The MEINL Symphonic Tam Tams

These masterpieces of instrument making are traditionally hand-crafted in Germany. They satisfy the highest sonic demands of leading orchestras and modern music literature. All MEINL Symphonic Tam Tams come with Cover and Gloves.

SY-TT24 • 24" / 61 cm • Tuning G2 - G2#

SY-TT28 • 28" / 71 cm • Tuning E2 - F2

SY-TT32 • 32" / 81 cm • Tuning C2# - D2

SY-TT36 • 36" / 91 cm • Tuning A1# - B1 (H1)

SY-TT40 • 40" / 101 cm • Tuning G1 - G1#

HANDCRAFTED
MASTERPIECES

I started my journey with the gong in 2011 with my first 20" Wind Gong. Since the first strike, I felt everything completely new in my mind and in my body. The sound was magical and unique. I had never heard or felt anything like it before. When I bought my first gong, I could not imagine how much my life would change forever!

Miguel Lourenço can be found online at:
www.soundhealingportugal.com

At the moment I have 19 gongs above 24". I understand the gong not as a musical instrument, nor as an object but as a unique source of energy. It transforms and transports the sounds to very extra-sensorial dimensions and to those who listen to it, a cosmic journey of liberation from the mind and body.

Each gong has a personality, despite the frequency that it holds. I have 2 Saturn Gongs and each of them has their own way of showing their power. Each one transports us to a different experience. It is amazing to say this, because if both have the same frequency, one would expect the same result.

I create concerts in rooms of various dimensions – even in large halls. These shows are from North to South of Portugal. In 2014, I started in Portugal the project "Sound Healing Portugal® – www.soundhealingportugal.com". It is a 4 day event with activities during the day and night. The gong is the center of the event. In 2016, I started the "Universe Gong Training® – www.universegong.com" which is a gong training course for 4 days.

The decision to create these events is based on the fact that the gong brings together several unique characteristics:

- It is an instrument of healing and balance
- It is a way to everyone who listens to reflect upon itself
- It supports decision making in a completely free way
- It brings mental and physical strengthening

What stands out since I started playing gongs, is the absence of pain and disease. I developed my self-esteem to very high standards of trust and peace. I have lost my fears, I speak of the gongs with great enthusiasm, for they have given me confidence along this path.

To all of my students and all those who meet me on this fantastic path of the gong, in order to be successful in this mission: "The gong must be touched with the heart and not with the hands. And the results you feel in your heart and not with the received compliments."

"The gong must be touched with the heart and not with the hands ..."

One day someone asked me how I felt when I played the gong? The only word I said was: "Vibration!" And I explained this answer: "The universe vibrates, the planets vibrate, the gong vibrates and the only source on this wonderful planet and in this universe that made me vibrate totally is the gong! And when the universe, the planets and the human being vibrate – we are facing perfect alignment. This translates to better health, happiness, peace and harmony with ourselves and with everyone around us." • **Miguel Lourenço**

The MEINL Gong Stands



Pro Gong Stand

The MEINL Pro Gong Stand is especially made for bigger sized and heavier gongs. It is engineered in a strong framless manner, in order for one to play easily.

TMGS-2 • Up to 40" / 101 cm gong size

Gong Stand

The MEINL Gong Stand is engineered in a strong frameless manner, in order for one to play a gong or tam tam very easily. Furthermore the stand can be adjusted in height from a very low position up to a high position.

TMGS • Up to 32" / 81 cm gong size



Gong Holder

The additional Gong Holder is an accessory for the MEINL Pro Gong Stand to set up two gongs on top of each other. It is only applicable for the MEINL Pro Gong Stand.

TMGS-2-G • Upper gong size up to 32" / 81 cm
• Lower gong size up to 40" / 101 cm



Gong Dampening System

The perfect add-on tool for the MEINL Gong Stands. It is designed to consistently mute a gong or tam tam or to variably mute in a playing situation due to the adjustable dampening pad.

TMGS-DS



Wheels for Gong Stands

A set of four wheels with brakes that attach to the Gong Stands to make it movable.

TMGS-W



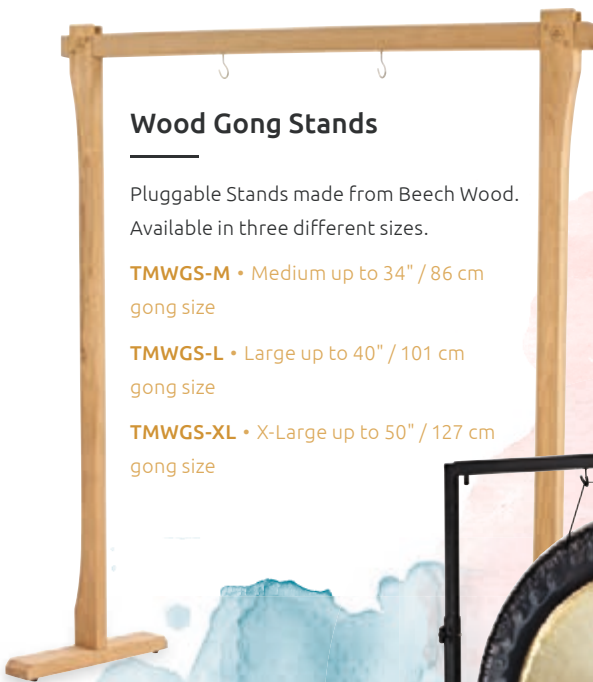
Wood Gong Stands

Pluggable Stands made from Beech Wood. Available in three different sizes.

TMWGS-M • Medium up to 34" / 86 cm gong size

TMWGS-L • Large up to 40" / 101 cm gong size

TMWGS-XL • X-Large up to 50" / 127 cm gong size



Framed Gong Stand

The MEINL Framed Gong Stand is designed to allow gongs up to 40" in diameter to swing freely while being played, creating waves of sound that ebb and flow with the movement of the instrument. The sturdy metal frame and base are height adjustable to accommodate different sized gongs with a strong foundation to keep up to two heavy gongs secure.

TMGS-3 • Up to 40" / 101 cm gong size



Framed Gong Holder

The MEINL Framed Gong Holder is designed to be used in conjunction with the MEINL Framed Gong Stand (TMGS-3) to create a double gong stand in which two gongs (up to 40" and 38") can be stacked securely on top of each other.

TMGS-3-G • Upper gong size up to 38" / 96 cm
• Lower gong size up to 40" / 101 cm



The MEINL Gong Mallets

The MEINL Gong Mallets have been crafted to empower gong players to create a wide range of dynamics on each gong from a quiet whisper to the loudest roar.



Gong Mallets

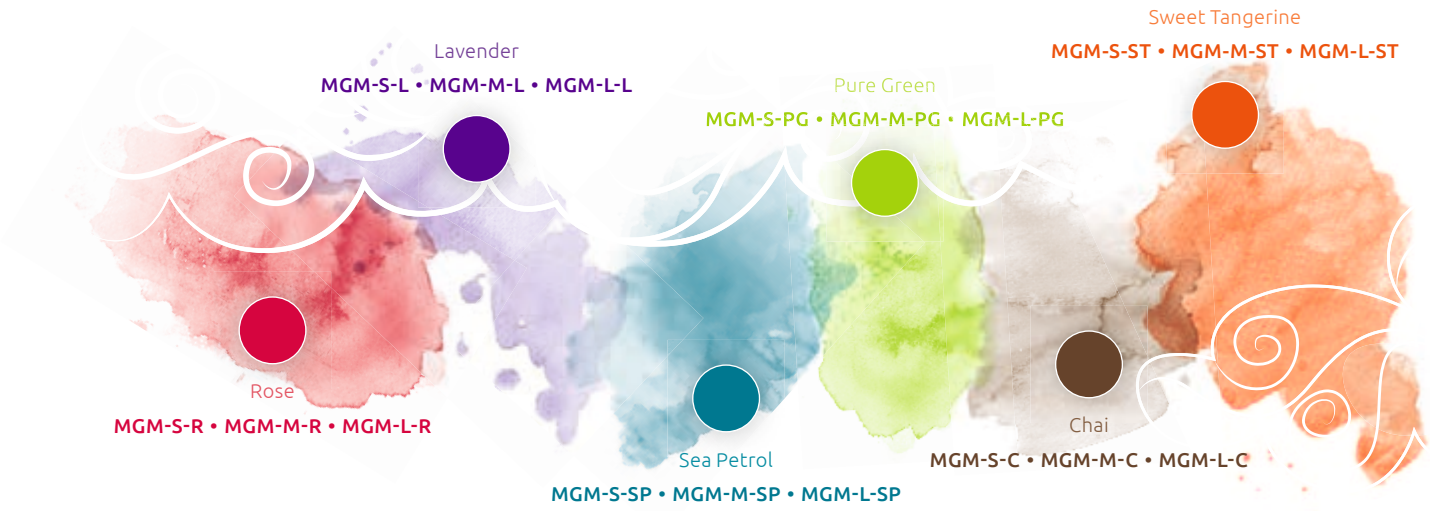
The handle of the mallets are designed for a comfortable playing while the head has been engineered for the best possible sound. These MEINL Gong Mallets are handmade produced in Germany. Material is beech wood and fleece.

They may be used also as a pair.

MGM-S • 30 x 7 x 7 cm • Weight 138 g • For Gongs Ø 20" - 80"

MGM-M • 34,5 x 8 x 8 cm • Weight 222 g • For Gongs Ø 22" - 80"

MGM-L • 39,5 x 10 x 10 cm • Weight 374 g • For Gongs Ø 24" - 80"





Steve Hart

Riffs Studios is located in La Jolla, California and can be found online at www.RiffsStudios.com

Journey into Sound



Music has always played a special role in my life. I grew up listening to everything from the Beatles to Tupac, losing myself in lyrics and melodies. At 24 years old I made the decision to dedicate my life to the power of music and moved to California to open up a music shop. In love with the way I felt while playing and listening to my favorite songs, I wanted to share that feeling with others.

It was there in a little neighborhood called Bird Rock in La Jolla, California that I made a discovery that would change my life forever. Already open as a music shop, I decided to use our beautiful outdoor patio to host some special events. I was a musician and had an affinity for the yoga practice, so I decided to combine the two and host a live music yoga class in my space. It was an instant hit!

I found that MEINL Sonic Energy was the perfect bridge between music and yoga, and the results of this discovery have been extraordinary. For most of my life I thought sound is something that you hear, but I realized that sound can be so much more powerful when we open up the other senses and experience it fully. My intuition was insistent that I continue exploring, practicing, and processing the energetic powers of these magical instruments.

As I continue my path in sharing these healing vibrations with the public, I find myself in a state of flow. Sitting with my instruments has become my safe space, where I am most comfortable and open to the infinite flow of creativity. I can think more clearly, relax more deeply, and tap into my creativity in other aspects of my life. This has revolutionized my yoga practice, my business, and my writings. In addition, as a facilitator of sound baths and distributor of sonic healing instruments, I received a level of financial abundance that I did not think was possible in years past. My life is better off in every way due to my work with these instruments.

Even more fulfilling are the experiences of those who attend my sessions. Many have shared a glimpse of their journey with me and I am constantly amazed at the experiences they have. Relief from pain, confrontation with cancer, communication with the deceased, epic journeys through space, vivid movements of color, messages from the divine, becoming one with the ocean, mobile sensations of tension and release, and many, many of the "words can't even describe what I just went through" responses.

It is these people, who find their way into my space with an open heart and open mind, that make the practice truly rewarding. I can honestly say that I love what I do and am blessed to have found my way into the transformational world of Sonic Energy. • **Steve Hart**



The MEINL Chau Tam Tams

The MEINL Chau Tam Tams are handcrafted in China using the same methods and traditions which have been used to create gongs in this region for centuries.

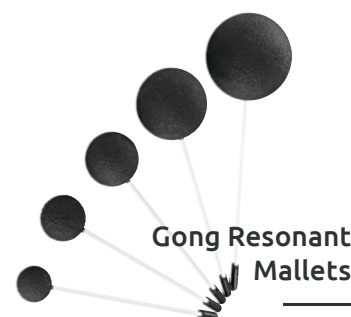


Chau Tam Tams

Made from a special bronze alloy, these tam tams have a large spread of tones and characteristics. From a sustained low hum to a brooding roar to fast explosive crashes, they work in many situations and blend well with other gongs and instruments. Each gong ships with a beater designed to correspond with the gong size.

- CH-TT22** • 22" / 56 cm • **CH-TT26** • 26" / 66 cm
- CH-TT30** • 30" / 76 cm • **CH-TT34** • 34" / 86 cm
- CH-TT38** • 38" / 96 cm • **CH-TT40** • 40" / 101 cm

Including Beater and Cover



The MEINL Gong Resonant Mallets are designed to create therapeutic and atmospheric gong sounds, similar to whale-singing.

- G-RM-20** • 20 mm / 0.8" • **G-RM-25** • 25 mm / 1"
- G-RM-30** • 30 mm / 1.2" • **G-RM-40** • 40 mm / 1.6"
- G-RM-50** • 50 mm / 2" • **G-RM-SET-5** • Set of 5 sizes



Wind Gongs

These gongs are also known under the name Feng or Sun Gong. The sound characteristic is mainly low pitched, and by playing the gong more powerfully it opens up nicely with sizzling overtones. Available sizes start at 20" / 50 cm and increase to 40" / 101 cm in diameter.

WG-TT20 • 20" / 50 cm • **WG-TT22** • 22" / 55 cm • **WG-TT24** • 24" / 60 cm
WG-TT26 • 26" / 65 cm • **WG-TT28** • 28" / 70 cm • **WG-TT30** • 30" / 75 cm
WG-TT32 • 32" / 80 cm • **WG-TT36** • 36" / 90 cm • **WG-TT40** • 40" / 101 cm

Including Beater and Cover

The MEINL Wind, Opera, Tiger & White Gongs

These MEINL Gongs are traditionally handcrafted in China by using a special bronze alloy. Each gong ships with a beater designed to correspond with the gong size.



Opera Gong

The Opera Gong plays an important role in traditional Chinese opera due to its descending pitch. An audible glissando effect can be achieved with a very short sustain.

OG-12 • 12" / 30 cm • Including Beater

White Gongs

These gongs are also known under the name Double-Light-Gong. They have a very flat profile with a bended rim for a powerful and splashy clear sound with medium sustain.

WG-12 • 12" / 30 cm • **WG-145** • 14.5" / 37 cm
Including Beater

Tiger Gong

The name tells you already that the roaring and growling sound is reminiscent to that of a tiger. It has a very pronounced bent-out shape with a large center dot.

TG-125 • 12.5" / 31.5 cm • Including Beater

Table Gong Stands

The sturdy compact design allows the gong to be played in a comfortable position on the floor or on a table. Specially designed to allow the gong to swing freely on the stand and remain securely mounted. Available in four different sizes.

TMTGS-S • Up to 13" / 33 cm gong size
TMTGS-M • Up to 15" / 38 cm gong size
TMTGS-L • Up to 22" / 56 cm gong size
TMTGS-XL • Up to 26" / 66 cm gong size



Gong Beaters

The MEINL Gong Beaters have been crafted to empower gong players to create a wide range of dynamics on each gong from a quiet whisper to the loudest roar.

MGB-S • +/- 220 g (7.76 oz)
MGB-L • +/- 350 g (12.35 oz)



WITH YOUR GONG TO WHERE THE ENERGY FLOWS

MEINL Gong Accessories



The MEINL Gong Accessories



Gong Covers

Specially made covers to protect the gongs from fingerprints or dust when not in use.

- MGC-24** • for 24" Gong
- MGC-28** • for 28" Gong
- MGC-32** • for 32" Gong
- MGC-36** • for 36" Gong
- MGC-40** • for 40" Gong

Gong Bags

Special made bags to protect the gongs during transportation. Soft inner material prevents gongs from scratches.

