

# Mandala

## ✪ Massage in Sound

**MANDALA** is a 48-minute soundscape by musician/composer Michael Bettine that is designed for meditation, sound healing, Yoga, Reiki, massage therapy – any time you need to reenergize. The sounds of the Gongs work directly on the Chakras and help release blocked energy.

The Sanskrit word **Mandala** refers to “circle” or “completion.” In Buddhist art it is a circular design representing a microcosm of the Universe. These multicolored designs are used for meditation, to help focus one’s attention. While it is generally regarded as a Buddhist artifact, Mandalas can be found in Hindu, Christian, Islamic, and Native American cultures. In many ways it is an archetypal symbol.

The Gong itself is a sort of *Metal Mandala*, with its circular shape and often multicolored and hammered face. So too it can be used to help focus one’s attention during meditation and other meditative practices.

The music contained within this CD is designed to assist the listener in meditation and various healing practices. The Gongs used are centered on the *Four Elements*: Air/Earth/Fire/Water, and the universal *OM*.

This CD is designed to be played on the best possible sound system you have available. The vibrations of the Gongs cover a very wide frequency range and need to be felt by the listener in order to be effective. It is recommended that you sit/lie comfortably in front of your speakers and let the vibrations wash over you

Starting with the call of the *Tingsha* (Tibetan finger cymbals) to focus our attention, the Gongs are then played nonstop for approximately 48 minutes. During this time, the sound ebbs & flows, like the waves on a beach. It rises and falls in both intensity and volume, moving from one Gong to another, concentrating on specific **Elements** in order to clear out any negative energy or blockages. Finally, as the sound fades, the *Tingsha* sound again, bringing us back to the physical world.

Lie back and relax, let the vibrations flow through you, stimulating your Chakras and clearing out your energy system. ~ MB

Recorded & Engineered by Chris Djuricic at Studio One, Racine WI, 09/08, 2007  
All music is written, arranged, and produced by Michael Bettine  
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An Intuitive Arts Hand Media (IAM) recording

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**Air** is a calming spirit.  
**Earth** is a grounding spirit.  
**Fire** is a creative spirit.  
**Water** is a cleansing spirit.  
**OM** is the sound of the Universe

## **Gongs and the Five Elements**

In his *Tetrasomia*, or *Doctrine of the Four Elements*, fifth century B.C. Greek philosopher, scientist and healer **Empedocles** described how all matter is comprised of four "roots" or elements: *earth, air, fire, and water*, with these 'roots' interacting with each other. The philosopher Aristotle later added a fifth element, *aithêr* ("ether") which was what the heavens were made of. Thus while the Four Elements were thought to be Earthly, the Fifth Element was Heavenly.

The **Buddhist Elements** were also *earth, air, fire and water*, with a Fifth Element of *Akasa*, which translates to 'void' or 'emptiness' (relating to the Buddhist state of meditation).

The classic **Chinese Elements** are *Wood, Fire, Earth, Metal and Water*, with

Earth seen as the center, surrounded by the other four. The word 'Element' here is more accurately termed as 'transformation' or 'mode', as these elements interact with each other in ongoing cycles

The **Chakra** system is made up of Seven Chakras, or energy vortices: four lower -*Root, Sacral, Solar Plexus, and Heart*; and three upper - *Throat, Brow, and Crown*, with energy moving up and down through them. These align with the classical idea of Five Elements, with the four lower Chakras being the Earth elements and the three upper Chakras combined as the fifth Spiritual Element:

Crown/Brow/Throat - Ether  
Heart - Air  
Solar Plexus - Fire  
Sacral - Water  
Root - Earth

As we can see, this idea of 4/5 elements is found in various different cultures around the world. These might be said to be archetypes of a model for how the Universe works.

In addition, the 4 main **Archangels** of Christianity/Islam/Judaism and various traditions also correspond with the 4 main elements and exhibit traits of each:

Michael-Fire  
Gabriel - Water  
Raphael - Air  
Uriel - Earth

## Quantum Physics & Gongs

Today's scientists seem to have caught up with yesterday's ideas and are now declaring that all things in existence are made up of energy vibrating at different rates. As such, the vibration of one thing can affect the vibration of another: everything is interconnected. This affect can be negative or positive in nature. Things can also become blocked to changing their vibratory state. Gongs, by their very nature, are in many ways antennas that can both receive and send energy. These discs produce intense vibrations that can affect the immediate area around them.

With people, the Gongs vibrations can affect the Chakras by helping clear blocked energy, thus allowing positive vibrations to get through. The Gong's vibrations actually perform a sort of *sonic massage* at a cellular level. These vibrations can be very healing and grounding. It is my experience that once these blockages have been released, *spontaneous healing* can occur. For example, after a Gong Bath many people have reported a very intense emotional release, leaving some laughing or crying. Others have reported

various physical symptoms have disappeared, such as headaches, backaches, etc., even some long-term physical symptoms. This all points back to the nature of much dis-ease being blocked energy manifesting in either emotional or physical symptoms, or both. This is not to negate the importance of traditional medical care, but rather to state that often the Gong's vibrations can help cleanse and unblock the human energy/Chakra system, leading to improved mental & physical health and well being. Each person's experience will be their own.

In my work, I use a set of Gongs centered on the Four Elements (Air/Earth/Fire/Water) and Ether (the universal OM) and their related spirits. Instead of concentrating the vibrations in one specific area, I prefer to cover the whole spectrum of vibrations. This is neither better nor worse than other people using Gongs for healing, but rather my own personal vision.

**The Gongs I use are:**

**Earth** - a grounding spirit/Root Chakra:

Paiste 32" Sound Creation #3 - Earth

Paiste 26" Sound Creation #3 - Earth (Prototype)

**Water** - a cleansing spirit/Sacral Chakra:

Paiste 24" Sound Creation #4 - Water

Michael Paiste 23.5" Water

**Fire** - a creative spirit/Solar Plexus Chakra:

Michael Paiste 23.5" Volcano

**Air** - a calming spirit/Heart Chakra:

Michael Paiste 20" Wind

**Ether/OM** - the sound of the Universe - Throat/Brow/Crown Chakras:

Paiste 32" Symphonic

Paiste 20" Symphonic

Paiste 22" Accent

*~ Michael Bettine*