

OUR PHOTO ALBUM

SOUND FOR HEALTH  
AND ART 2024

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NOV 2023 - JAN 2025



Hey there, we made it!

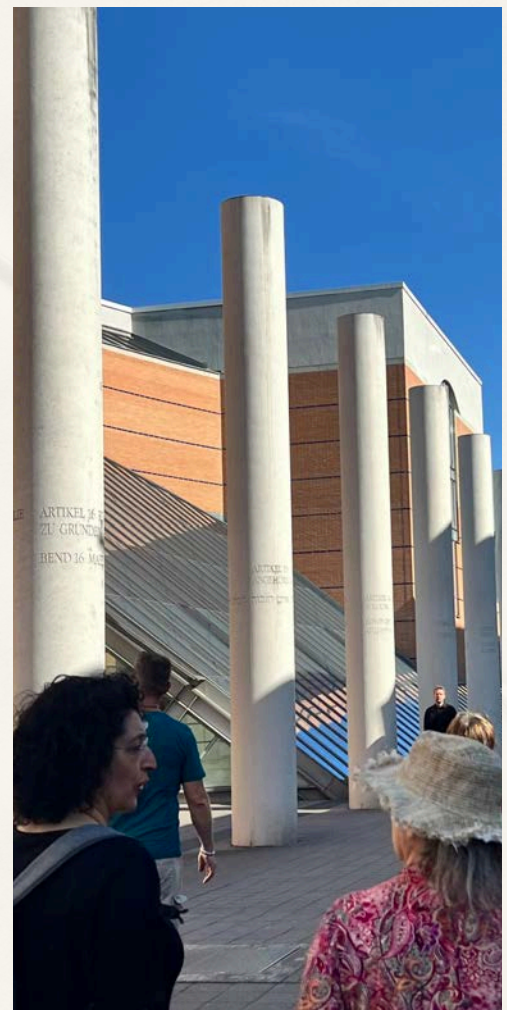


This photo book highlights our collaborative project "Sound for Health and Art 2024," which received funding from the Erasmus + program of the EU.

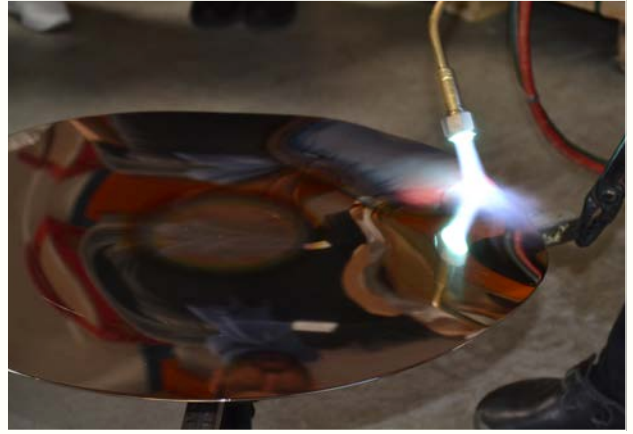
Embracing our uniqueness in various languages and cultures allows us to recognize and accept one another.



We didn't know each other until we met on this adventure and became friends in the moment.







Golden Adventure with Sapurana and Kabar Holistique



# 1. Nuremberg

platform  
Meinl - Huck - Multi-Gong







The first day kicked off really well!

We checked out Meinl Sonic Energy in Gutenstetten.









## Hands-On Workshop at Meinl Sonic Energy

We got to test, touch, play with, and explore the sound healing instruments.

Jakob von Meinl joined us, showed us the instruments, and patiently answered all our questions.







It's our first time  
playing the gong  
together.

Choosing and familiarizing  
yourself with mental health  
tools.







The beginning of a harmonious journey and collaboration between La Réunion and Germany.



With hearts full of gratitude and joy, we kick off our program at Meini Sonic Energy.







Exchanging ideas with one another and with Meinl's knowledgeable staff was really important.

We got the chance to explore, mix, and try out all the instruments.





## Gong workshop led by Jürgen Huck

Jürgen Huck from Nuremberg welcomed us into his KlangTraum and demonstrated how to blend various instruments to craft a harmonious soundscape.