- MGB-24** • for 24" Gong
- MGB-28** • for 28" Gong
- MGB-32** • for 32" Gong
- MGB-36** • for 36" Gong
- MGB-40** • for 40" Gong



Mallet Bag

The MEINL Mallet Bag is the perfect way to protect gong mallets and other accessories while keeping them together in one place for a safe and easy transport.

MSTBB1



Gong Handle

The gong handle is a simple accessory that is used to move a gong by hand in a comfortable way or to play the gong while holding it.

G-HANDLE



Gong Polish

The MEINL Gong Polish is exclusively for cleaning the surface of a gong. It's a combination of a concentrated liquid cleaner and MEINL Polishing Emulsion.

MGP



Care Kit

Keep your gongs looking like new using the care kit. Cleaner & Protectant with free MEINL Handling Gloves.

MCCK-MCCL

SOUND FREQUENCY EFFECT

For many years, Alexander Renner has been conducting research into sound and frequency, and their effect on us as humans. In his experience, gongs are the most effective instruments when it comes to connecting with people using different frequencies.

These age-old instruments are his passion – and it's one that he's happy to share. He studies and experiments with old and new technologies in order to optimize life, body, mind, and inner attitude. In other words: life, body, brain, and mind hacks. His focus is on the modeling of brain waves, diet, meditation, mind-set, and health.





Neuroscience meets sound

His passion for sound and its strong effects was kindled by his teacher and mentor from California, who taught him to play the gong in a unique way and thus alter the frequency of people's brain waves. Following many years of study, research, and experience, he now knows which physical processes in the body and mind can be activated or changed by means of frequencies.

Alexander Renner is an expert on focus and performance. He gives talks on the subject at events and plays a large gong live on stage. As a result, audiences experience first-hand (in their bodies and minds) what he has just talked about. Nothing could be any more direct.

The gong is his tool

He uses it to create sound – powerful sound. The frequencies of the gong influence our brains. The brain has the ability to assimilate, resonate, and synchronize. And it is for precisely this reason that the people sitting in his audiences often achieve astonishing results.

Some of them want to unwind more effectively and recharge their batteries. Others are motivated by tasks that they have wanted to focus on for a long time and both groups can easily reach their goals thanks to the right frequencies.

Gongs and meditation

Alexander Renner's background is in kundalini yoga, where meditation with gongs plays a major role. He takes intense gong meditations far into the spectrum of white noise. His multi-gong meditations, featuring several players in one room, are very much in demand. He helps participants unwind and reach states of trance and meditation, often triggering healing and transformation processes that, in turn, initiate lasting change among those who attend his gong sessions. With his gong training programs, he regularly shares his extensive experience with keen students of sound. He aims to ignite his passion for these instruments in others. It is also his intention that his students give urbanites living in a digital world the chance to reconnect with their roots. • **Alexander Renner**

www.gongmeditation.de

Figure out more about Alexanders tools to create powerful sound:

The Flower of Life Collection see page 25

The MEINL Gong Mallets see page 32

Framed Gong Stand and Accessories see page 31 and 39

The Cosmic Octave

When the person (Latin: per-sonare), is in tune with the cosmos, then the cosmos is resonating in the person. When you become aware of this, consciousness reaches cosmic dimensions.



Hans Cousto was born 1948 in the French part of Switzerland. As freelance scientist he is best-known for his determination of astronomically based calculations and confirming the tones intuitively discovered by ancient cultures. In this way, he has been able to solve the centuries-old problem of concert pitch, otherwise chosen in an arbitrary manner in countries of the West. Cousto has also proved to be a trendsetter with his tuning forks, which in the opinion of Joachim Ernst Berendt, ring out the tones of primordial sound.

In ancient Greece there were many reports of the spheric sound. Plato writes at the end of the 13th book of the law: "Every figure, every row of numbers and every assemblage of harmonious sounds, the accordance of the cycles of the celestial bodies and the One as an analogy for all which is manifesting itself... must become exceedingly clear to him who is searching in the right manner. That of which we speak will however come to light if one strives to recognize all, while not losing sight of the One. It is then that the connecting link of the ones named will come to light..."

The connecting link is the law of the octave. Through systematic application of this law to all the period phenomena, it is possible to listen to the relation of the vibrations of the planets and also to the structures of the different atoms and molecules.

In 1946 Hermann Hesse received the Nobel Prize in literature for his book: The Glass Bead Game. The principles of the Glass Bead Game are: "A new language, a sign and formula of which mathematics and music equally partake, enabling one to combine astronomical and musical formulas, a common denominator for mathematics and music." The law of the octave is this principle where mathematics and music equally partake. This law makes it possible to combine astronomical and musical formulas. It is the common denominator of astronomy, mathematics, music and colour.





Through the law of the octave it is possible to convert the whole solar system into sound. The number of octaves gives you the 'scale'. In the same way the scale on a map helps you to visualize the landscape, the law of the octave demonstrates relationships. The base sounds in this booklet are calculated purely on mathematics and physics and show the scientific base of an old mystical lore. Each step is successive, you can recalculate it, and you don't have to take it on faith. These primal sounds are based on a genuine mathematical foundation but they unite all three principles: "science, veneration of beauty and meditation." • **Hans Cousto**



The Cosmic Octave – Origin of Harmony

Book by Hans Cousto

The explorer of the formula of Cosmic Octave Hans Cousto offers a unique survey of a new scientific view of the world where a direct relationship has been proven to exist between musical tones, colors and the vibrations of the universe.

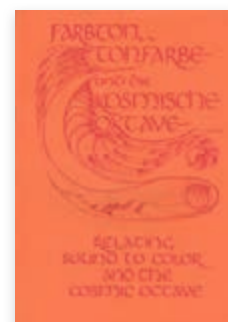
The natural formula of the Cosmic Octave makes it possible to openly demonstrate the direct relationship of astronomical data, such as the frequencies of planetary orbits, to architectural works, ancient and modern measuring systems, the human body, music and medicine.

128 pages, 45 illustrations, 24 pages scientific appendix, ISBN 9780940795204

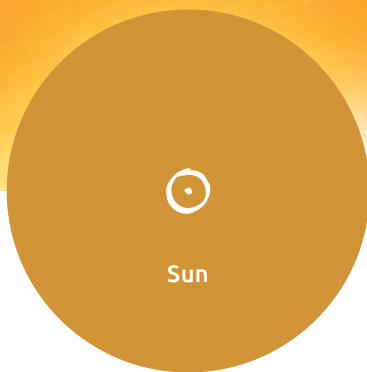
Relating Sound to Color and the Cosmic Octave

Book by Hans Cousto

During the Moon-Pluto conjunction on October 2, 1978, the first sound frequencies of the Earth's movement were calculated according to the law of the octave. In the autumn of 1979, the "Interplanetary" tuning forks and their frequencies became more and more a topic of conversation; a lot of people wanted to learn about these cosmic vibrations. It became impossible to answer all these questions directly person to person. The necessity arose to put down some essential thoughts and fundamental calculations in booklet form, to give interested circles at least some kind of frame of reference for their own thoughts on this subject. The Text explains and formalizes all steps necessary to calculate standard pitches (for tuning purpose) from astronomical data of the planetary motions.



ALIGN WITH THE UNIVERSE



Sun



Mercury



Venus



Earth



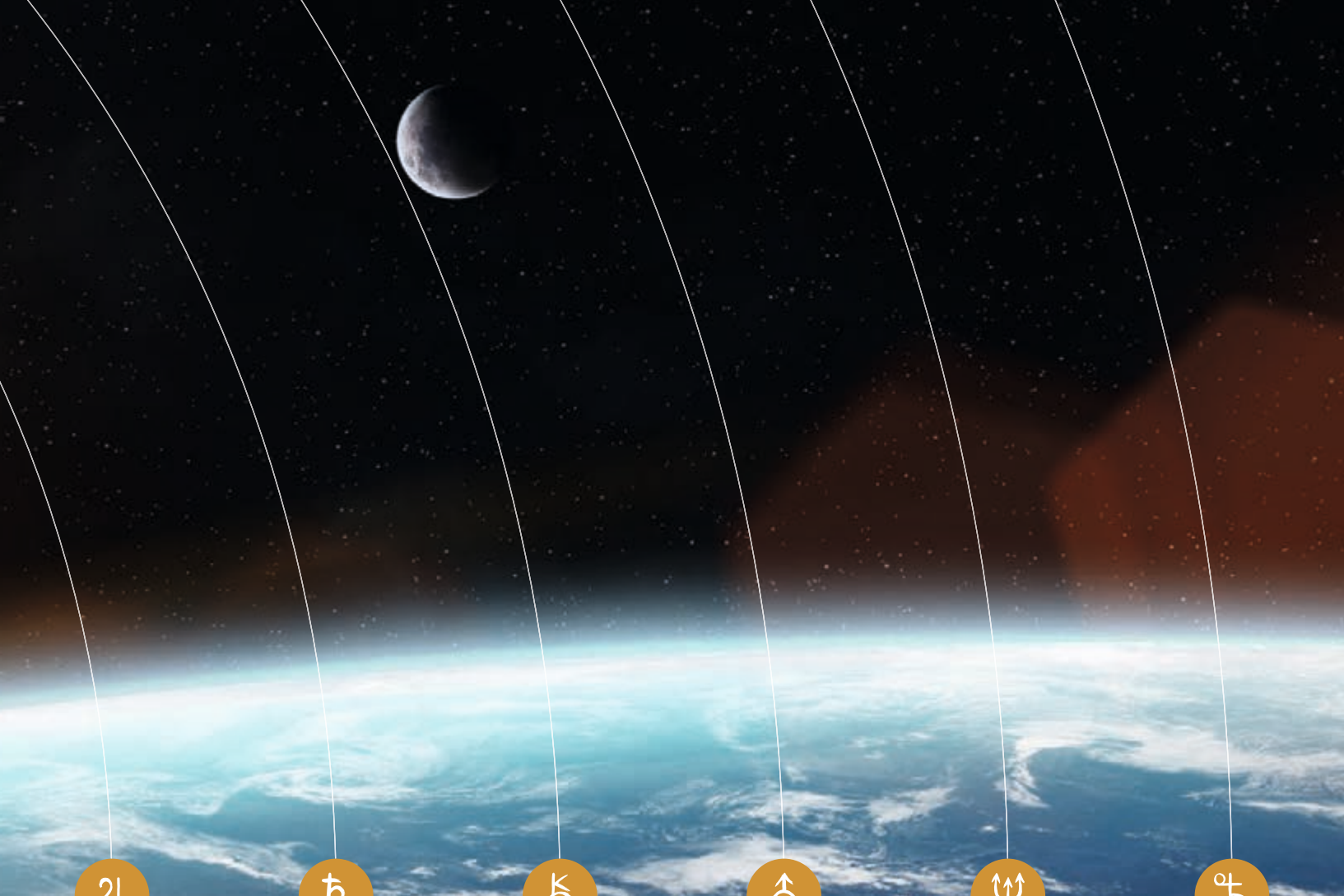
Mars

Planetary Sounds are tones whose frequencies are based on the rotation and orbital times of planets in our solar system. Octaves of these specific tones are calculated and chosen for frequencies within the ranges of human hearing (Sonification).

What is the Earth tone?

- The frequency of the Earth Year (OM)
- Tone: 136,10 Hz; The base of this tone is the duration of one orbital period around the sun (= one calendar year)
- 4. Chakra: "Anahata" (The Heart Chakra)
- Effect: relaxing, soothing, balancing
- Earth tone products: Gong **G36-E**; Tuning Fork **TF-E**; Energy Chime **EC-E**

The frequency of the Earth Year is the best oscillation for everyday stress relief, to regain inner peace, open blocked energy pathway and restore balance. Based on the formula of Hans Cousto 'The Cosmic Octave', the planetary tuned Gongs, Tuning Forks and Chimes are exactly tuned to match the frequencies of the sun, moon, and planets.



Jupiter



Saturn



Chiron



Uranus



Neptune



Sedna

Calculation of the Earth Tone

Position to sun: 3rd planet

Orbital period in years: 1

Orbital period in days: 365

Orbital period in seconds: 31556925.9747

Frequency calculation:

$1/31556925.9747 \text{ sec.} = 3.1689 \times 10^{-8} \text{ Hz}$

$(3.1689 \times 10^{-8} \text{ Hz} \times 2)^{231} = 136.10 \text{ Hz}$

Frequency: 136.10 Hz (= 32. Octave)

Tone: C3#

Shifted 440 Hz standard-pitch:

A4/a1 » 432.09 Hz



Planetary Tuned Gongs see page 47

Planetary Tuned Tuning Forks see page 58 - 59

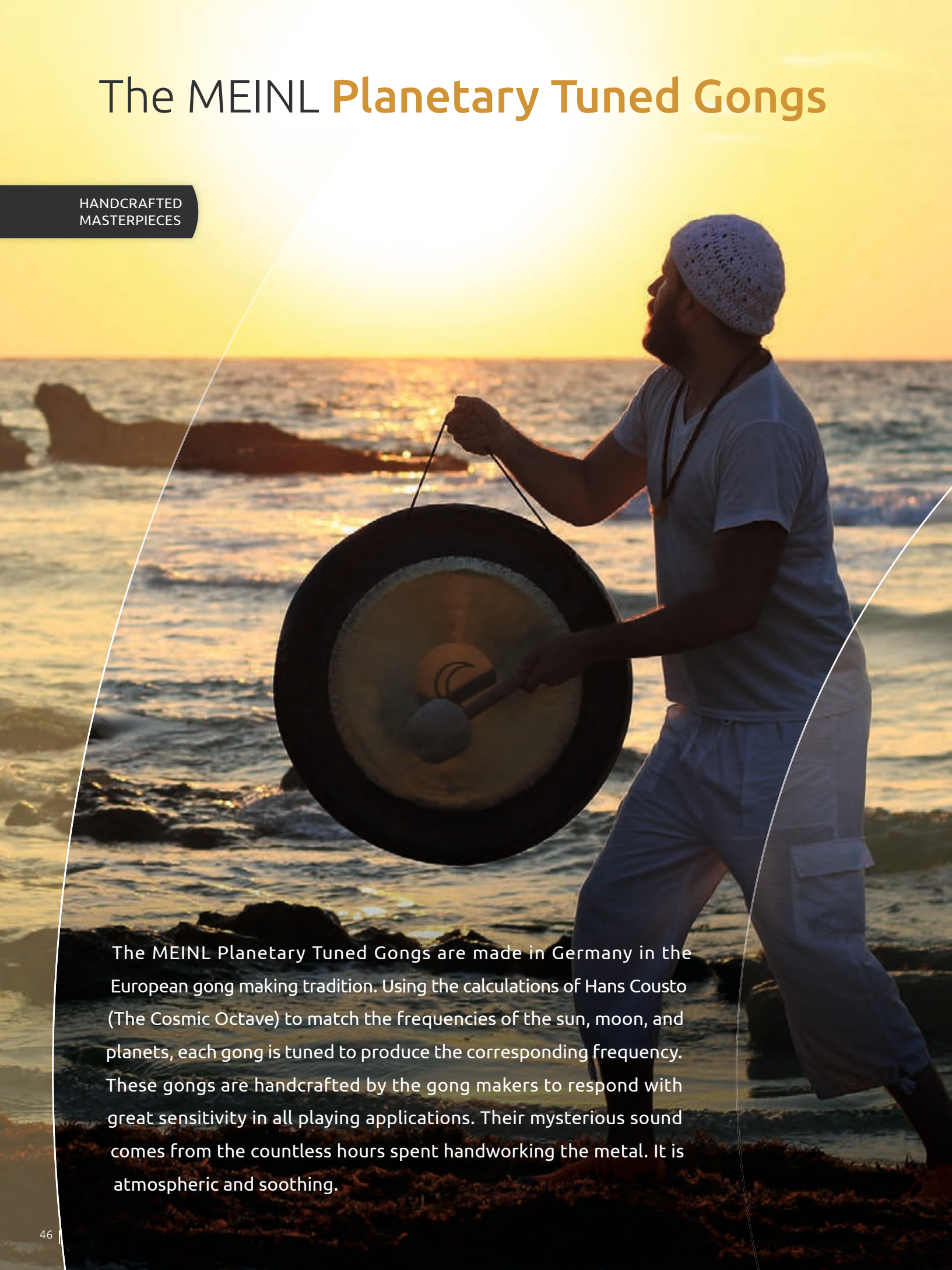
Planetary Tuned Energy Chimes see page 60 - 61

Planetary Sounds Overview

Planets	Tone	Hertz	Octave
Sun	B	126.22	-8
Mercury	C#	141.27	30
Venus	A	221.23	32
Earth (OM Tone)	C#	136.10	32
Synodic Day	G	194.18	24
Sidereal Day	G	194.71	24
Platonic Year	F	172.06	47
Synodic Moon	G#	210.42	29
Sidereal Moon	A#	227.43	29
Mars	D	144.72	33
Jupiter	F#	183.58	36
Saturn	D	147.85	37
Chiron	F	172.86	38
Uranus	G#	207.36	39
Neptune	G#	211.44	40
Sedna	F#	181.60	46

The MEINL Planetary Tuned Gongs

HANDCRAFTED
MASTERPIECES

A man in white clothing and a white cap is playing a large gong on a beach at sunset. The gong is suspended by a rope and is being struck with a mallet. The background shows the ocean and a bright sunset sky.

