



Workplace Wellness Programs

The Gong is one of man's most powerful and oldest transformational and therapeutic instruments

Introduction

My name is Leith James, I am Ccertified Sound Practitioner (CSP, with a diploma in Group Sound Therapy from the British Academy of Sound Therapy and I have been an active teacher and Sound Practitioner for the past 10 years.

I play music through a range of ancient instruments including Gongs, Didgeridoo (Yidaki, Himalayan & Crystal singing bowls to help people relax their mind, body and soul through sound and music. Come on a Gong journey with me and experience the transformational and healing power of sound.

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MUSIC IS THE ART OF
THE PROPHETS, THE
ONLY ART THAT CAN
CALM THE AGITATIONS
OF THE SOUL
~ MARTIN LUTHER

”



Why Gongs?

History

The transformational qualities of gongs were known to ancient cultures such as Egyptians, Greeks, Romans, Persians and Mongols. Evidence suggests that gong making was known as early as 4,000BC and ancient alchemy sources put the gong as far out as 16,000BC.

How does it work?

When the gong is played electrons become highly charged electromagnetically and form a field of Plasmon (according to the late physicist David Bohm). The plasma field is being created off the gong and the listener becomes part of the field.

Metal is the only material known where the electrons leave their atoms and join other atoms. When the activity of the gong ends, the electrons go back to their original atoms. Once the gong comes to rest, the Plasmons and the energy field collapses. When the gong is revved up again the Plasmon field expands and intensifies. The participants are being electromagnetically charged in a positive and holistic fashion. Many walk away with a natural buzz that has lasted for a week.

Why Your Workplace?

My workplace wellness programs not only contribute to a more harmonious workplace, but also add to your bottom line. I am truly passionate about my craft and have seen first-hand the significant benefits people gain from my Gong Sound Meditation sessions. My sessions are customised and delivered in-house. I offer a unique experience that promotes sustainable physical and physiological well-being.

Workplace benefits...

- Calmer and clearer thinking
- Less stress and anxiety
- More effective problem solving capabilities
- Increased learning productivity
- Increased workforce More creative and innovative practices
- Restores intrinsic state of balance and relaxation
- Reduces workplace absenteeism
- Minimises risk and injury
- Helps to create a balanced environment
- Creates a happy and more 'socially connected' environment
- Brings people together and encourages group participation
- Building on workplace engagement, retention and performance outcomes through an experience of focused self-care and relaxation

Workplace Wellness Package



My therapeutic Gong Sound Meditations are a unique experience not offered anywhere else in Australia. I provide cutting edge methodologies through sound for chronic stress reduction through heightened states of awareness and consciousness.

My Workplace Wellness programs can be tailored made to suit your employees and groups depending on what you are looking to achieve, budget and time allocated.

Instruments include; Gongs, slide didgeridoo, Koshi Chimes, Ju ju shaker, Hand shakers, Dumbbell chime, Ocean drum, Waterfall tower, Ocean Harp, Wah wah tube, Helix bowl, Thunder Drum, Whirly tube, most precise sine wave, Ocean drum, Waterfall tower and singing bowls for binaural beats.

Regular Workshop packages run from 30mins to 1 hour.

Event format

Each session is comprised of an introduction followed by some breathing exercises, then the Gong Sound Meditation, with a couple of minutes of silence to end the session. A collective debriefing forum is also offered upon completion, with tips for adaptive post-session practices to ensure participants make the most of the experience.

Participants are required to sit or lay comfortably on the floor. Venue location must be conducive, quiet and undisturbed space. Please contact me for pricing and how we can uplift your workplace, performance, wellbeing and environment.



Frequently Asked Questions

Who can benefit? Anybody, from teenagers to elders... each will receive the benefits derived from varying tempo and rhythms, as well as different pitches and tonalities, each known to trigger different sensations.

What should people expect during a session? Discover a re-boot and re-calibration. While each of our transformational experiences is received and integrated individually, per one's own nature of being, there are common denominators shared by most people, even though everyone experiences sound according to the stage in their life's journey.

What are the effects and benefits I may experience? One of the main purposes of my sessions is to help participants into a deep state of meditation through an acoustic experience.

My events are designed and intended to foster harmony, self-healing, heightened awareness & mental capacities, physical, emotional, psychological renewal, stress control, creativity, ability to focus and much more.

Just like sleeping, sound can help you enter the states of ALPHA, THETA and sometimes DELTA, when our physical body receives the opportunity to renew or restore its immunological system, endocrine system and central nervous system; the physical body can receive temporary rest from the mental and astral bodies as well. This allows for regenerating energies to become activated, leading to renewed health and allowing every energy pain to renew and rebalance its own vibration.

What are the business benefits? This unique experience can help businesses to generate more sales and increase productivity by helping employees feel less stressed out and more clear minded and creative.

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IF YOU WANT TO
FIND THE SECRETS
OF THE UNIVERSE,
THINK IN TERMS
OF ENERGY,
FREQUENCY AND
VIBRATION.” ~
NIKOLA TESLA

”



Other Benefits...

On a physical level

- Lowers high blood pressure
- Lowers the levels of blood lactate, reducing anxiety attacks
- Decreases any tension-related pain, such as tension headaches, ulcers, insomnia, muscle and joint problems
- Increases serotonin production that improves mood, memory and behaviour
- Increases energy levels, as an inner source of energy is activated



On a mental level

- Brainwave patterns of Alpha state that promotes healing
- Freshens the mind and anxiety decreases
- Creativity and happiness increases
- Increased clarity and peace of mind
- Problems become smaller
- Meditation sharpens the mind by gaining focus and expands through relaxation
- A sharp mind without expansion causes tension, anger and frustration
- An expanded consciousness without sharpness can lead to a lack of action

I would be delighted to partner with you in supporting your commitment to providing sustainable occupational health and safety and employee well-being for your workforce.

Companies I've Gonged



Queensland Government

Department of Transport and Main Roads



Testimonies



Leith thank you for sharing your special gifts in such a passionate and profound way. Since coming along to Gong Sound Meditation my head pain has subsided considerably and I am able to surrender, relax and connect with a deep peace inside me which I enjoy for many days following a class. Thank you shining your light brightly, and for sounding your gongs for healing.

Josie Thomson
Executive coach and trainer ,
Josiethomson.com



Last night I helped Leith with his Gong Sound Meditation in Brisbane and I slept like I had been awake for two days straight. This morning, I have clarity like I have not felt for a long time. All I can say is you should try one of Leith's gong baths it was quite simply amazing!

Gillian Farry
Life, coach, Author, Public speaker ,
gillianfarry



Leith provides a safe and nurturing environment, which allows you to go on a journey. When I feel the vibrations of the gongs it takes me to many places, I am able to get clarity on situations that are currently happening in my life. I can also feel blocks become released which gives the sensation of feeling free. I would highly encourage you to come to Sound Healing Meditation, so you can feel the benefits yourself. Thank you Leith for allowing me to have this experience.

Dianne Edwards
Manager



Being awakened to new possibilities, with clear conscious pictures. I was sent a reminder about trusting my beliefs and abilities. Body realignment and energy was very much a stand out. Thank you Leith for sharing your gifts.

Mick Collins
Manager



Contact Me Today for Bookings

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