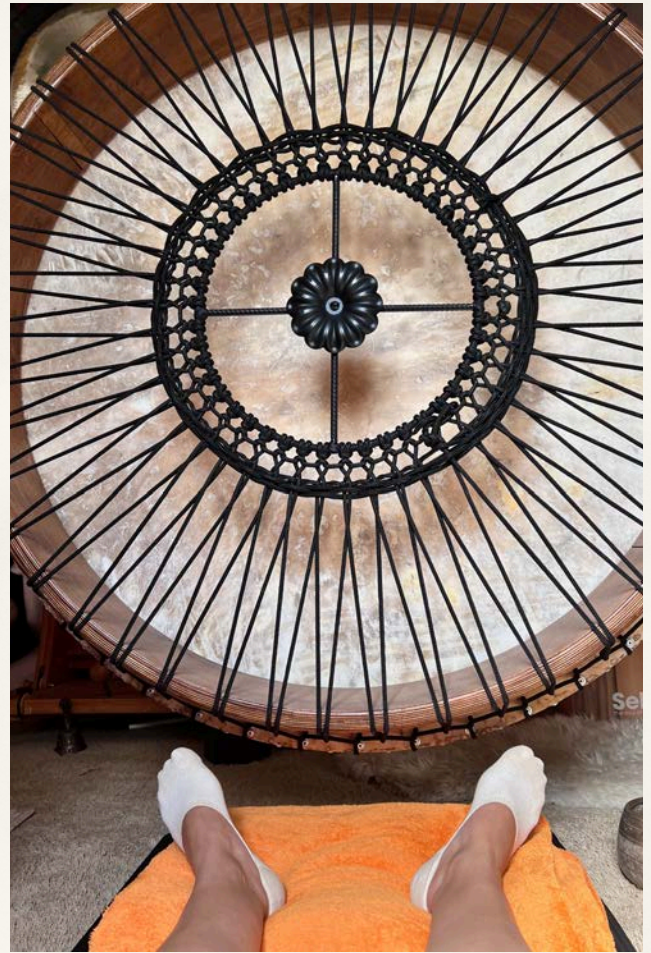








Being in the sound was a totally fresh and amazing experience.



Whether it was a shaman's drum, a gong, or a chime, we got to dive into everything in Jürgen Huck's sound dream.





We also got to explore the city of Nuremberg and dive into German culture.







## Sacred Gongs - Group Gong Meditation

Twelve gong players from France and Germany came together for a multi-gong meditation during a public event at the Narada Center in Erlangen.



Getting ready together for the evening.





It was an awesome  
experience for everyone  
involved.





2nd stage  
Rendsburg  
Oetken Gongs located in  
Fockbek







## Oetken Gongs

The time spent at Oetken Gongs was packed with one-of-a-kind experiences and exciting adventures. Thanks to gong maker Broder Oetken and his team, the participants got to create their own gongs. During the workshops, they explored new applications and techniques.





Making a gong on your own really helps you appreciate and respect the craft of gong making.

but it's a ton of fun, too.





With collaboration and teamwork towards the goal.





Meet new friends, share thoughts, and practice together.







We had a blast while learning. Ines Oetken and the team really looked after our physical well-being too.





We're checking out Rendsburg and really enjoying our time together, having deep conversations and sharing ideas.







## Gongreiber Workshop at Oetken Gongs

In this workshop, Jörg Behnsen showed the participants how to play the gong using bouncy balls or gong drivers.



First, we got some detailed insights before Jörg enthusiastically showed us the different techniques on the gong.







After that, we got to really dive into what we had learned and gain some hands-on experience.

Dive right into the experience and connect with the gong, the bouncy ball, and the sound.







## Workshop on incorporating small instruments into gong playing at Oetken Gongs

In this workshop, Maike Witt demonstrated how to seamlessly blend different instruments with gong playing.





Maike gave us a detailed introduction to each instrument, covering their quality and potential uses.



By checking out the samples, we got a solid sense of what was happening.





We got to experience and feel everything we heard during an amazing sound journey. After that, we had the chance to play around with and mix all the instruments ourselves.