The MEINL Planetary Tuned Gongs are made in Germany in the European gong making tradition. Using the calculations of Hans Cousto (The Cosmic Octave) to match the frequencies of the sun, moon, and planets, each gong is tuned to produce the corresponding frequency. These gongs are handcrafted by the gong makers to respond with great sensitivity in all playing applications. Their mysterious sound comes from the countless hours spent handworking the metal. It is atmospheric and soothing.

Planetary Tuned Gongs 24" / 61 cm



- ♀ **Venus**
G24-V • Tuning 221.23 Hz / A2 (A4/a' 440 Hz » 442.46 Hz)
- ♁ **Uranus**
G24-U • Tuning 207.36 Hz / G2# (A4/a' 440 Hz » 439.38 Hz)
- ♆ **Neptune**
G24-N • Tuning 211.44 Hz / G2# (A4/a' 440 Hz » 448.03 Hz)
- ☾ **Sidereal Moon**
G24-M-SI • Tuning 227.43 Hz / A2# (A4/a' 440 Hz » 429.33 Hz)
- ☾ **Synodic Moon**
G24-M-SY • Tuning 210.42 Hz / G2# (A4/a' 440 Hz » 445.86 Hz)

Planetary Tuned Gongs 28" / 71 cm

- Jupiter** ♃
G28-J • Tuning 183.58 Hz / F2# (A4/a' 440 Hz » 436.63 Hz)
- Chiron** ♄♁
G28-CH • Tuning 172.86 Hz / F2 (A4/a' 440 Hz » 435.58 Hz)
- Sedna** ♆♁
G28-SE • Tuning 181.60 Hz / F2# (A4/a' 440 Hz » 431.92 Hz)
- Platonic Year** ♁♁
G28-E-PL • Tuning 172.06 Hz / F2 (A4/a' 440 Hz » 433.56 Hz)
- Sidereal Day** ♁♁
G28-E-SI • Tuning 194.71 Hz / G2 (A4/a' 440 Hz » 437.11 Hz)



Planetary Tuned Gongs 32" / 81 cm



- ♄ **Saturn**
G32-SA • Tuning 147.85 Hz / D2 (A4/a' 440 Hz » 443.05 Hz)
- ♂ **Mars**
G32-MA • Tuning 144.72 Hz / D2 (A4/a' 440 Hz » 433.67 Hz)
- ♁ **Mercury**
G32-ME • Tuning 141.27 Hz / C2# (A4/a' 440 Hz » 448.50 Hz)

Planetary Tuned Gongs 36" / 91 cm

- Sun** ☉
G36-S • Tuning 126.22 Hz / B1 (H1) (A4/a' 440 Hz » 449.80 Hz)
- Earth** ♁
G36-E • Tuning 136.10 Hz / C2# (A4/a' 440 Hz » 432.09 Hz)



Each Gong includes
Cover and Gloves



Kundalini Yoga

इत नमः अने नमःइत

What is Kundalini Yoga?

It is a physical, mental and spiritual discipline based on various yogic paths such as ray yoga, shakti yoga, kriya yoga and naad yoga (development of nadis or rivers of energy within the body) described as an intangible energy represented symbolically and allegorically by a snake or a dragon, which sleeps coiled in the muladhara (the first of the seven chakras or energy circles, located in the perineum area). It is said that upon awakening this snake, the yogi controls life and death.

The kundalini is considered as the primordial energy or shakti that comes to be fully developed by meeting in the atma (soul) with the Brahman. Several doctrines use this concept of kundalini: yoga, tantra, Buddhism, Taoism and Sikhism. The worldwide dissemination of this discipline in the 20th century was mainly due to the work of the master Yogi Bhajan.



What are the benefits of Kundalini Yoga?

Practicing kundalini yoga will allow you to have more flexibility in the spine, since this discipline is characterized by the practice of spinal turns and bow positions. You will also expand your lung capacity thanks to the different breathing techniques taught in each exercise that will allow you to reduce or lengthen the speed with which you inhale or exhale oxygen. In turn, you will work the muscles of your abdomen, especially when practicing poses of leg lifts.

You can reduce your stress and also improve your memory, since in addition to traditional exercises, practicing Kirtan Kriya or kundalini meditation will encourage a prodigious memory; So much so that this type of yoga is being highly recommended for those patients suffering from Alzheimer's disease.

During my work as a sound therapist, in the field of healing therapy, for example with cancer patients, deaf persons and senior citizens, I made the experience that sounds can support healing processes and even be can heal.



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www.facebook.com/InstituciónEspañoladeSonoterapia

www.iesoundtherapy.com

What made me sound?

My interest in music was awakened in my childhood in Mexico in connection with classical music. Since 1998, I have lived and studied music in different countries, such as Mexico City (Escuela de Iniciación Artística del I.N.B.A), England (Themes Valley University), Cuba (Escuela Nacional de Arte), India (University of Delhi) and Nepal. I am trained as a Kundalini Yoga Teacher certified with the KRI (Kundalini Research Institute Certificate) and the founder of the Spanish Institute of Sound Therapy in Girona, Spain, Mexico and I am operating in Germany as well.

With sound regards, blessing and love • **Ramji Singh**



Soundbaths

—
A Concert for the Soul



Soundbaths continue to grow in popularity as people are experiencing extraordinary shifts in how they feel mentally, physically and emotionally. We are all looking for ways in which to shut off the mind, relax the body and increase happiness.

The first time I heard the complex wave of sounds coming from a gong, I was enthralled! A biology student at the time, I had become so mentally focused that I had forgotten how to relax both mind and body, failing to connect with my inner world. That first strike of the gong was pure magic as my mind quieted, my body softened and a sense of lightness and

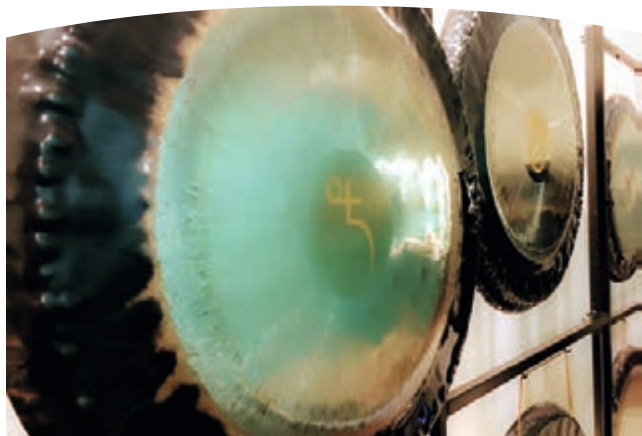
expansion could be felt. Surprisingly, this peaceful state remained with me, long after the sound had dissipated. This is the goal of a soundbath, relaxation of mind and body, resulting in a sense of union with the deepest parts of oneself. That feeling of tranquility and illumination is the reason I and so many others are drawn to the powerful sounds of the gong.

What is a Soundbath?

A soundbath is a form of sound therapy whereby sounds are produced in a manner aimed at calming the body and stilling the mind. Most commonly a group experience, the sound therapist plays several instruments, creating those sounds which promote well-being while guiding listeners on a journey of self-discovery and inner exploration. A well-played soundbath should feel like a concert for the soul. There is a beautiful simplicity to receiving a soundbath as the participant is not required to "do" anything other than lay in a comfortable position (usually on one's back), listen and feel the vibrations.

The term "sound bath" or "soundbath" is a generic term that describes a multitude of sound experiences which can include various instruments such as gongs, singing bowls, chimes, drums, voice and even recorded tones. A quick investigation traces the term back to Tom Kenyon, a well-known sound therapist, musician and researcher based in Washington State. A great encouragement to me in my work, I hold the utmost respect for Mr. Kenyon. While Tom no longer uses the term "soundbath" when describing his offerings, the word nevertheless caught on and is now used worldwide to indicate similar sound experiences.

While there are assorted types of soundbaths using numerous instruments, the gong is essential in my opinion. It is the gong which lends an element other instruments fail to supply. It provides depth, intensity, expansiveness and a feeling of activation that has to be experienced in order to be understood. A single gong can make the experience more like a meditation, where the mind is focused upon the sounds. Multiple gongs bathe the listener in many tones and vibrations resulting in an almost immediate state of relaxation.



How does a Soundbath work?

Most people feel refreshed and at ease while actually looking brighter following a soundbath. The experience is unique to each individual and may include physical sensations, visual images, a range of emotions, creative insights or even a deep sleep. There are moments of intensity, which will pass if the person remains relaxed and likewise moments of heightened clarity. One's sense of time and space is usually altered during the soundbath, often making it difficult to determine just how much time has elapsed. The feedback from regular "soundbathers" is that they have increased their ability to handle stress and anxiety, can move through challenging situations in a more graceful manner, experience improved sleep and have a better overall sense of health and wellbeing.

Pure sound, that is sound without words, generates a positive effect on the brain. A marked increase in alpha and theta brainwave activity has been observed when one is exposed to the vibrations of a gong and singing bowls. With this, the breath becomes softer, the pulse and heart rate decrease and the participant feels more connected with his or her inner world rather than the outside world. This is the golden state of a soundbath and it is the state in which the body's natural healing capabilities are triggered, at times resulting in miraculous shifts within one's body, mind, and emotional state. • **Jamie Bechtold**

About the Author:

Jamie Bechtold has been playing gongs and soundbaths for fourteen years and owns The Soundbath Center in Los Angeles, California. She has also developed Soundbath Practitioner Trainings and teaches students from all around the world.

www.Sound-Bath.com

Jain Wells

"In my therapy practice I now combine the various practices that I teach – for mind, emotion and body – with Gong sound healing, which can significantly accelerate an individual's growth and healing."



The MEINL Flower of Life Collection

Discover more on page 25



Jain Wells, Ph.D., is a transpersonal psychologist, seminar-leader, clinical hypnotherapist, and more recently gong sound healer – which ties in intimately with her greatest passion, meditation. She is also a singer-songwriter and uses music to communicate her ideas around personal growth and spiritual transformation.

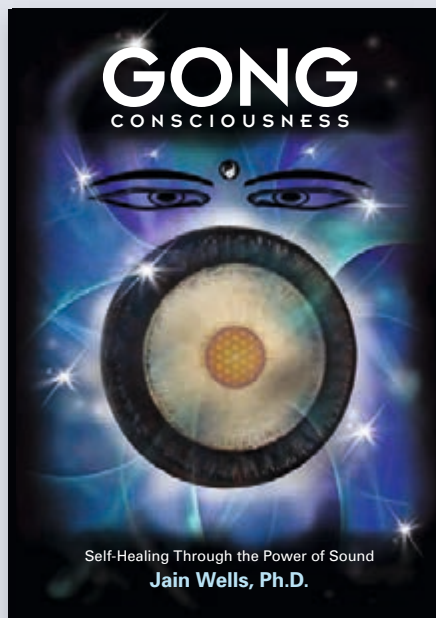
See her YouTube channel 'Jain Wells' and website: www.drjainwells.com

Jain has always had a fascination with philosophy and psycho-spiritual development. She received a Degree in Philosophy and English before completing her Masters and PhD in Transpersonal Psychology in California. She is a clinical hypnotherapist, and practitioner of Neuro-linguistic Programming (NLP), among other modalities. Jain also incorporates GONG sound healing into her live meditation groups and seminars, and completed her Gong and Sound Healing training at The Integral Yoga Institute in New York.

She began her work in the field of psychology 18 years ago and originally developed and launched her awareness programs in Canada, training 25 facilitators. They worked as a team to make positive change in various cities and communities in Western Canada, and the United Kingdom. Jain also taught seminars in India and The United States.

She is an author and spent many years as a business magazine writer/editor before getting involved in psychology, and continues to write for various publications. Her doctoral research involved combining mindfulness meditation practice with guided imagery visualizations as a way of enhancing personal growth and transpersonal awareness. The results of this study were published in her book *Meditation: The Incredible Gateway to An Abundant Life*. In addition to including everything anyone needs to know to develop a meditation practice, it also has exercises for shifting difficult emotional states and for healing unconscious imprints to allow for enhanced personal growth and spiritual awareness.

Books by Jain Wells



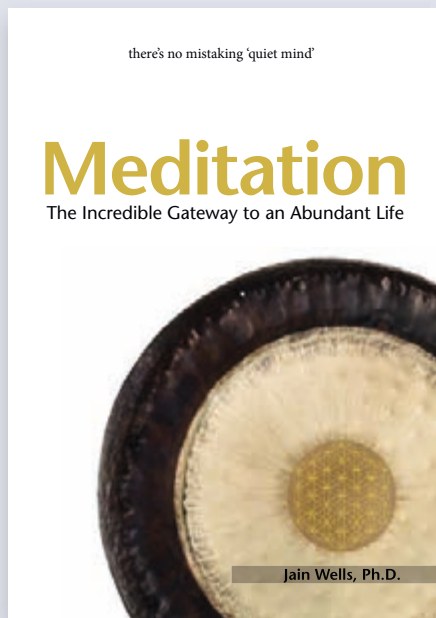
Gong Consciousness: Self-Healing Through the Power of Sound

Book by Jain Wells Ph.D.

This book presents a 'system' for self-healing and expanded awareness using GONG SOUND VIBRATIONS. It is being used to help treat a variety of ailments including anxiety and depression, fatigue and physical pain and injury to more serious health issues. The book contains two years of research that helps to understand exactly how the GONG can be used effectively. This book can help any individual or healing practitioner feel confident to begin gong sound healing and integrate it with other healing modalities for maximum effect.

214 pages

ISBN-10: 1775186024, ISBN-13: 978-1775186021



Meditation: The Incredible Gateway to an Abundant Life

Book by Jain Wells Ph.D.

This new book is the second edition, and has undergone a major upgrade into a complete workbook and fast-track system for healing and raising consciousness. With meditation as the core practice, there are also mindfulness practices, exercises for shifting difficult emotional states and for healing deep unconscious imprints and wounds. There is also a chapter on various other methods for inducing meditative states, including the Gong. Chapter 8 is her personal story.

