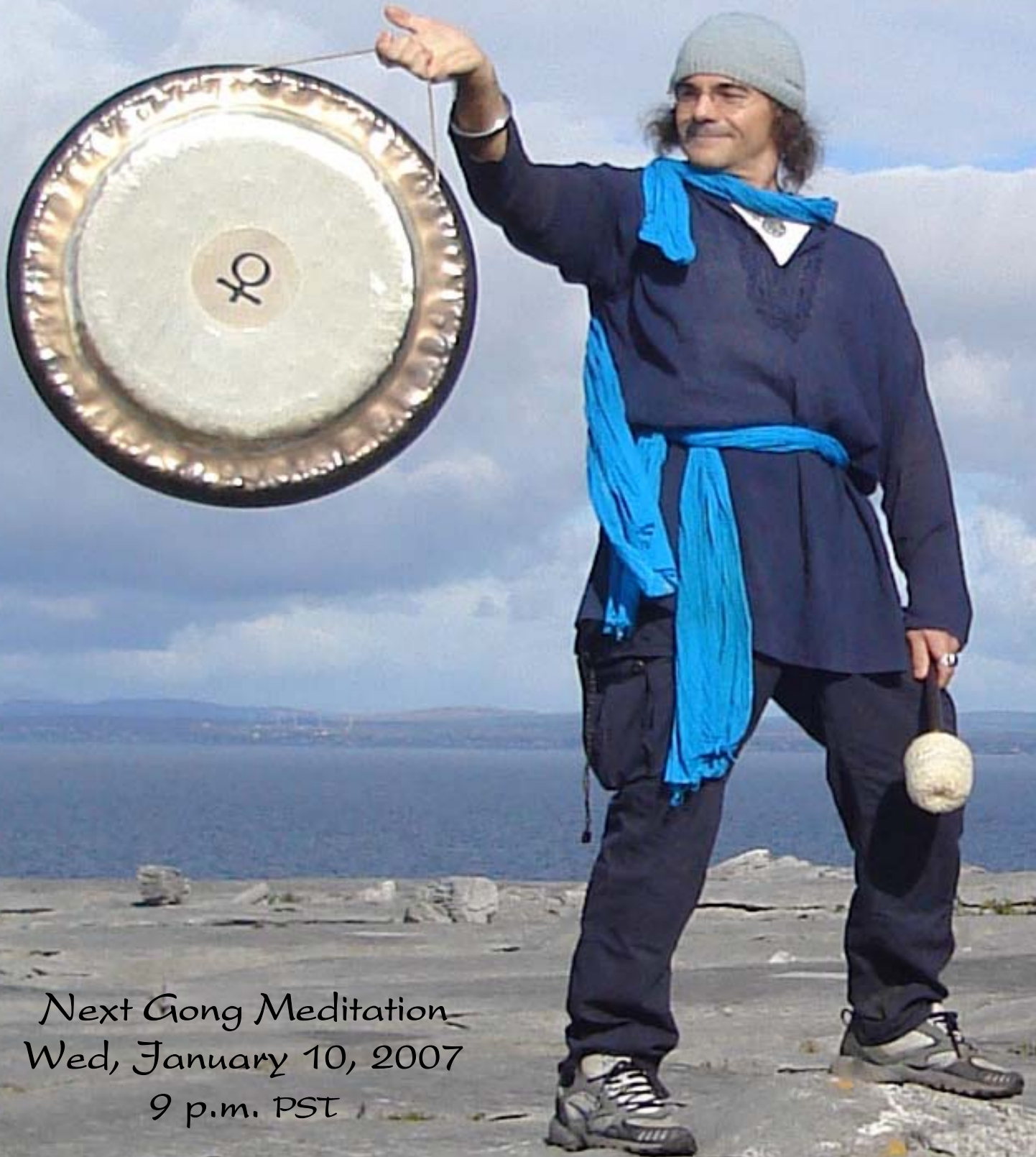


Planet Gong Peace Project

Raising the World's Vibration through a Monthly
Gong Meditation for Internal Peace and Joy
With Sotantar



Next Gong Meditation
Wed, January 10, 2007
9 p.m. PST



Planet Gong Peace Project

Bringing Peace, Love & Light to the Earth
With Sotantar

Sotantar's **Planet Gong Peace Project** Meditation is dedicated to spreading awareness and peace on Earth. The Planet Gongs' sacred sound creates a space for all the participants to experience joy and their true selves. The Gong's vibrations carry throughout the world our intentions to expand global awareness, raising the frequency of the planet to a higher level of peace. The **Project** will have simultaneous meditations occurring in various places in the world: North America, South America, Europe and growing.

Please join us for the next meditation on **Wednesday, January 10, 2007 at 9 p.m. PST for 11 minutes (Thursday, January 11, 2007 at 5 a.m. Ireland/England GMT time)**. The **Peace Project** meditation is focused on opening our hearts to give and receive - bringing about the highest level of harmony and peace. If you are unable to make the class, you can "tune-in" to the class at 9 p.m. PST and do your own meditation for world peace. And if this time is not possible you can do it anytime during the day with the intention to connect at that time.

When our minds are aligned, we can make profound changes in the world.

The Planet Gong Peace Project Meditation

Instructions on how to "Tune-In"

1. Find a quiet place where you will not be disturbed. If you have one of Sotantar's Gong CDs, play that or some other uplifting music you meditate to, or you can meditate in silence.
2. Sit or lay down comfortably with a straight spine.
3. Bring your hands to the Heart Center – and create a cup, palms facing each other, all fingers spread apart and pointing up. The upper parts of your thumbs and small finger and the bases of your palms are touching. Visualize your heart opening like the lotus flower petals.
4. Feel the universal energy coming through the crown (head) chakra, filling your body and channeling out through your heart and hands back to the universe.
5. As this is happening, make your intention to focus on your own internal peace and let go of your mind and thoughts allowing you to give and receive openly. By radiating this peace, love and harmony you will resonate to the world spreading the vibration of peace.
6. Focus your eyes on the lotus flower in your hands. Breath should be long and deep breathing. Do this for 11 minutes. When you complete the 11 minutes, stretch your arms up, INHALE and then as you EXHALE bring the hand to the third eye point and then to the heart center.
7. Deeply relax laying down for a few minutes, feeling the internal peace.



Planet Gong Peace Project
Mudra

The vibration of the Gong will effortlessly release inner blockages or conflicts, bringing you to a state of harmony and peace.

For more information
Contact Sotantar at:
sotantar@gongmaster.org

"When we open our hearts to give and to receive fearlessly and remove the shields, a magical thing happens... We discover our true strength and nothing can hurt our hearts. We vibrate peace and joy."

Sotantar, Gong Master



Sotantar offers workshops all over the world and has practiced and studied yoga, meditation and healing since his childhood in Spain. He had the privilege to meet and be taught by the Master of Kundalini Yoga, Yogi Bhanan and world-renowned Gong Master Don Conreux. He is now a widely recognized Gong Master and Kundalini Yoga teacher in Los Angeles and Orange County, California. **Sotantar** brings awareness, inspires passion, creates balance, and spreads love, joy and peace to the universal community by teaching and sharing his vast expertise in the technology of Kundalini Yoga and the Gong primordial healing sounds, the healing arts and other disciplines. He is also a Reiki Master Teacher, Sound Therapist and Hypnotherapist. **Sotantar** has recorded a series of CDs including the primordial sacred sounds of the Planet Gongs and Tibetan Bowls for meditation and healing. For more information visit www.gongmaster.org