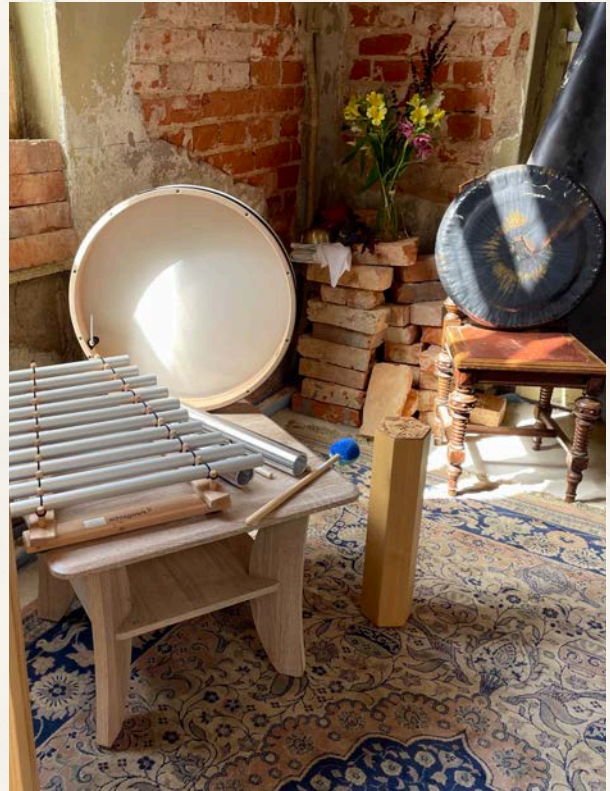
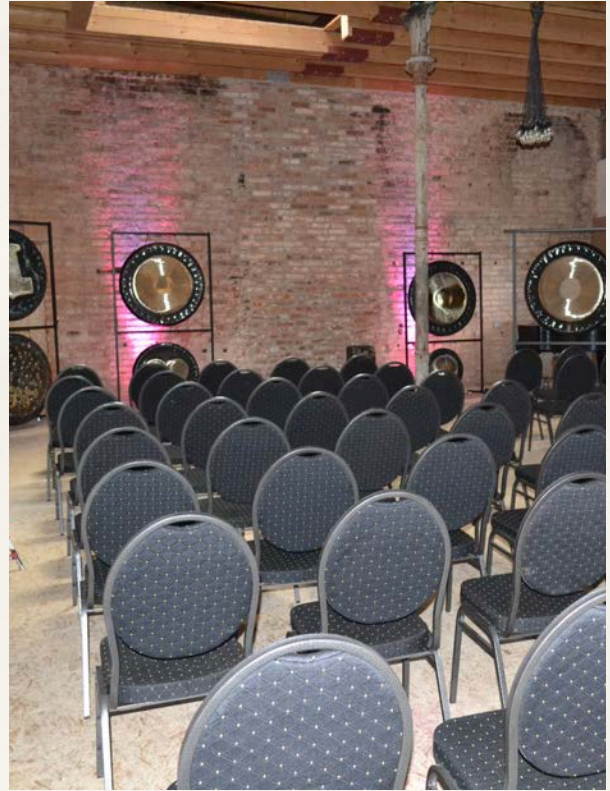
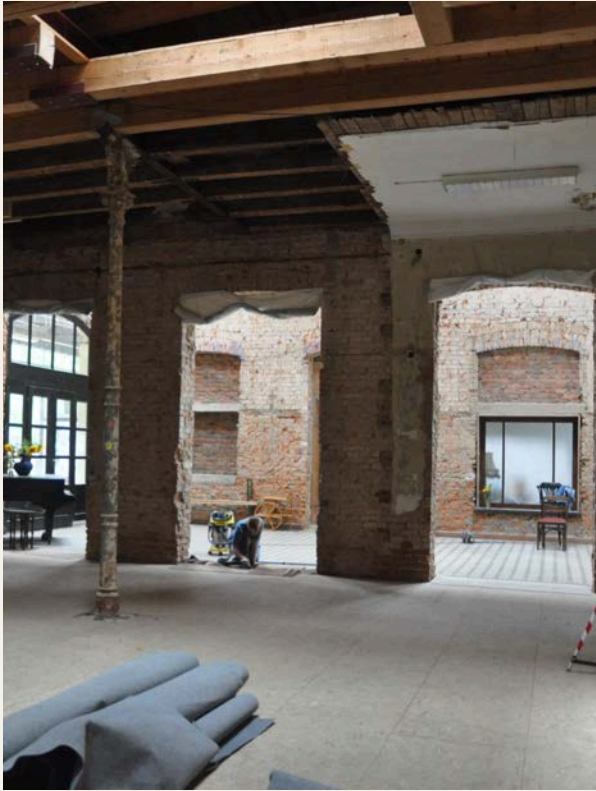


# Third Stage 1st Gong Symposium at the Kulturbahnhof in Leisnig





Once we got there, we teamed up to get the rooms ready for the 1st Gong Symposium.