208 pages

ISBN-10: 1775186008, ISBN-13: 978-1775186007

Woven into the Cosmic Tapestry of Sound



As an energetic system, humans are woven into the cosmic tapestry of sound. Frequencies and sounds influence people's health: noise and dis-

sonant frequencies are a detriment, while harmonious, orderly sounds have a healing effect. The human system, just like musical instruments, is subject to the laws of resonance. The alienation between humans and nature in today's world is emblematic of the alienation between humans and their true spiritual nature.

How can humans connect themselves to their true nature? In astrology, the moon is the symbol of the soul. Physicians of old deemed the pituitary gland the "moon gland". Its function in the human microcosm corresponds to the moon's role in the sky and the macrocosm. The pituitary gland is in harmony with the rhythm of the waxing and waning of the moon; it expands and contracts along with the lunar rhythm. It is located at the zenith of the human body (crown chakra), outside of the blood-brain barrier. The "moon gland" is the gland of consciousness and the gate to the soul. Thanks to the discovery of the cosmic octave by Hans Cousto, we can now harmonize these glands, and therefore also our consciousness, using spherical tones. The MEINL Tuning Fork, which is in tune with the planets, corresponds to the cosmic octave. If we hold a tuning fork to the crown chakra or to a meridian point, for example at the corners of the ten fingernails or toenails, the body resonates and takes on the frequency provided.

In her new-moon calendar,

Marie-Thérèse Rubin illustrates the orderly, harmonious frequency of each day. Since time immemorial, each day of the week has been assigned an astrological planetary energy that reflects the fundamental oscillation of the day. The oscillation of the moon frequency changes monthly, in accordance with the sign of the zodiac under which the new moon began its path. Since ancient times, true astrology has illustrated the powers of cosmic order to humans, so that humans could attune themselves with them. These orderly frequencies transform any possible dis-

sonance in the human system, thereby having healing effects on the psyche and the body. Tuning forks in tune with the planets are extremely practical frequency carriers: they are robust, small, and can be used virtually at any time and anywhere. However, the requirement for their healing powers is their quality and precision of frequency, like that provided by MEINL for example. The astrological tuning fork set compiled by Rubin contains the tuning forks in accordance with the days of the week: Sun (126.22 Hz) for Sunday, Moon (210.42 Hz) for Monday, Mars (144.72 Hz) for Tuesday, Mercury (141.27 Hz) for Wednesday, Jupiter (183.58 Hz) for Thursday, Venus (221.23 Hz) for Friday, Saturn (147.85 Hz) for Saturday, and, as an addition, the Earth tuning fork (136.10 Hz). • **Marie Thérèse Rubin**



For more than 20 years, **Marie Thérèse Rubin** has operated her practice, EnergieCare Rubinenergie. She is trained in astrology, bioresonance, medical hypnotherapy, and spiritual guidance. Rubin has authored several books and, today, works as a technical instructor at Psi Zentrum Seeland for the "media-based learning" annual training course. Rubin is also an expert in spiritual healing and board member

of the Swiss professional organization for natural healing (SVNH).

www.rubinenergie.ch

new LIGHT and new energy CREATED THROUGH SOUND



SOUND THERAPY CAN BE ENJOYED WITH OR WITHOUT HEALTH CONCERNS. IT CAN HAVE A WONDERFUL EFFECT ON BOTH HUMANS AND ANIMALS ALIKE. I AM ALWAYS PLEASED TO BE A PART OF THESE SOUNDS.

SOUND THERAPY

At my practice, Dynamica, I offer a range of sound therapies that are individually put together with a certain amount of intuition according to the needs of each client.

I believe it is important to understand and respond to the needs and requests of my clients. This approach explains why some of them have been coming to me regularly for years to receive sound treatments.

GOOD REASONS TO VISIT MY PRACTICE

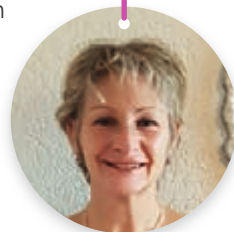
For relaxation, as prevention, or as a supportive therapy in certain life situations: before or after surgery, for cancer (supportive), dementia, anxiety, attempts to conceive, before and after pregnancy, and many more circumstances. There is always a reason to immerse yourself in the world of sound, and doing so can benefit everyone. Sounds move the human body, mind, and soul. They flow through the body from head to toe, vibrating every cell and causing them to rotate. During this process, the body can relax. The muscles, ligaments, and nervous system let go. Blockages and tensions are soothed away – an ideal basis for revitalization and the strengthening of self-healing powers.

In some cases, healing or relief can come quickly. Sometimes, however, it takes time and patience. These are insights I have learned through many years of personal experience with monochords, gongs, singing bowls, tuning forks, cymbals, drums, rattles, and so on.

BABIES AND CHILDREN

The reactions of newborn babies are always something special for me. As I play the monochord, they move, stretch, and listen to the sounds. Sometimes they cry and moan. When they hear the singing bowls, they might show deep emotions, especially through their facial expressions.

This can continue for a few minutes. It is important that I do not interrupt the process, but keep the vibrations gentle and calm. Memories of the stress and trauma of birth are cleared away, and the subsequent state of relaxation and tranquility is immediately visible. Simply wonderful for mother and child.



GOODBYE, TINNITUS!

Last year a new client made an appointment with me for sound treatment. While discussing her medical history, she told me about her tinnitus, which she had already had for two years. She fell into a deep sleep during the sound therapy session and this allowed her to relax very well. The very next day she told me that her tinnitus had gone after the sound treatment ... and it has not come back since

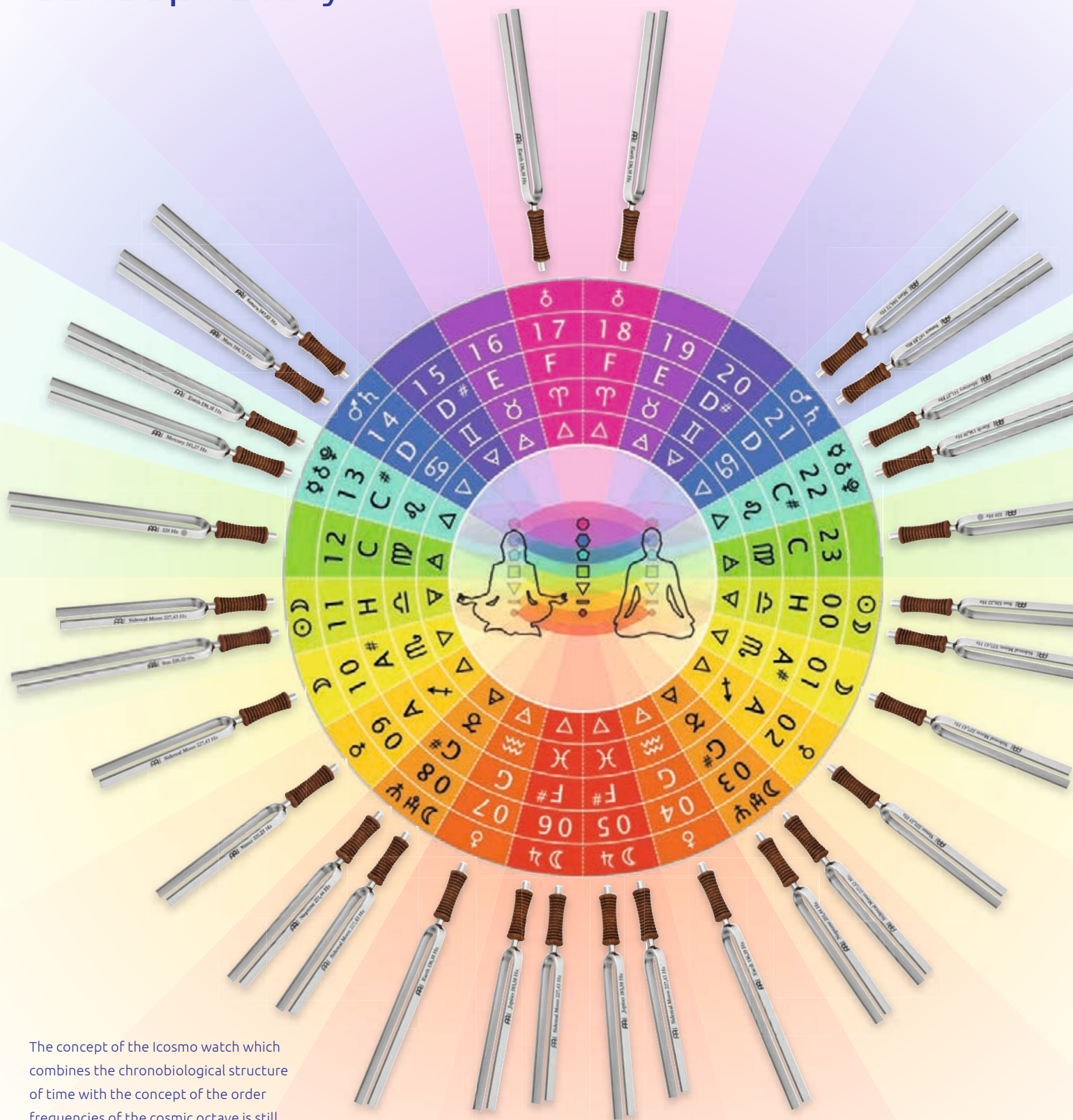
HOSPITAL SHIFT WORK

A nurse anesthetist regularly enjoys sounds at my practice after night shifts so that she can get back into the rhythm of days and nights. Simply brilliant, she says.

Dynamica Virginia Hürzeler • www.dynamica-energien.ch

The ICOSMO MATRIX

Concept Story



The concept of the Icosmo watch which combines the chronobiological structure of time with the concept of the order frequencies of the cosmic octave is still in a creative process.



THE PROJECT

The project was started in 2013 by Konstantin Jagoulis and Jens Zygar. Inspired by the science of the cosmic octave their purpose was to create a supportive system that will help musicians, therapists and wellness practitioner to synchronize their inspired creativity with the cosmic framework of the natural cycles and rhythms of planet earth.

The Icosmo matrix interface has a 24 hour clock face design. Each hour has multiple elements relating to tone, color, zodiac sign, the 4 elements, chakras and orbital frequencies. Experiencing these tones and colors during their specified time zone within the timescale of a day, is believed to create an audio-chroma-chrono-biological-unified holistic resonance effect within a person's mind, body and soul.

The Icosmo Matrix interface is intended to be an easy reference and supportive tool. It's an open invitation to start one's own experience with the repeating daily cycling qualities at any moment you choose. The purpose is to increase both the awareness and consciousness required to access the spectrum of the qualities in any moment and location.

THE HISTORY

Originally it was meant to be a support for those musicians that wanted to create, compose, perform and experiment with the frequencies of the cosmic octave, which was developed and published by the Swiss mathematician Hans Cousto.

In the early days, before the digital evolution, one had to work with printed tuning data lists, which made the practical application of this system very laborious and time consuming. In those days, the technology of sound design wasn't at the level of today, happily, thanks to technological innovation, we are now able to tune in and create the sounds we desire in a much easier and more precise way.

In 2006, the creative minds of Konstantin Jagoulis and Jens Zygar of the Klanghaus team, began to play around in unconditional brain-storming activities out of which they created an amazing spectrum of ideas for cosmic chronological devices and their application. • **Jens Zygar**

www.jenszygar.com

The MEINL Planetary Tuned Tuning Forks

The MEINL Planetary Tuned Tuning Forks are made in Germany using the calculations of Hans Cousto 'The Cosmic Octave' to match the frequencies of the sun, moon, and planets. Each one is tuned to produce the corresponding frequency of the celestial body. These tuning forks have been designed for use in therapeutic applications.



Complete Set-up

The MEINL Tuning Fork Complete Set-up offers all 16 planetary tunings in one set.

TF-SET-16 • Including tuning fork base holder



To get the Planetary Tuned Tuning Forks separately see page 88



Standard Pitch Tuning Fork

The MEINL Tuning Fork is made in Germany and tuned precisely to the Standard Pitch of 440 Hz. The tuning fork features an ergonomic shaped grip for comfort.

TF-440 • 5.4" / 137 mm • Tuning 440 Hz

Tuning Fork Cases

The MEINL Tuning Fork Cases are made to safely store them when not in use or during transportation.

TFC-16 • for 16 tuning forks

TFC-8 • for 8 tuning forks

TFC-L • for max. 8.3" / 210 mm length

TFC-M • for max. 7.1" / 180 mm length



The tuning forks are not included.

Separate Planetary Tuned Tuning Forks see page 88



7. Crown Chakra
Sahasrara (Spirituality)

6. Brow Chakra
Ajna (Intuition)

5. Throat Chakra
Vishuddha (Communication)

4. Heart Chakra
Anahata (Love)

3. Navel Chakra
Manipura (Power)

2. Sacral Chakra
Swadhisthana (Sexuality)

1. Root Chakra
Muladhara (Survival)

Chakra Set

The MEINL Tuning Fork Chakra Set offers all seven tunings for every chakra in one set.

TF-SET-CHA-7

• Including tuning fork base holder



7. Crown Chakra

TF-E-PL • Platonic Year • Tuning 172.06 Hz / F3

6. Brow Chakra

TF-V • Venus • Tuning 221.23 Hz / A3

5. Throat Chakra

TF-ME • Mercury • Tuning 141.27 Hz / C3#

4. Heart Chakra

TF-E • Earth • Tuning 136.10 Hz / C3#

3. Navel Chakra

TF-S • Sun • Tuning 126.22 Hz / B2 (H2)

2. Sacral Chakra

TF-M-SY • Synodic Moon • Tuning 210.42 Hz / G3#

1. Root Chakra

TF-E-SY • Synodic Day • Tuning 194.18 Hz / G3



7. Crown Chakra

EC-E-PL • Platonic Year • Tuning 2752.96 Hz / F7



6. Brow Chakra

EC-V • Venus • Tuning 3539.68 Hz / A7



5. Throat Chakra

EC-ME • Mercury • Tuning 2260.32 Hz / C7#



4. Heart Chakra

EC-E • Earth • Tuning 2177.60 Hz / C7#



3. Navel Chakra

EC-S • Sun • Tuning 2019.52 Hz / B6



2. Sacral Chakra

EC-M-SY • Synodic Moon • Tuning 3366.72 Hz / G7#



1. Root Chakra

EC-E-SY • Synodic Day • Tuning 3106.88 Hz / G7



Chakra Set

The MEINL Energy Chimes Chakra Set offers all seven tunings for every chakra in one set.

EC-SET-CHA-7

The MEINL Planetary Tuned Energy Chimes

The MEINL Planetary Tuned Energy Chimes are made using the calculations of Hans Cousto 'The Cosmic Octave' to match the frequencies of the sun, moon, and planets. Each one is tuned to produce the corresponding frequency of the celestial body. These energy chimes have been designed for use in therapeutic applications.



Complete Set-up

The MEINL Energy Chimes Complete Set-up offers all 16 planetary tunings in one set.

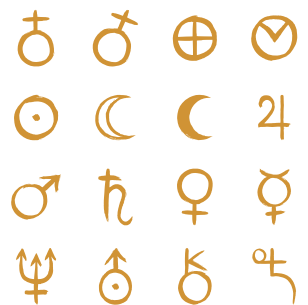
EC-SET-16



Energy Chime Case

The MEINL Energy Chime Case is made to store up to 8 energy chimes with individual pockets to keep them protected when not in use or during transportation.

ECC-8



To get the Planetary Tuned Energy Chimes separately see page 89

THE ART OF PLAYING HANDPANS



“There are no limits. You can use it like a self-meditative instrument, with a band or for example loop it together with another percussion instrument.”



