



# wisdom rising

A Community Celebration of the Healing Arts

Invites you to a Gong Bath™ with  
Sacred Sound Practitioner  
Mark Placzkowski

7 - 8 pm Friday, April 24th  
Unitarian Universalist  
Church of Elgin - [uuce.org](http://uuce.org)

Please bring a mat to lie on as the Gong Bath™ is best experienced on your back with head and body aligned toward the Gongs and other instruments.

Pre-registration: \$15 per person for groups of 3 or more, \$20 per individual, \$25 at the door  
Register on line at [uuceWisdomRising.com/gb](http://uuceWisdomRising.com/gb)  
Call Bob @ 847.658.9273 for more info.

Mark is also a featured performer at

## wisdom rising

a community celebration of the  
Healing Arts, Saturday,  
May 16th at UUCE in Elgin  
[www.uuceWisdomRising.com](http://www.uuceWisdomRising.com)



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## Sound Immersion Experience



**Sound Immersion:** This unforgettable event will soothe, inspire & awaken your spirit as Sacred Sound Practitioner Mark Placzkowski bathes you with sounds from a 36" Pluto & 38" Sun gong. At first, you hear soft delicate voices echoing from the gong & as you listen carefully, you become aware of the many tones within one sound. Sounds of varying frequencies are created that wash over, around & through you much as you would imagine the waves of the ocean. The gong is a beautiful reinforced vibration of the sound of Creativity itself.

**Experience:** When properly played the gong creates waves of sound that can carry you into deeply meditative state. The brain reaches theta and delta frequencies where we access our deeper subconscious & super conscious. These are key states for healing, "regeneration" and "rejuvenation". Many people experience something noticeable during a Gong Bath™. It can range from feeling their bodies twitch (as the energy meridians are cleared & balanced), insights, bursts of creative ideas, to a simple feeling of total peace & connectedness. All one needs to do is let the mind relax and allow the vibrations of the gongs harmonize the body.

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