It all kicked off on July 17, 2024. We fueled up with breakfast. Our guests were warmly greeted at the reception.







## 1st Gong Symposium: The Enchantment of Sound

The first Gong Symposium kicked off to a packed audience, with the two club chairmen, Alexander Renner from Germany -Sapurana- and Jens Geese from France -Kabar Holistique-, leading the way.





Even though the opening was happening in the big hall, everything was set and ready for curious visitors at our gong exhibition.







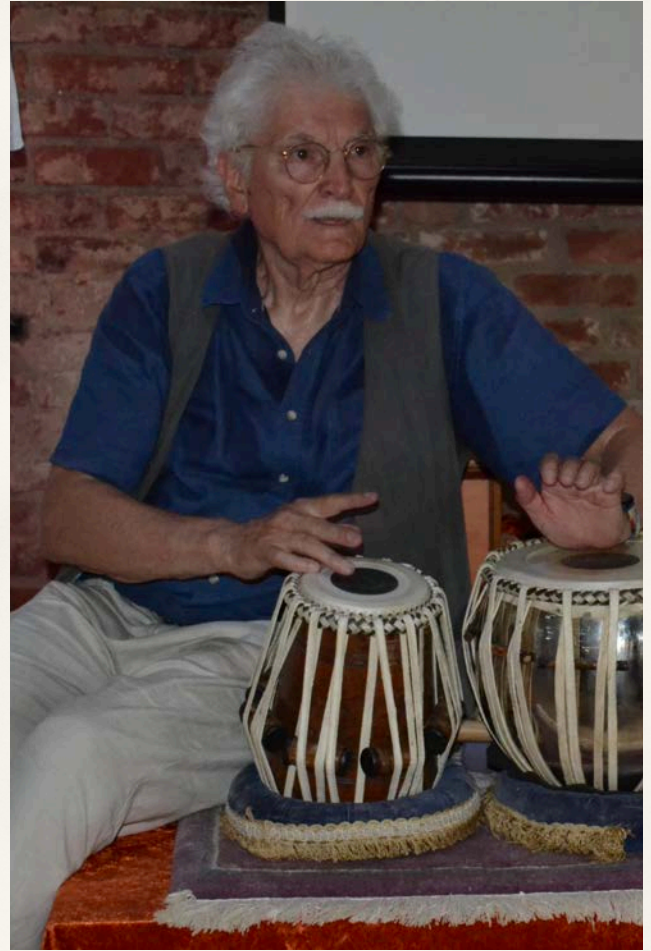
## Gong and Sound in Neurology and Psychology with Dr. Peter Heß

Dr. med. Peter Heß (DE) spent many years successfully working in a psychiatric clinic where he developed gong therapy. In this setting, he showcased both the theory and practice of gong therapy.





To help the audience become more self-aware, Dr. Peter Heß and his wife Heike performed a gong ritual.



After the explanations about gong therapy, the guests had the chance to ask questions and get clarifications.







## Gong and Sound in Hospice and Palliative Care

Gerárd Lach (DE) shared his experiences with sound work in the hospice.

It was really moving and inspiring. The lengthy conversation between the audience and Gerárd was powerful and really encouraged everyone to get involved in this field.







A presentation on a study involving gong and sound therapy for autistic children and their parents.

Jens Geese from La Réunion shared a scientific study. The goal of the study was to explore how gongs and sound impact autistic children who had taken part in regular sound sessions with their parents.