Handpans are very popular instruments, in last few years. There are many options and possibilities of how and where to choose this right instrument for you. These beautiful sculptures are designed for musicians of course, but also for people on beginning their musical journey. Every instrument has a scale and each note matches with other ones. That's why is quite simple to play the handpan, because you cannot hit the wrong note.

With MEINL Harmonic Art Handpans, there are many beautiful scales you can try. Clear, pure tone with strong aliquots, which you can hear with every hit.

I started to play these instruments like two years back. In the beginning like a sound healing pan, just to help other people to feel the vibrations, hear the sound and make them feel good. I use these instruments during sound healing sessions, meditations and activities for groups, or individual therapies.

Also, I have been playing them at special events, like in galleries, tea rooms and clubs for some openings or private parties. But I'm a percussion player, that's why I found other possibilities how to use these beauties.

They can be played alone or with other instruments, like piano, or violin.

I use them for special events – like solo shows, in galleries, small clubs.



“If I start to play, I feel the music right away. It's a new element for me.”

If I play cajon, djembe or another percussion instrument alone, I feel the groove. I hear the rhythm. But now, with the handpan, the melody is coming, too. It's a special joy to think about melodies and tones, to create a harmony with one or more handpans. My friend, a very good piano player, said – it's really unique, how you think about melody. Very interesting. That's why we like to play together.

“Handpans are just changing my mind.”

Challenging my style and make me use my brain in a different way than I have before. There are no limits. You can use it like a self-meditative instrument, with a band or for example loop it together with another percussion instrument.

These Handpans are just moving the borders. You can play everywhere you go. Just relax and focus on sounds or echo from a big hall, small room, church, the woods or near the sea. The high quality steel protects your tones and harmony. So, don't worry! Play everywhere and explore the sound possibilities, vibrations, aliquots. • Tokhi

www.tokhi.cz

The MEINL **Harmonic Art Handpans**

HANDCRAFTED
MASTERPIECES



MEINL Sonic Energy Harmonic Art Handpan instruments are hand made one at a time using top grade german steel. This material has been chosen for both its ability to be worked by hand and its strength to hold the tunings. These instruments are built to last a lifetime.



Harmonic Art Handpans

The Harmonic Art Handpan produces clear and pure notes when struck by the hand. The tone is pleasing, soothing, and relaxing and can be used in a variety of settings both for performance and therapy. Each one is tuned with a center note and seven additional notes allowing the player to work within a musical scale both as a solo instrumentalist and with a group.

- HD1** • Natural D/ A, A#, C, D, F, G, A
- HD2** • Equinox E/ G, B, C, D, E, F#, G
- HD3** • Raga Desya Todi D#/ G, A#, C, D, D#, F, G
- HD4** • Akebono F/ A#, C, C#, D#, F, F#, A#
- HD5** • Integral D/ A, A#, C, D, E, F, A
- HD6** • Dominant D/ A, C, D, E, F, G, A

21 1/2" diameter, 10" height • Including Protection Cover and Bag

Harmonic Art Handpan Care Wax

The Harmonic Art Handpan Care Wax is used on the playing surface of our Handpans to prevent unwanted development of rust and to keep the steel looking as good as new and shiny. It should be applied gently over the playing surface, when the surface begins to feel somewhat dry.

HP-CW • Size 36 ml



SOUND CONNECTS OUR HEARTS, OUR SOULS



In my workshops, training sessions or even in our shop I show people how to interact and connect through sound or music, connect between you and someone else, but also between you and your inner self. The language of these instruments bypasses misinterpretation or judgement of the spoken language and is therefore experienced as so much safer and easier to connect to. This can lead to emotional release, intense transformation and eventually a profound feeling of inner peace.



Now, that is what I love about steel tongue drums. They're rather new and don't come from any tradition or culture, but they are so accessible and easy to play. I've seen people play them with their fingertips, others with their hands, and for those who aren't comfortable with physically touching the instrument, well ... it comes with rubber mallets. The pentatonic tuning of the instrument gives comfort and confidence to the player. There simply are no wrong notes to play. Its smooth sides, compact size and included padded carry bag make it so easy to carry with you.



The MEINL Steel Tongue Drums

PRECISION CRAFTED
MASTERPIECES

The MEINL Sonic Energy Steel Tongue Drum is a rich, full-sounding instrument that can be played with either hands or included rubber mallet pair. Precision crafted to deliver beautiful, expressive melodies, these drums are a fantastic piece for solo performances and are equally well-suited for ensemble use.

STD1BK • A Minor A3/ C4, D4, E4, G4, A4, C5, D5 • Black

STD1VB • A Minor A3/ C4, D4, E4, G4, A4, C5, D5 • Vintage Brown

STD2BK • A Akebono A3/ B3, C4, E4, F4, A4, B4, C5 • Black

STD2VB • A Akebono A3/ B3, C4, E4, F4, A4, B4, C5 • Vintage Brown

STD3BK • G Major G3/ A3, B3, D4, E4, G4, A4, B4 • Black

STD3VB • G Major G3/ A3, B3, D4, E4, G4, A4, B4 • Vintage Brown

12" W x 6 1/2" H x 12" D • Including Bag and Rubber Mallet Pair



I often get people who are afraid to play a musical instrument, because they're not trained musicians. I introduce them to the steel tongue drums and let them discover for a few minutes. You wouldn't believe their happy faces, their indescribable big smiles when they discover that they actually CAN play music. That is where their journey starts, a journey of deep connection and transformation. Often, letting them repeat a pattern of just two or three notes for some time is enough to bring them to a different state of mind. Depending on what and how the drum is being played, it can be a state of relaxation, or a meditative state, a state of pure joy and ecstasy, or a state of sadness and grief which, from a therapeutic point of view, can open doorways towards personal healing.

There are many other ways to use the steel tongue drum in a therapeutic environment: The physical vibration of

the instrument gives a soothing massage when placed on the lap or even on a table. When two people start playing the drum together, simultaneously or alternately, it creates a safe and comfortable interaction between them, some sort of musical conversation. Try to use this with people who are suffering some social or communicative disorder. You'll be surprised. Use the sound of the steel tongue drum to evoke imagery in psychotherapy.

Since more than 16 years Patrik Niels, together with his wife Myriam, runs his sound & music medicine centre & shop 'Merlyn' in Belgium selling & promoting musical instruments for energy work, therapy, healing, meditation, relaxation, wellness, etc. and organising lectures, workshops, training sessions, concerts & sound healing sessions.

Patrik Niels • www.merlyn.be

Hi, my name is Talli and I love to prepare colorful, healthy, and plant based meals for my family and friends. The reasons for me to go 100% plant based are mainly health issues, and I have to say it has made a significant difference in my life ever since I started with it in 2013. At the same time I also appreciate it ethically in terms of it working against animal cruelty, and I also appreciate its environmental aspects and how it minimizes my ecological footprint. No regrets!

I am happy to share these two recipes with you and if you like to see more, follow me on Instagram [@veganwitchtalli](https://www.instagram.com/veganwitchtalli). Hope you'll all enjoy them.



Hemp-Protein Energy Balls

Ingredients

- 1 cup cashews
- 1 cup pitted dates
- ¼ cup cacao powder
- 1 tsp hemp protein powder
- ¼ cup water (maybe a little less than ¼ cup)
- Desiccated coconut

Instructions

- Put all of the ingredients in a food processor (nuts first) and then blend until you get a smooth mixture.
- Put the mixture in the fridge for one hour.
- Roll into small balls and coat the balls with desiccated coconut.
- Store in the fridge.





Buckwheat Banana Pancakes

Ingredients

2 Flax Eggs (mix 2 Tbsp flax meal plus 6 Tbsp water and let sit for 10 min to thicken)

1 cup spelt flour

½ cup buckwheat flour

¼ tsp cinamon

½ tsp salt

1 ½ tsp baking powder

1 tsp vanilla

2 ripe bananas

1 cup soy- or almond milk

1 Tbsp maple syrup

Instructions

Put all ingredients in a bowl and quickly blend with an immersion blender to combine.

Lightly oil and heat your griddle. Pour ¼ cup measurements of the batter onto the griddle.

Flip when bubbles appear in the middle and the edges looks slightly dry.

Cook for a couple of minutes more until brown on both sides.

Notes

Serve with your favourite choice of toppings, e.g. berries, maple syrup, shelled hemp seeds, cacao nibs, plant based chocolate spread, or almond butter.

THE THEATRE OF SOUL



GRATEFUL RETREAT

"We love to merge sound frequencies and yoga and get great joy from bringing sound experiences to what may be called 'normal' people. People who wouldn't usually get the opportunity to experience the delights of meeting and playing their first gong."



"Many of the women on Lisa's Goddess retreats have never played Gong or any other instrument before, some of them 70+ years young. It is such a joy to see a person build a relationship with vibration and frequency. Bob often teams up with Don Conreaux and together they create a deep lasting experience for all those who attend their training, merging voice, gong, drum, movement into

'Theatre of the Soul', a global gong world, imagine that! The Eight Corners of Heaven Mirror Gong (Don Conreaux's signature gong) is also used in a Tratakam Meditation, gazing into the eyes of the other self, with and without mask, it's a very profound process. There is so much joy and laughter in the process, with sound the possibilities really are endless."





GRATEFUL RETREAT IS A 20+ YEAR DREAM COME TRUE.

"I have been manifesting the perfect location for my specialist form off hatha yoga. I offer yoga therapy in small groups. Which means I tailor make the practice to suit each clients needs. I am now recognised by the C-IAYT which is international highly respected. Since graduating, my areas of expertise are women's health and wellbeing, mental health, including recovery from addictions and yoga therapy; for those with on-going illness and conditions. I use the Gong weekly in a private rehab and run regular Gong baths with Bob. My passion for my own daily practice informs my teachings. All levels, ages and conditions are welcome at grateful retreat.



I invite everyone to grateful retreat to continue a healing journey thru yoga and sound. The merging of sound and movement that I have developed in my practice is having profound effects on many my students." • **Lisa Horwell**

SOUND IS THE PATHWAY TO THE HEART.

"I use gongs and sound to access parts that others cannot reach. The gong frequencies pass through and re-align. Balance and clear. My dream is that every home has a gong, I want to create holistic sound centres where people come for healing and recovery.

The human body is an idiophone, like the gong, the whole things is vibrating constantly, at a subtle level, the physical and subtle body can sometimes loose their frequency and create 'dis-ease' my work with sound encourages the physical and subtle bodies to re-tune through the process of entrainment or sympathetic resonance." • **Bob Horwell**

Lisa & Robert Horwell work with yoga and sound at Grateful Retreat in Brittany, France.
www.gratefulretreat.com



Your Voice is Vital

by Karen Renée Robb, founder of Frame Drum Wisdom



Sound. It lives, moves and breathes in us, through us and all around us.
Wherever we are, sound is emanating, vibrating and affecting us on a deep level.
Sound is sacred. Sound creates. Sound can soothe. Sound unites.

Frame Drum Singing

As a Sound Healing Facilitator and Teacher, I use frame drums to help people re-connect and reclaim their own unique voice and innate rhythm. Coining the term "frame drum singing", I encourage people to feel the power of their own sound vibration through singing and sounding into the frame drum. The practice creates ethereal resonating tones and harmonics that are amplified by the drum. For many, it makes their voice sound more beautiful than they had previously experienced.

As people explore their voice, the sound vibrations sent into the drum head return back to them and serve to reduce mental chatter. It puts them in a calm, almost meditative state. I have often heard people say after sounding with the drum, "I feel high", to which I say, "it's a natural high that you created by connecting with your own voice and vibration."



I encourage people to explore the many textures and tones that they can create with their own voice. Moving beyond how they normally speak, expanding the range of sounds they can make. Giving themselves the freedom to let sounds emanate up and out from the body brings a sense of liberation for many. There is also the added value of increased deep breathing as people find sounding into the drum a pleasurable experience.

This technique can also help to release emotional stress. From low, deep, guttural sounds to loud wailing sounds, people can loosen the hold of unfelt and trapped emotions in their body. The frame drum provides a safe place to let out what needs expressing without hurting ourselves or others in the process.

As we work with the frame drum to find and reclaim our authentic voice, we then find it easier to speak our truth and communicate with confidence from a more rooted place of clarity, vitality and wholeness.



Frame Drum Sound Circle

"In community everyone creates the sound vibration. Everyone's voice is important in the symphony of life."

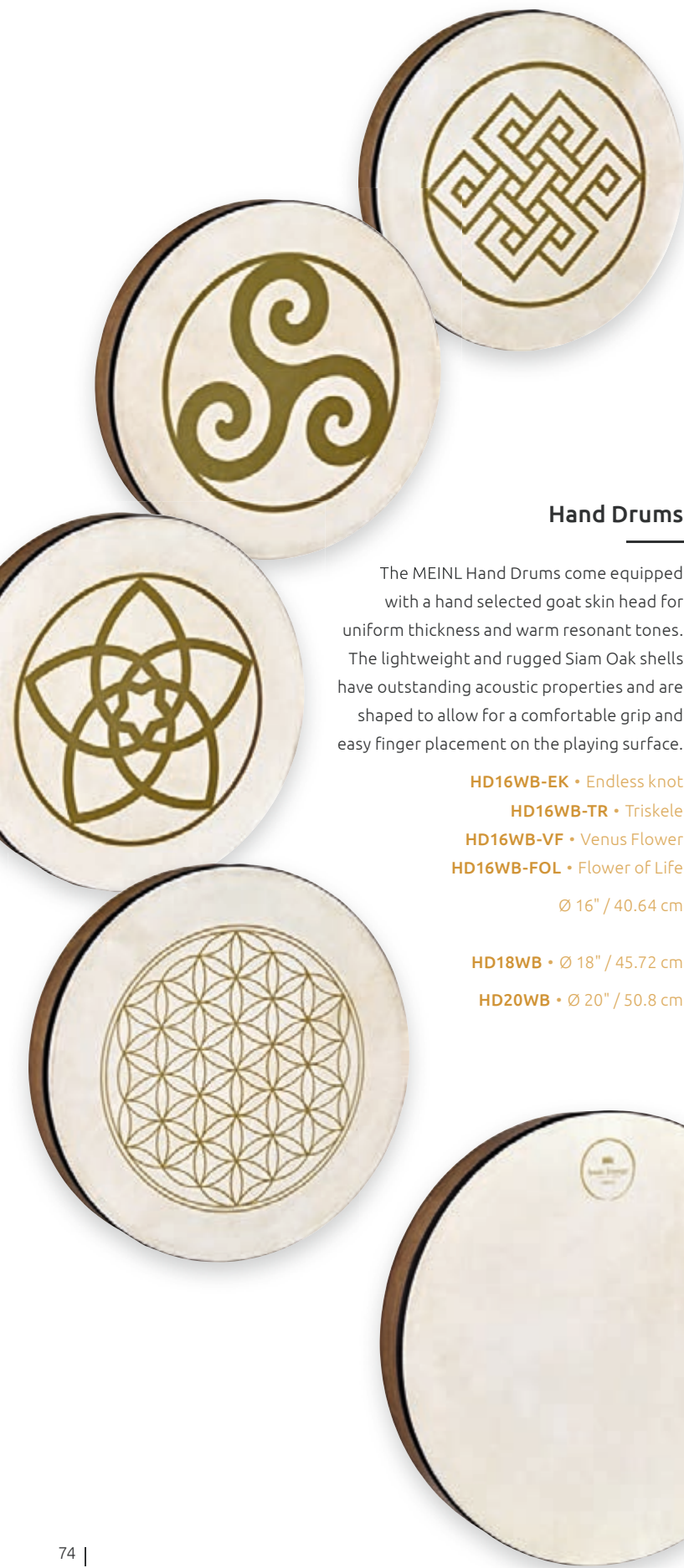
Another powerful experiential practice that I share are Frame Drum Sound Circles. A unique interactive experience where participants are encouraged to sound into a frame drum and drum in an easy way. No musical training or talent is needed to participate and experience the benefits. Everyone is welcome.

