

Gongs – these have a wonderful effect when used with many participants, for some as a result of the great crashing sounds they make, for others because of the vibrations they produce.

Gongs can be suspended in specific frames, hung in groups off racks made of bamboo for collective playing, or moved around to individuals using rope handles. They can add immense drama to situations and often people who don't enjoy loud sounds in day to day life will enjoy the sound of gongs, immersed in the moment.

They come in a variety of sizes, giving different tones, quality of sound and lengths of sustain

Gongs sound best with heavy but soft beaters, although having a range of beaters is advisable: hard ones to maximise their effect for people with limited movement and soft, light ones for the more enthusiastic percussionists or those who are hard of hearing.

If you can only afford one, a wind gong would be advisable - large so easy to hit, long sustain and wonderful vibrations if touched with fingers or feet.

Alternatively a Tibetan Gong, which is two-tonal and much lighter to carry.

Associated Workshops - Bells and Gongs, Mesa Arch, Temple Baths

Videos

Gong and Foot
Muting the gong