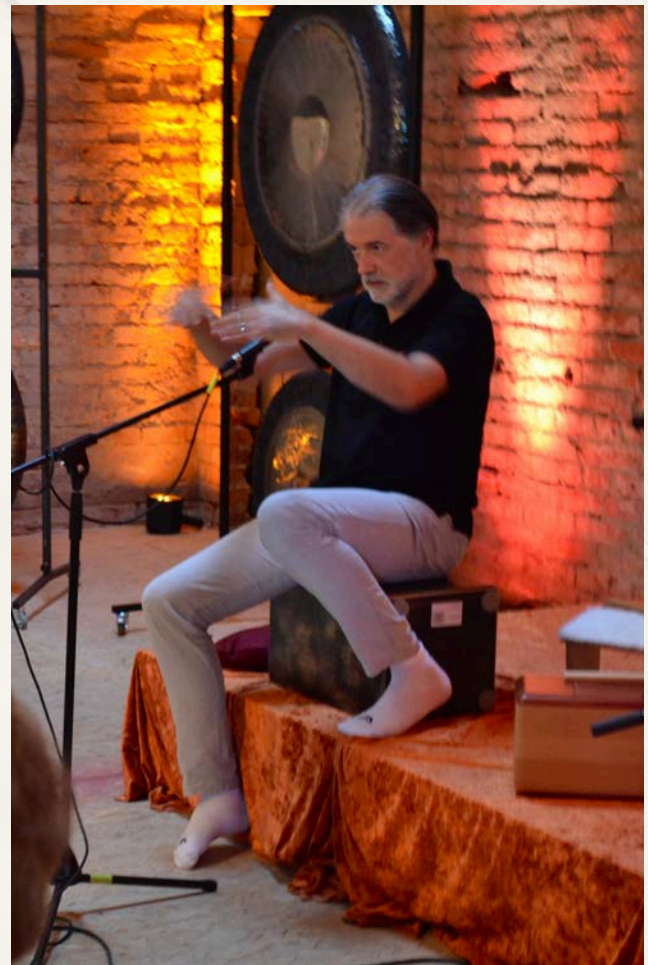




Gong and sound for kids and teens.

Alexander Renner from Germany showcased his work with the gong and sound at the school.

He talks about how the sound sessions are designed, the differences between age groups, and how that impacts the kids. He also went over ways to encourage a school to incorporate gongs and sound into their lessons.





Rüdiger Har Anand from Germany and Thomas Dupont from France shared their insights on the role of gongs in shamanic ceremonies. Visitors had the chance to not only learn about the topic but also to ask questions.







Gong and singing were the focus for Anne-Sophie Fenaert (FR) and Patrick Mechin (FR). Through audio samples and hands-on activities, they gave the audience plenty of opportunities to have their own experiences.







Karin Amman (ÖT) and Pascaline Aucourt (FR) shared insights about the artistic events they've hosted in their respective countries. Their talks offered everyone a wealth of inspiration and fresh perspectives on gong playing.





The Druhpad concert featuring Celinn Wadier and Jens Geese (both from France), the 1:1 sessions for guests with Ana Ruivo (from Portugal), and the Gongpuja night with Karin Ammann (from Austria), Ana Ruivo (from Portugal), and Maike Witt (from Germany) were also included in the lineup.







Throughout the Gong Symposium, there was a vibrant discussion about all the program content we experienced, including with our visitors. We also had the chance to get to know and explore the town of Leisnig and its beautiful nature.







This is where our amazing journey together came to a close.

We've gained so much from one another and created unforgettable memories together.

We've built connections and friendships that will keep us linked in the future.

We're really thankful and excited to have been a part of this amazing journey.





# After the journey Gong Sessions at

Now it's time to teach, share and put into practice  
**Home** what we've learned in our home region.







## Gong Concert at the Resurrection Church in Büdelsdorf

Maike Witt held her first concert in the packed church in Büdelsdorf, Schleswig-Holstein. It was a magical evening filled with captivating melodies.







## Multi-Gong Meditation "Sacred Gongs" happening in Stuttgart.

Fourteen gong players and more than seventy participants gathered at Sacred Gongs to play together, tap into the energy, and then listen to and feel the gongs. It was a unique experience blending high energy, meditation, and moments of silence. This was our first time incorporating percussion.







## Gong Worlds in Delitzsch

The gong weekend at Delitzsch Castle focused on networking and exchanging ideas. Sapurana teamed up with the gong and sound association "Klanggewölbe Delitzsch."

The participants had the chance to explore the vast collection of instruments. We debunked some old myths and shared stories about gongs. The motto was, "Experience and test it yourself."





Gong bath led by Thomas Dupont from France.