About Frame Drum Wisdom: Reconnecting People to the Power of Sound & Creative Expression

Through the techniques of frame drum singing/sounding, sound vibration massage and interactive sound circles, experience a profound, holistic, natural way to reduce stress and raise your energy on many levels. Awaken your whole being through sound by liberating your authentic voice and natural heartbeat rhythm. As you open up you will find a renewed desire to create and be creative in your life.

• Karen Renée Robb

The MEINL **Frame Drums**



Hand Drums

The MEINL Hand Drums come equipped with a hand selected goat skin head for uniform thickness and warm resonant tones. The lightweight and rugged Siam Oak shells have outstanding acoustic properties and are shaped to allow for a comfortable grip and easy finger placement on the playing surface.

- HD16WB-EK** • Endless knot
 - HD16WB-TR** • Triskele
 - HD16WB-VF** • Venus Flower
 - HD16WB-FOL** • Flower of Life
- Ø 16" / 40.64 cm
- HD18WB** • Ø 18" / 45.72 cm
 - HD20WB** • Ø 20" / 50.8 cm





Native American-Style Hoop Drums

These frame drums have a hand selected buffalo head for an authentic sound that is both warm and powerful. The skin is pulled around the back and laced across the middle for a traditional yet adjustable grip. The frame is stable and lightweight premium fibreglass. Includes a leather padded wooden beater.

HOD15-EK • Endless knot

HOD15-TR • Triskele

HOD15-VF • Venus Flower

HOD15-FOL • Flower of Life

Ø 15" / 38.1 cm

Wave Drums

The MEINL Wave Drums create the soothing sounds of the surf, with a great new feature: we sealed the little steel balls between two drum heads, one synthetic and the other natural goatskin. This means you can choose between two completely different timbres within the Wave Drum. A sealable filling port allows you to control the amount of steel balls inside.

WD16WB • Ø 16" / 40.64 cm • **WD18WB** • Ø 18" / 45.72 cm

WD20WB • Ø 20" / 50.8 cm • **WD22WB** • Ø 22" / 55.9 cm



The MEINL Sound Effects

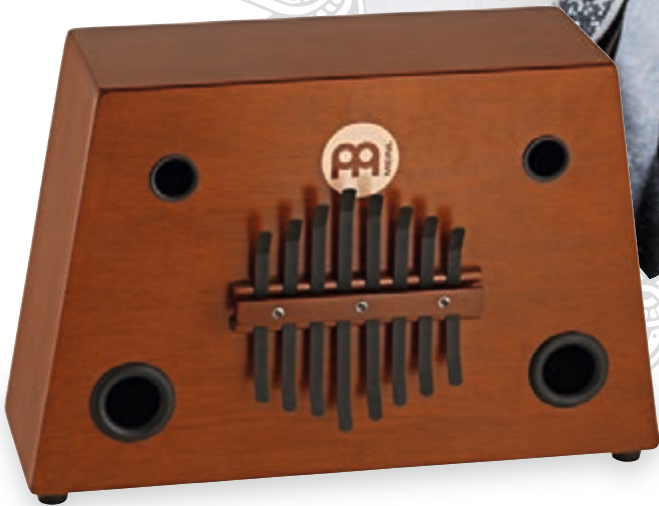
HANDCRAFTED
MASTERPIECES



Chimes

The 27 bar chimes produce a full sound with a wide tonal spectrum.

CH27WB • 27 bars, single row



Marimbula

The Marimbula is also well-known as a bass kalimba. The body of this Caribbean instrument is made out of Siam Oak and has eight tongues in front of it. The Marimbula can also be played with soft mallets.

MARIMBULA • 23 1/2" W x 15 3/4" H x 8 1/4" D
(59.69 cm B x 40.01 cm H x 21 cm T) • Tuning f c G D F A d g



Thunder Drums

The MEINL Thunder Drums recreate the atmospheric sounds of a thunder storm. Easily controllable to create multiple dynamics and effects, this is a unique instrument for any percussionist. Can be used in many settings from performances and therapy to stage and sound effects recording.

TD-S • 7.48" / 19 cm
TD-L • 9.84" / 25 cm

The MEINL Ornamental & OM Series Singing Bowls

The OM and Ornamental Series Singing Bowls are the perfect starting point for achieving a meditative, relaxed state through these ancient instruments. The sounds produced are warm and relaxing which is why singing bowls are frequently used worldwide in meditation practices and some yoga studios. The vibrations that pour out from these Singing Bowls are reflective of spiritual tradition and have modern day well-being applications anywhere you enjoy playing them.



ORNAMENTAL SERIES

- SB-OR-300-BK** • 3.74" / 9.5 cm • 10.58 oz / 300 g
• Including black gift box, black coaster and corresponding mallet
- SB-OR-300-R** • 3.74" / 9.5 cm • 10.58 oz / 300 g
• Including red gift box, red coaster and corresponding mallet

- SB-OR-400-BK** • 4.13" / 10.5 cm • 14.11 oz / 400 g
• Including black gift box, black coaster and corresponding mallet
- SB-OR-400-R** • 4.13" / 10.5 cm • 14.11 oz / 400 g
• Including red gift box, red coaster and corresponding mallet

ॐ लानो
padma hula



OM SERIES

- SB-OM-300** • 4.33" / 11 cm • 10.58 oz / ~ 300 g
• Including gift box, ring and corresponding mallet



The Meridians of your Body



I am a highly observant soul-soother, change-maker and an alchemist. I call upon my study of Kundalini Technology, Daoist Stone Medicine and Astrological Divination to inform every single offering I create. In my practice I am most interested in the alchemy of Meditation, Mantra, Sound healing, Earth Medicine and our place within the Cosmos. I am dedicated to creating safe containers of connection for individuals to heal individually and in community.

You may learn more about her work at:
www.ramakaur.com
www.fallinginlovewithgaia.com



You will find her on Instagram and Facebook:
[@ramatribe](https://www.instagram.com/ramatribe)
[@fallinginlovewithgaia](https://www.facebook.com/fallinginlovewithgaia)

“One of my greatest wishes for you is that you will begin to understand the incredible power of your connection to Earth. It is your birthright.”



I also offer gong sound healing sessions in an alchemical blend with my stone medicine practice. The combination of Daoist stone and crystal healing with the space vibrations of the gong is pure magic and creates healing on a deep cellular level. The gong creates a space for the mind to release. This in turn allows for true sovereignty and mental freedom as age old ancestral subconscious blocks dissolve.

The gong works on the meridians of the body. The meridians of the body are the superhighways of energy and flow. This allows body blocks to soften, stimulates circulation and reduces tension. The practice of Kundalini Yoga is based on opening the highways of energy to create more flow and greater vitality in the body. The gong stimulates the glandular system to a higher level of function. When our endocrine system is awakened and activated the glands secrete as Nature intended, we literally become healthier and more relaxed and therefore happier beings.

I weave the connection of the Kundalini Technology, Daoist Stone Medicine and Astrological Divination into group work in direct communion with the Earth. I offer retreats and global pilgrimages where we explore what it means to merge these modalities-connecting our meridians, our ley lines with the Earth's. The Earth is speaking to each one of us through her magnetic pulses, her elements, her mountains, her sky, her bodies of water, her blood, her minerals, her vegetation, her rustles of the wind, her arteries, her meridians.

Within each offering I weave this interstellar alchemy, including weekly classes, workshops, private mentorship, healing sessions, women's lunar gatherings, mother daughter circles, ceremonies, retreats and global pilgrimages. Even in my apothecary, you'll find handcrafted stone and plant medicines infused with mantra and meditation. As Jeffrey Yuen said, "Taking an elixir is like downloading new software into you that is able to open realizations and experiences that were already deeply encoded in you." • **Ra Ma Kaur**

REISHI cacao ELIXIR

This elixir is for grounding, relaxation, adrenal support, and hormone balance in a delicious and creamy chocolate elixir with the benefits of raw cacao. Cacao, the raw form of cocoa, is one of the highest antioxidant food on the planet and a potent aphrodisiac. It also contains a mood-enhancing substance only found present in the brain and the superfood spirulina.



REISHI MUSHROOM is also very high in antioxidants and is an aphrodisiac, producing a sense of relaxation and euphoria while providing a powerful detoxing effect to rid the body of toxic compounds, repairing areas of damage, and reducing inflammation. For these reasons it is a staple in this recipe and in the diets of many health-conscious individuals.



Turmeric, ginger, and clove

offer anti-inflammatory effects that soothe the nervous system, while nutmeg protects from UV radiation and promotes production of collagen.

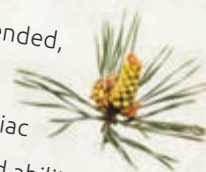


LUCUMA provides B vitamins and an immune boost, while maca works to regulate hormones and give focus and mental energy.



BLACK PEPPER AND CAYENNE are here to support digestion and pain relief.

PINE POLLEN is highly recommended, but not required due to difficulty sourcing. Pine pollen is an aphrodisiac known for longevity and its believed ability to enter the body via the five major meridians of the heart, lungs, kidney, spleen, and liver. It balances the hormones of the body, detoxes the liver, and increases endurance and vitality. It can easily be found on Amazon in most countries.



INGREDIENTS

Yields 8 2-oz. servings

- ½ cup Cacao Butter (or Cacao Paste)
- ¾ cup Cacao Powder (reduce to ½ cup if using Cacao Paste)
- 2 tbsp Coconut Oil
- 4 cups Almond or Coconut Milk
- 1 tbsp Reishi Mushroom Extract
- 1 tbsp Lucuma
- 1 tbsp Maca
- 1 tbsp Turmeric
- 1 tsp Ginger
- 1 tsp Clove
- ½ tsp Nutmeg
- ½ tsp Cardamom
- 2 tsp Vanilla
- ¾ tsp Pink Salt
- Pinch Black Pepper
- Pinch Cayenne Pepper
- ¼ cup Sweetener (Honey, Maple Syrup, Agave, or 6-7 drops Stevia);
Optional, highly recommend 1 tbsp Pine Pollen

Preparation Warm almond milk, cacao paste or butter, and cacao powder over gentle heat with coconut oil. Allow to melt slowly on low heat, stirring regularly. When all ingredients have melted together transfer to blender, add the rest of the ingredients, and blend. Serve immediately or store in refrigerator, reheating to serve.

THIS ELIXIR is wonderful for meditation, sound therapy, ceremonies, celebrations, or even a daily boost to your routine. It is quite potent, so a one-person serving yields around 2-3 oz. For a larger serving, increase the amount of almond milk in your recipe. • **Kosmic Koala**

Instagram: @kosmickoala



The Yoga of Dance

Sat Purkh Kaur has practiced Shakti Dance® since 2007 and became a teacher in 2008.



Shakti Dance® is the "Yoga of Dance", through which we learn to consciously blend our body's movement with the ancient wisdom of yoga to gain a deeper awareness and understanding of the body, mind and emotions.

Utilising a unique and harmonious blend of flowing asanas and various styles of dance, Shakti Dance® works energetically developing the art of intuitive, free movement attained through a state of mystic, meditative union. As we gently open the pranic current (life force), the body and mind may surrender, merging with the intelligent, creative flow of Shakti (the creative power of the Universe) giving life to a sacred dance form.

Music brings dance to life, and intuitive, Cosmic Music inspires the dance to deeper & more sublime expression, moving us naturally into the energy of potential and transformation through a fusion of Cosmic forces experienced through Shakti Dance.

MEINL SONIC ENERGY COLLECTION instruments enrich the sound world in many & varied ways and by merging their very special notes, tones and harmonies live during Shakti Dance® it becomes possible to add a whole new Universe of sound vibration & energy to the experience.

Shakti Dancers love the inspiration of live music during their practice as much as sound musicians enjoy the spontaneous dance they inspire. There is an enhanced connection with the sounds of the instruments as the resonance of sonic potential brings a new element to the normal experience of Dance & Yoga.

Shakti Dance® has its roots in the science and tradition of Kundalini Yoga as taught by Yogi Bhajan, implementing insights drawn from yogic philosophy to awaken and embody universal principles of harmonious movement. In addition, it teaches us an understanding of the qualities and levels of energy induced through different dance movements and styles. It is a blissful fusion of breath, motion and mindfulness brought together to expand the practitioner's consciousness.

Sat Purkh Kaur has practiced Shakti Dance® since 2007 and became a teacher in 2008. The creator and founder of this discipline is Sara Avtar Kaur Olivier.

Sat Purkh Kaur (Alix Decker) • www.shaktidance-hamburg.de

The MEINL Bells

The MEINL Bells are handcrafted in India and made from a cast alloy. Used for meditation and as ritual implement and instrument of the Buddhism.



Bells

In Buddhism, the bell is a symbol of the female principle and represents wisdom. The additional Dorje is a symbol of the male principle and represents accomplishment and wealth. Combined together they stand for the path to enlightenment.

B-M • Medium • 3.5" / 9 cm • 12.5 oz / 355 g

B-XL • X-Large • 4.3" / 11 cm • 24.7 oz / 700 g

BD-M • Medium • 3.5" / 9 cm • 14.3 oz / 405 g
• Including Dorje

Integral Sound Work

on German AIDA Cruise Ships

Jens Zygar has developed 12 protocols for Integral Sound Work in activities for guests on cruise ships that would enhance their personal experience.



Gong meditation while enjoying the sunset



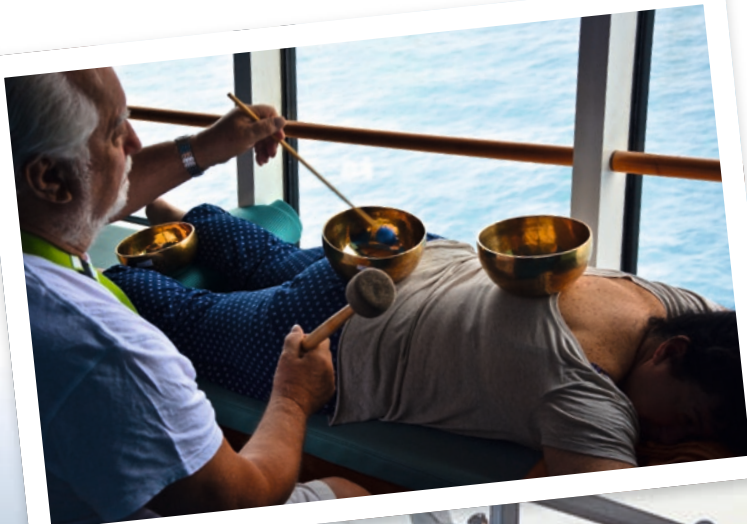
Singing Bowls for cell activation



Rather than focusing on the serious healing aspects, these are fun and easy to understand lectures that explain the effects of sound on the mind, body and spirit. They are designed to explore the creativity within and what the individual encounters through sound in using gongs, singing bowls, tuning forks, tongue drums and handpans.

Daily Gong Sunset Meditations on the upper deck are just one of the beautiful experiences offered. Without the need for any words or instruction, the guests are invited to simply enjoy moments of deep relaxation. Cosmic Sound Concerts may also be arranged with the entertainment management for each cruise. These are lovely experiences for guests and would be planned to take place in the evenings.

Learn the skills for giving a sound treatment



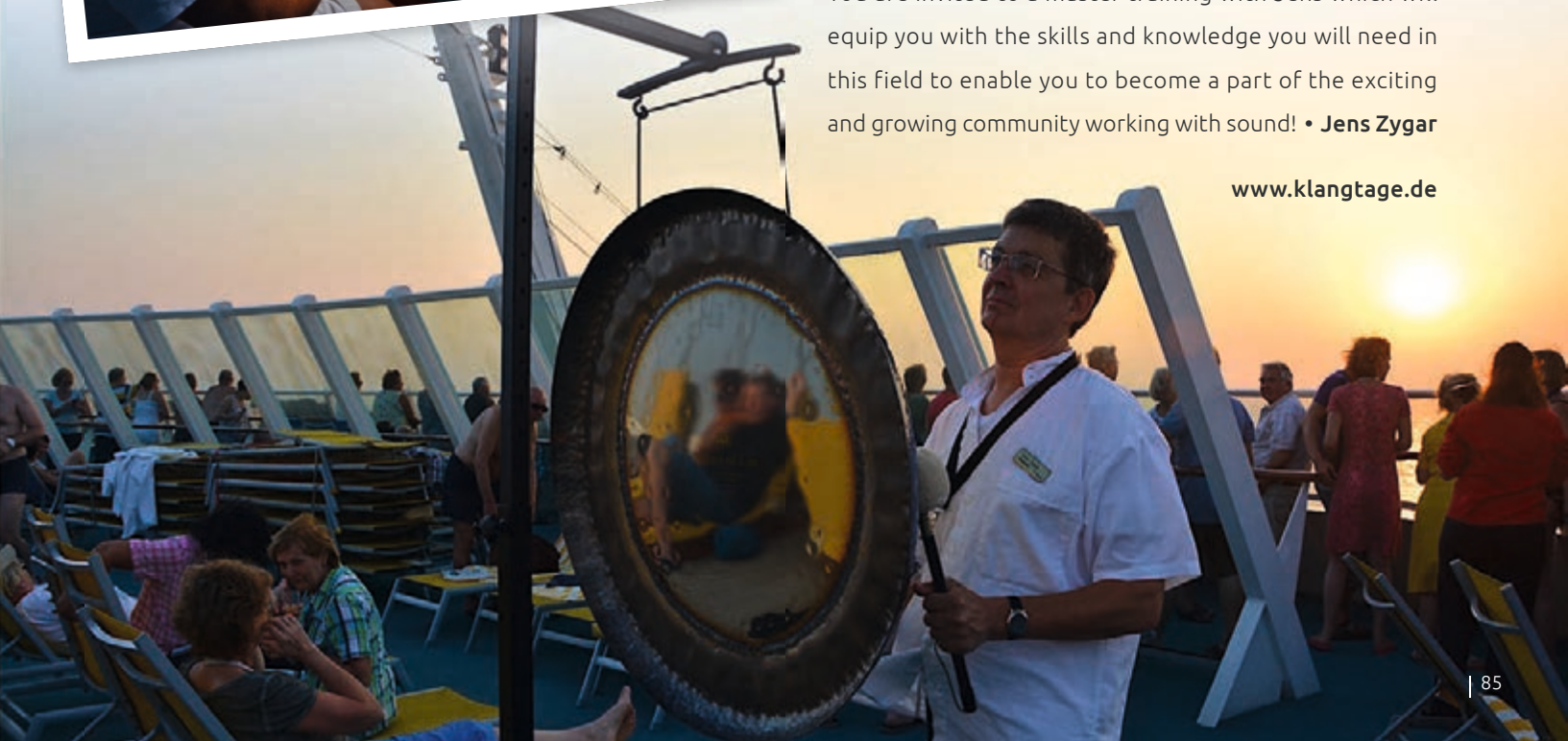
Friendliness as a general principle

It's part of the integral sound worker's job to connect with the crew as well. The positive effects of sound are enormous and they too will benefit from these sound vibrations. There have been recorded cases of close to ultimate burn out situations where these kinds of sounds have been known to generate a total biological reset within a very short period of time.

Experts on the topic are reporting that sound work can be compared to Yoga from 15 years ago. Because of the huge interest, coupled with the growing evidence of the positive benefits becoming more widely known, it is expected that there will be an ever growing demand from major cruise lines for these experiences within the next few years. Working with cosmic sound is definitely an inspiring experience for guests on a cruise ship which will enhance and enrich their experience.

You are invited to a master training with Jens which will equip you with the skills and knowledge you will need in this field to enable you to become a part of the exciting and growing community working with sound! • **Jens Zygar**

www.klangtage.de



Product Overview

The MEINL Singing Bowls

UNIVERSAL SERIES

SB-U-400	~400 g	~14.1 oz	~4.5"	~11.5 cm
SB-U-500	~500 g	~17.6 oz	~4.9"	~12.5 cm
SB-U-600	~600 g	~21.2 oz	~5.5"	~14 cm
SB-U-700	~700 g	~24.7 oz	~5.9"	~15 cm
SB-U-750	~750 g	~26.5 oz	~6.5"	~16.5 cm

UNIVERSAL SERIES SETS

SB-U-900	2 pcs. Set: SB-U-400, SB-U-500, SB-RM-LE
SB-U-1500	3 pcs. Set: SB-U-400, SB-U-500, SB-U-600, SB-RM-LE
SB-U-1750	4 pcs. Set: SB-U-400, SB-U-500, SB-U-600, SB-C-250, SB-RM-LE
SB-U-1950	3 pcs. Set: SB-U-500, SB-U-700, SB-U-750, SB-RM-LE
SB-U-2950	5 pcs. Set: SB-U-400, SB-U-500, SB-U-600, SB-U-700, SB-U-750, SB-RM-LE, SB-M-LT-S

SPECIAL ENGRAVED SERIES

SB-SE-600	~600 g	~21.2 oz	~5,35"	~13,6 cm
SB-SE-800	~800 g	~28.2 oz	~6.7"	~17.0 cm
SB-SE-1000	~1000 g	~35.3 oz	~8"	~20.5 cm

SPECIAL ENGRAVED SERIES SET

SB-SE-2400	3 pcs. Set: SB-SE-600, SB-SE-800, SB-SE-1000, SB-RM-LE, SB-M-LT-S
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ENERGY THERAPY SERIES

SB-E-700	~700 g	~24.7 oz	~6.4"	~16.2 cm
SB-E-1000	~1000 g	~35.3 oz	~7.8"	~19.9 cm
SB-E-1400	~1400 g	~49.4 oz	~9.0"	~22.9 cm
SB-E-1800	~1800 g	~63.5 oz	~10.2"	~25.9 cm
SB-E-2200	~2200 g	~77.6 oz	~11.4"	~28.9 cm
SB-E-2500	~2500 g	~88.2 oz	~12.2"	~31.0 cm

ENERGY THERAPY SERIES SETS

SB-E-3100	3 pcs. Set: SB-E-700, SB-E-1000, SB-E-1400, SB-RM-LE, SB-M-ST-L
SB-E-4600	3 pcs. Set: SB-E-1000, SB-E-1400, SB-E-2200, SB-PM-MF-S, SB-PM-MF-L
SB-E-5400	3 pcs. Set: SB-E-1400, SB-E-1800, SB-E-2200, SB-RM-LE, SB-M-LT-L, SB-M-ST-L

COSMOS THERAPY SERIES

SB-C-250	~250 g	~8.8 oz	~3.7"	~9.5 cm
SB-C-650	~650 g	~22.9 oz	~5.8"	~14.8 cm
SB-C-800	~800 g	~28.2 oz	~6.6"	~16.8 cm
SB-C-1000	~1000 g	~35.3 oz	~7.6"	~19.3 cm
SB-C-1500	~1500 g	~52.9 oz	~9.0"	~22.8 cm
SB-C-2000	~2000 g	~70.6 oz	~10.3"	~26.2 cm
SB-C-2500	~2500 g	~88.2 oz	~11.5"	~29.2 cm

COSMOS THERAPY SERIES SETS

SB-C-2700	4 pcs. Set: SB-C-250, SB-C-650, SB-C-800, SB-C-1000, SB-RM-LE, SB-M-LT-S
SB-C-3800	3 pcs. Set: SB-C-800, SB-C-1000, SB-C-2000, SB-PM-MF-S, SB-PM-MF-L
SB-C-4750	4 pcs. Set: SB-C-250, SB-C-1000, SB-C-1500, SB-C-2000, SB-RM-LE, SB-M-LT-L, SB-M-ST-L

GIANT SERIES

SB-G-5000	5 kg
SB-G-10000	10 kg
SB-G-14000	14 kg

CHAKRA SET

SB-SET-CHA	7 pcs. Chakra Set: SB-C-250, SB-E-700, SB-E-1000, SB-E-1400, SB-C-1500, SB-E-1800, SB-E-2200, SB-M-LT-L, SB-M-ST-L, SB-M-ST-S, SB-M-LT-S, SB-PDM-F-XL
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ORNAMENTAL SERIES

SB-OR-300-BK	300 g	10.6 oz	3.74"	9.5 cm
SB-OR-300-R	300 g	10.6 oz	3.74"	9.5 cm
SB-OR-400-BK	400 g	14.1 oz	4.13"	10.5 cm
SB-OR-400-R	400 g	14.1 oz	4.13"	10.5 cm

OM SERIES

SB-OM-300	300 g	10.6 oz	4.33"	11.0 cm
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The MEINL Singing Bowl Accessories

Mallets

SB-M-ST-S	Small Tip, Small (8.27" / 21 cm)
SB-M-LT-S	Large Tip, Small (8.27" / 21 cm)
SB-M-ST-L	Small Tip, Large (12.44" / 31.60 cm)
SB-M-LT-L	Large Tip, Large (12.44" / 31.60 cm)

Professional Mallets

SB-PM-SR-S	Soft Rubber Tip, Small (8.86" / 22.5 cm)
SB-PM-HFS-S	Hard Felt, Small Tip, Small (8.86" / 22.5 cm)
SB-PM-HFM-S	Hard Felt, Medium Tip, Small (8.86" / 22.5 cm)
SB-PM-MF-S	Medium Felt Tip, Small (12.01" / 30.5 cm)
SB-PM-MF-M	Medium Felt Tip, Medium (12.99" / 33 cm)
SB-PM-MF-L	Medium Felt Tip, Large (13.78" / 35 cm)
SB-PDM-F/R-S	Double Mallet, Felt & Rubber Tip, Small (9.25" / 23.5 cm)
SB-PDM-F-XL	Double Mallet, Felt Tip, X-Large (15.94" / 40.5 cm)
SB-PM-XXL	Felt Tip, XX-Large

Resonant Mallets

SB-RM	Plain, 7.91" / 20.1 cm
SB-RM-LE	Leather, 7.91" / 20.1 cm
SB-RM-LE-L	Leather, 10.24" / 26 cm
SB-RM-LE-XL	Leather, 10.63" / 27 cm

Buckwheat Cushions

SB-BC-10	Ø 3.94" / 10 cm
SB-BC-16	Ø 6.3" / 16 cm
SB-BC-21	Ø 8.27" / 21 cm
SB-BC-26	Ø 10.24" / 26 cm

Felt Rings

SB-FR-08	Ø 3.15" / 8 cm
SB-FR-10	Ø 3.94" / 10 cm
SB-FR-13	Ø 5.12" / 13 cm
SB-FR-16	Ø 6.3" / 16 cm

Covers	
SB-CO-08	8 x 8" / 20.32 x 20.32 cm
SB-CO-09	9.5 x 9.5" / 24.13 x 24.13 cm
SB-CO-11	11.5 x 11.5" / 29.21 x 29.21 cm
SB-CO-14	14 x 15.5" / 35.56 x 39.37 cm
SB-CO-17	17 x 19" / 43.18 x 48.26 cm

Cotton Bags	
SB-CB-20	7.87 x 7.87" / 20 x 20 cm
SB-CB-25	9.84 x 9.84" / 25 x 25 cm
SB-CB-30	11.81 x 11.81" / 30 x 30 cm
SB-CB-38	14.96 x 14.96" / 38 x 38 cm
SB-CB-50	19.69 x 19.69" / 50 x 50 cm

Singing Bowl Stands	
SB-ST-S	Small
SB-ST-L	Large

The MEINL Gongs

Don Conreaux Eight Corners of Heaven Mirror Gong	
G32-DC-B	32" / 81 cm Gong: D2 - D2#

Wu Xing Gongs	
G24-WX	24" / 61 cm; G2 - G2#; Free Gong Handle
G28-WX	28" / 71 cm; E2 - F2
G32-WX	32" / 81 cm; C2# - D2
G36-WX	36" / 91 cm; A1# - B1 (H1)
G40-WX	40" / 101 cm; G1 - G1#

Symphonic Tam Tams	
SY-TT24	24" / 61 cm; G2 - G2#
SY-TT28	28" / 71 cm; E2 - F2
SY-TT32	32" / 81 cm; C2# - D2
SY-TT36	36" / 91 cm; A1# - B1 (H1)
SY-TT40	40" / 101 cm; G1 - G1#

Chau Tam Tams	
CH-TT22	22" / 56 cm
CH-TT26	26" / 66 cm
CH-TT30	30" / 76 cm
CH-TT34	34" / 86 cm
CH-TT38	38" / 96 cm
CH-TT40	40" / 101 cm

Wind Gongs	
WG-TT20	20" / 50 cm
WG-TT22	22" / 55 cm
WG-TT24	24" / 60 cm
WG-TT26	26" / 65 cm
WG-TT28	28" / 70 cm
WG-TT30	30" / 75 cm
WG-TT32	32" / 80 cm
WG-TT36	36" / 90 cm
WG-TT40	40" / 101 cm

Opera, White & Tiger Gongs	
OG-12	Opera Gong: 12" / 30 cm
WG-12	White Gong: 12" / 30 cm
WG-145	White Gong: 14.5" / 37 cm
TG-125	Tiger Gong: 12.5" / 31.5 cm

Planetary Tuned Gongs	
G24-V	Venus: 24" / 61 cm; 221.23 Hz / A2 (A4/a' 440 Hz » 442.46 Hz)
G24-U	Uranus: 24" / 61 cm; 207.36 Hz / G2# (A4/a' 440 Hz » 439.38 Hz)
G24-N	Neptune: 24" / 61 cm; 211.44 Hz / G2# (A4/a' 440 Hz » 448.03 Hz)
G24-M-SI	Sidereal Moon: 24" / 61 cm; 227.43 Hz / A2# (A4/a' 440 Hz » 429.33 Hz)
G24-M-SY	Synodic Moon: 24" / 61 cm; 210.42 Hz / G2# (A4/a' 440 Hz » 445.86 Hz)
G28-J	Jupiter: 28" / 71 cm; 183.58 Hz / F2# (A4/a' 440 Hz » 436.63 Hz)
G28-CH	Chiron: 28" / 71 cm; 172.86 Hz / F2 (A4/a' 440 Hz » 435.58 Hz)
G28-SE	Sedna: 28" / 71 cm; 181.60 Hz / F2# (A4/a' 440 Hz » 431.92 Hz)
G28-E-PL	Platonic Year: 28" / 71 cm; 172.06 Hz / F2 (A4/a' 440 Hz » 433.56 Hz)
G28-E-SI	Sidereal Day: 28" / 71 cm; 194.71 Hz / G2 (A4/a' 440 Hz » 437.11 Hz)
G32-SA	Saturn: 32" / 81 cm; 147.85 Hz / D2 (A4/a' 440 Hz » 443.05 Hz)
G32-MA	Mars: 32" / 81 cm; 144.72 Hz / D2 (A4/a' 440 Hz » 433.67 Hz)
G32-ME	Mercury: 32" / 81 cm; 141.27 Hz / C2# (A4/a' 440 Hz » 448.50 Hz)
G36-S	Sun: 36" / 91 cm; 126.22 Hz / B1 (H1) (A4/a' 440 Hz » 449.80 Hz)
G36-E	Earth: 36" / 91 cm; 136.10 Hz / C2# (A4/a' 440 Hz » 432.09 Hz)