On the new moon day, the gong bath kicked off with a lengthy breathing exercise to help everyone release their daily stress. Three gongs were part of the experience. The session wrapped up with some gentle movements and a deep discussion about the soundscapes everyone encountered. It really opened up fresh perspectives on sound work for the participants.







Kabar Holistique and its members hosted a "Long Night of Gongs" for the very first time on La Réunion.

The participants spent the night lying on a cozy surface, surrounded by the vibrations and sounds of the gongs. They found themselves in a state that was somewhere between sleep and deep relaxation. This experience helped to release old blockages and realign the nervous system.





The gong group from La Réunion held a collaborative multi-gong session on the island.

The main goal here was to design a fun, cooperative game for a big group of people.

The aim is to achieve deep relaxation and release stress and tension from daily life. No one can avoid the numerous gongs. The vibrations are more intense.







The sound journey with kids called for a lot of presence and spontaneity from the gong players. At the same time, the children needed a clear structure that allowed for creative freedom.

They used various playing techniques for this. By the end of the session, they had created a symphony with different instruments. The foundation was a children's story.





Alban Jacquot Joffroy was in charge of the Gong Session in France.

After doing a heart coherence exercise, he shared about the project, the process of creating gongs, and how frequencies impact people - a fantastic way to boost mental health.

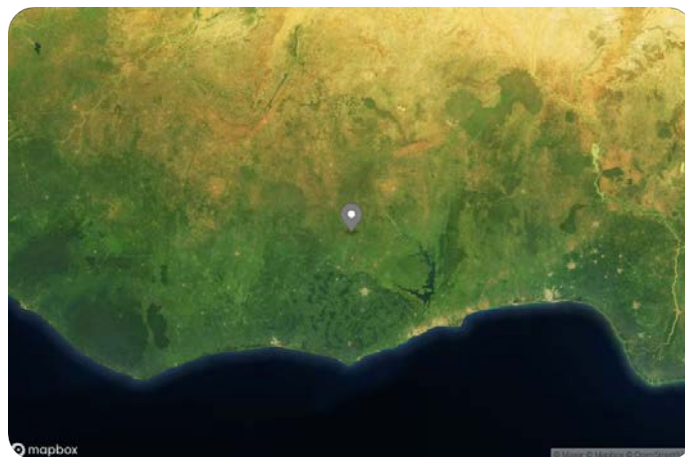




Donating trees to balance out the CO<sub>2</sub> emissions from flights between La Réunion and Germany. These trees will more than make up for it.

# URKUNDE

**80 trees**  
were for Sapurana e.V.  
from  
**Plant-for-the-Planet Ghana**  
grown in Ghana.



Deine Bäume finden und nachverfolgen:  
[pp.eco/7MC2LUA7YBZA](https://pp.eco/7MC2LUA7YBZA)

Wir sind davon überzeugt, dass wir die drei Billionen Bäume der Welt schützen und eine weitere Billion Bäume zurückbringen müssen. Nur wenn wir die CO<sub>2</sub>-Emissionen drastisch reduzieren und gleichzeitig Wälder wiederherstellen, können wir die Klimakrise verhindern.

Über 200 Projekte weltweit haben sich auf der Plant-for-the-Planet-Plattform zusammengeschlossen und stellen gemeinsam Wälder wieder her und erhalten sie.

21. November 2024

*Felix Finkbeiner*

Felix Finkbeiner  
Gründer von Plant-for-the-Planet



Plant-for-the-Planet supports the  
United Nations Environment Programme





The Sound for Health and Art 2024 project demonstrated how sound can link art and mental health. We gathered important professional insights into its impact on well-being and created practical methods. The interdisciplinary exchange enriched our understanding and introduced new ways to apply this in art and therapy.

On a personal level, it was a journey filled with experiences and growth. The international exchange highlighted the importance of diverse perspectives. Lasting connections were formed among people, disciplines, and soundscapes. The project served as a reminder of how crucial listening is for genuine understanding.



# EU-Disclaimer

The Sound for Health and Art project, along with the creation of this photo book, has received funding from the European Union. That said, the views and opinions shared here are entirely those of the author(s) and don't necessarily represent those of the European Union or the European Education and Culture Executive Agency (EACEA).

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**Kofinanziert von der  
Europäischen Union**



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