The MEINL Flower of Life Collection

G24-FOL	24" / 61 cm Gong: 128 Hz / C3 (A4/a' 440 Hz » 430.54 Hz)
G36-FOL	36" / 91 cm Gong: 64 Hz / C2 (A4/a' 440 Hz » 430.54 Hz)
EC-FOL	Energy Chime: 2048 Hz / C7
TF-FOL	Tuning Fork: 128 Hz

The MEINL Gong Accessories

Gong Stands	
TMGS	Gong Stand: Up to 32" / 81 cm gong size
TMGS-2	Pro Gong Stand: Up to 40" / 101 cm gong size
TMGS-2-G	Gong Holder for Pro Gong Stand: Upper gong size up to 32" / 81 cm; Lower gong size up to 40" / 101 cm
TMGS-DS	Gong Dampening System
TMGS-W	Wheels for Gong Stands
TMWGS-M	Wood Gong Stand: Medium; Up to 34" / 86 cm gong size
TMWGS-L	Wood Gong Stand: Large; Up to 40" / 101 cm gong size
TMWGS-XL	Wood Gong Stand: X-Large; Up to 50" / 127 cm gong size
TMGS-3	Framed Gong Stand: Up to 40" / 101 cm gong size
TMGS-3-G	Gong Holder for Framed Gong Stand: Upper gong size up to 38" / 96 cm; Lower gong size up to 40" / 101 cm

Table Gong Stands	
TMTGS-S	Up to 13" / 33 cm gong size
TMTGS-M	Up to 15" / 38 cm gong size
TMTGS-L	Up to 22" / 56 cm gong size
TMTGS-XL	Up to 26" / 66 cm gong size

Gong Mallets	
MGM-S-R	Small (30 x 7 x 7 cm); 138 g / 4.9 oz; For gongs Ø 20" - 80"; Rose
MGM-M-R	Medium (34.5 x 8 x 8 cm); 222 g / 7.8 oz; For gongs Ø 22" - 80"; Rose
MGM-L-R	Large (39.5 x 10 x 10 cm); 374 g / 13.2 oz; For gongs Ø 24" - 80"; Rose
MGM-S-L	Small (30 x 7 x 7 cm); 138 g / 4.9 oz; For gongs Ø 20" - 80"; Lavender
MGM-M-L	Medium (34.5 x 8 x 8 cm); 222 g / 7.8 oz; For gongs Ø 22" - 80"; Lavender
MGM-L-L	Large (39.5 x 10 x 10 cm); 374 g / 13.2 oz; For gongs Ø 24" - 80"; Lavender
MGM-S-SP	Small (30 x 7 x 7 cm); 138 g / 4.9 oz; For gongs Ø 20" - 80"; Sea Petrol
MGM-M-SP	Medium (34.5 x 8 x 8 cm); 222 g / 7.8 oz; For gongs Ø 22" - 80"; Sea Petrol
MGM-L-SP	Large (39.5 x 10 x 10 cm); 374 g / 13.2 oz; For gongs Ø 24" - 80"; Sea Petrol
MGM-S-PG	Small (30 x 7 x 7 cm); 138 g / 4.9 oz; For gongs Ø 20" - 80"; Pure Green
MGM-M-PG	Medium (34.5 x 8 x 8 cm); 222 g / 7.8 oz; For gongs Ø 22" - 80"; Pure Green
MGM-L-PG	Large (39.5 x 10 x 10 cm); 374 g / 13.2 oz; For gongs Ø 24" - 80"; Pure Green
MGM-S-C	Small (30 x 7 x 7 cm); 138 g / 4.9 oz; For gongs Ø 20" - 80"; Chai
MGM-M-C	Medium (34.5 x 8 x 8 cm); 222 g / 7.8 oz; For gongs Ø 22" - 80"; Chai
MGM-L-C	Large (39.5 x 10 x 10 cm); 374 g / 13.2 oz; For gongs Ø 24" - 80"; Chai
MGM-S-ST	Small (30 x 7 x 7 cm); 138 g / 4.9 oz; For gongs Ø 20" - 80"; Sweet Tangerine
MGM-M-ST	Medium (34.5 x 8 x 8 cm); 222 g / 7.8 oz; For gongs Ø 22" - 80"; Sweet Tangerine
MGM-L-ST	Large (39.5 x 10 x 10 cm); 374 g / 13.2 oz; For gongs Ø 24" - 80"; Sweet Tangerine

Gong Resonant Mallets	
G-RM-20	20 mm / 0.8"
G-RM-25	25 mm / 1"
G-RM-30	30 mm / 1.2"
G-RM-40	40 mm / 1.6"
G-RM-50	50 mm / 2"
G-RM-SET-5	Set of 5 sizes

Gong Beaters	
MGB-S	Small; ~ 220 g / 7.76 oz
MGB-L	Large; ~ 350 g / 12.35 oz

Tam Tam Beaters	
MTTB-24	for 24"
MTTB-28	for 28"
MTTB-32	for 32"
MTTB-36	for 36"
MTTB-40	for 40"

Gong Covers	
MGC-24	for 24" Gong
MGC-28	for 28" Gong
MGC-32	for 32" Gong
MGC-36	for 36" Gong
MGC-40	for 40" Gong

Gong Bags	
MGB-24	for 24" Gong
MGB-28	for 28" Gong
MGB-32	for 32" Gong
MGB-36	for 36" Gong
MGB-40	for 40" Gong

Mallet Bag, Gong Handle, Gong Polish, Care Kit	
MSTBB1	Mallet Bag
G-HANDLE	Gong Handle
MGP	Gong Polish
MCCK-MCCL	Care Kit

The MEINL Tuning Forks

Planetary Tuned Tuning Forks	
TF-CH	Chiron: 172.86 Hz / F3
TF-E	Earth: 136.10 Hz / C3#
TF-E-PL	Platonic Year: 172.06 Hz / F3
TF-E-SI	Sidereal Day: 194.71 Hz / G3
TF-E-SY	Synodic Day: 194.18 Hz / G3
TF-J	Jupiter: 183.58 Hz / F3#
TF-M-SI	Sidereal Moon: 227.43 Hz / A3#
TF-M-SY	Synodic Moon: 210.42 Hz / G3#
TF-MA	Mars: 144.72 Hz / D3
TF-ME	Mercury: 141.27 Hz / C3#
TF-N	Neptune: 211.44 Hz / G3#
TF-S	Sun: 126.22 Hz / B2 (H2)
TF-SA	Saturn: 147.85 Hz / D3
TF-SE	Sedna: 181.60 Hz / F3#
TF-U	Uranus: 207.36 Hz / G3#
TF-V	Venus: 221.23 Hz / A3

Planetary Tuned Tuning Fork Sets	
TF-SET-16	Complete Set-up, 16 pcs.
TF-SET-CHA-7	Chakra Set, 7 pcs.

Standard Pitch Tuning Fork	
TF-440	Standard Pitch: 440 Hz

The MEINL Tuning Fork Accessories

Tuning Fork Cases	
TFC-16	for 16 tuning forks
TFC-8	for 8 tuning forks
TFC-L	for max 8.3" / 210 mm length
TFC-M	for max 7.1" / 180 mm length

Tuning Fork Holders	
TF-HOLDER-16	for 16 tuning forks
TF-HOLDER-7	for 7 tuning forks

The MEINL Energy Chimes

Planetary Tuned Energy Chimes

EC-CH	Chiron: 2765.76 Hz / F7
EC-E	Earth: 2177.60 Hz / C7#
EC-E-PL	Platonic Year: 2752.96 Hz / F7
EC-E-SI	Sidereal Day: 3115.36 Hz / G7
EC-E-SY	Synodic Day: 3106.88 Hz / G7
EC-J	Jupiter: 2937.28 Hz / F7#
EC-M-SI	Sidereal Moon: 3638.88 Hz / A7#
EC-M-SY	Synodic Moon: 3366.72 Hz / G7#
EC-MA	Mars: 2315.52 Hz / D7
EC-ME	Mercury: 2260.32 Hz / C7#
EC-N	Neptune: 3383.04 Hz / G7#
EC-S	Sun: 2019.52 Hz / B6
EC-SA	Saturn: 2365.60 Hz / D7
EC-SE	Sedna: 2905.60 Hz / F7#
EC-U	Uranus: 3317.76 Hz / G7#
EC-V	Venus: 3539.68 Hz / A7

Planetary Tuned Energy Chimes Sets

EC-SET-16	Complete Set-up, 16 pcs.
EC-SET-CHA-7	Chakra Set, 7 pcs.

Energy Chime Case

ECC-8	for 8 energy chimes
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The MEINL Steel Tongue Drums

Steel Tongue Drums

STD1BK	A Minor A3/ C4 , D4, E4, G4, A4, C5, D5; Black
STD1VB	A Minor A3/ C4 , D4, E4, G4, A4, C5, D5; Vintage Brown
STD2BK	A Akebono A3/ B3, C4, E4, F4, A4, B4, C5; Black
STD2VB	A Akebono A3/ B3, C4, E4, F4, A4, B4, C5; Vintage Brown
STD3BK	G Major G3/ A3, B3, D4, E4, G4, A4, B4; Black
STD3VB	G Major G3/ A3, B3, D4, E4, G4, A4, B4; Vintage Brown

Beater

STDB	Beater Steel Tongue Drum
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The MEINL Harmonic Art Handpans

Harmonic Art Handpans

HD1	Natural D/ A, A#, C, D, F, G, A
HD2	Equinox E/ G, B, C, D, E, F#, G
HD3	Raga Desya Todi D#/ G, A#, C, D, D#, F, G
HD4	Akebono F/ A#, C, C#, D#, F, F#, A#
HD5	Integral D/ A, A#, C, D, E, F, A
HD6	Dominant D/ A, C, D, E, F, G, A

Handpan Bag, Care Wax

HDB	Harmonic Art Handpan Bag
HP-CW	Harmonic Art Handpan Care Wax

The MEINL Frame Drums

Hand Drums

HD16WB-EK	Ø 16" / 40.64 cm; Endless Knot
HD16WB-FOL	Ø 16" / 40.64 cm; Flower of Life
HD16WB-TR	Ø 16" / 40.64 cm; Triskele
HD16WB-VF	Ø 16" / 40.64 cm; Venus Flower
HD18WB	Ø 18" / 45.72 cm
HD20WB	Ø 20" / 50.8 cm

Hoop Drums

HOD15-EK	Ø 15" / 38.1 cm; Endless Knot
HOD15-FOL	Ø 15" / 38.1 cm; Flower of Life
HOD15-TR	Ø 15" / 38.1 cm; Triskele
HOD15-VF	Ø 15" / 38.1 cm; Venus Flower

Wave Drums

WD16WB	Ø 16" / 40.64 cm
WD18WB	Ø 18" / 45.72 cm
WD20WB	Ø 20" / 50.8 cm
WD22WB	Ø 22" / 55.9 cm

The MEINL Sound Effects

TD-S	Thunder Drum: Small
TD-L	Thunder Drum: Large
CH27WB	Chimes: 27 Bars
MARIMBULA	Marimbula

The MEINL Bells

B-M	Medium (3.5" / 9 cm); 355 g / 12.5 oz
B-XL	X-Large (4.3" / 11 cm); 700 g / 24.7 oz
BD-M	Medium (3.5" / 9 cm); 405 g / 14.3 oz; Including Dorje



A woman is shown in silhouette, sitting on a beach and meditating. Her hands are pressed together in a prayer position. The background is a bright sunset over the ocean, with the sun low on the horizon. The overall mood is peaceful and contemplative.

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www.studio-waldeck.de

Additional images:
Adobe Stock/jozefklopicka (Cover)
Constance Mariena (06-09, 18)
Lucia Nosko (10-13)
Adobe Stock/tanjasmirnova (13)
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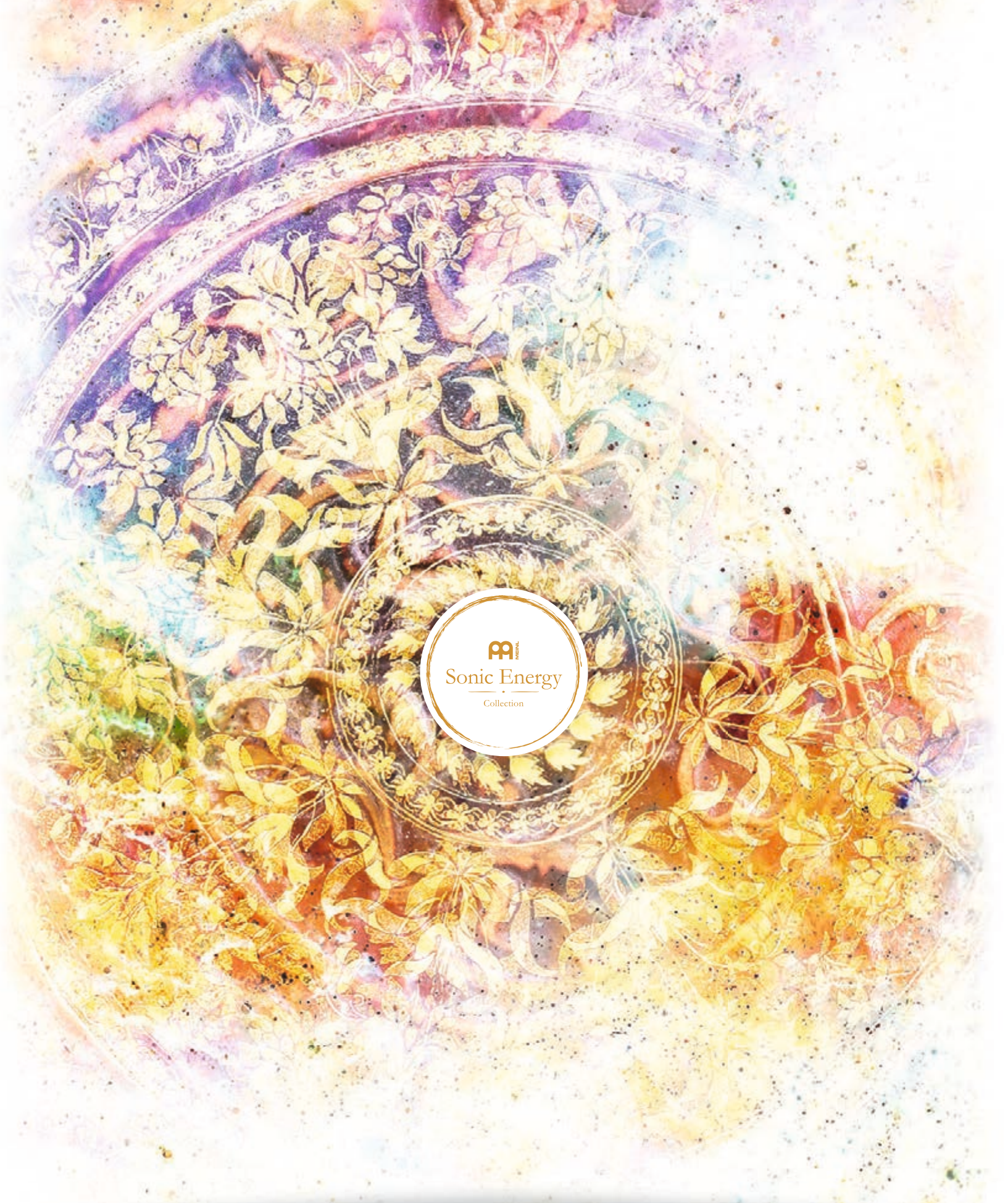
Printed in Germany
MSE-EN-CA100618

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