



關於課上使用銅鑼的澄清

2019 年 1 月 30 日

Sat Naam,

Yogi Bhajan 在他的很多課上使用銅鑼，有時候會用來作為一個冥想性的奎亞，有時候會用來作為放鬆的一部分。他也教授了關於如何敲奏銅鑼的技巧。

「銅鑼很簡單。它是一個交互振動的系統。這是創造性自我的聲音。敲奏銅鑼的人是在敲奏整個宇宙。銅鑼不是一個可以隨便敲奏的普通東西。所有的音樂、所有的聲音和所有的詞語都源自於它。銅鑼的聲音是原始音詞的核心。銅鑼不是樂器，也不是一個鑼鼓。銅鑼是一個美麗的加強版的振頻。它就像是無數的音弦，而你就像在演奏着成千上萬條的音弦。銅鑼是唯一的一個你可以用來製造空間振動組合的工具。」——《寶瓶時代的教師》

鑒於銅鑼的威力，不建議沒有接受過相應銅鑼培訓的人在傳承自 Yogi Bhajan 的昆達里尼瑜伽®課上敲奏銅鑼作為冥想或放鬆時使用。

Yogi Bhajan 去世後人們對銅鑼升起很大的興趣，像類似整晚的「銅鑼浴」等活動開始流行起來，也有越來越多來自其他傳承的銅鑼課。KRI 既不支援也不反對這些，儘管我們希望教師培訓能夠遵照 Yogi Bhajan 關於銅鑼的教導，並對此保持清晰的理解和修習。

任何人如果在他們的昆達里尼瑜伽課上敲奏銅鑼，都應該閱讀銅鑼專題文章「銅鑼的藝術」¹，並且觀看 Yogi Bhajan 關於如何敲奏銅鑼的影片「跟 Yogi Bhajan 學習銅鑼」²。

¹ 英文版 PDF 檔下載連結 <https://kundaliniresearchinstitute.org/wp-content/uploads/2019/01/Art-of-the-Gong-Article.pdf>

² 無字幕英文版影片觀看連結 <https://www.libraryofteachings.com/lecture.xqy?q=date:1990-04-12&id=7fbb4891-98c6-61ff-bf75-883446c89b9&title=Gong-Class---Given-in-the-livingroom-at-Alan%27s.-How-to-play-the-gong>

* KRI 微信群內會轉發一個可以購買到中文版摺頁冊和中文字幕版影片的微信店連結。



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請在你的昆達里尼瑜伽課上僅只使用傳承自 **Yogi Bhajan** 所教導的銅鑼敲奏方法來使用銅鑼。

如果您有任何的疑問，歡迎大家直接聯繫 **Amrit Singh** 或 **Hari Charn Kaur**。

昆達里尼研究學院 (KRI)

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Clarifications about using the Gong in classes

Sat Naam,

Yogi Bhajan used the gong in many of his classes – sometimes as a part of a meditative kriya and other times as part of a relaxation. He also taught techniques about how to play the gong.

“The gong is very simple. It is an inter-vibratory system. It is the sound of Creativity itself. One who plays the gong plays the Universe. The gong is not an ordinary thing to play. Out of it came all music, all sounds, and all words. The sound of the gong is the nucleus of the Word. The gong is not a musical instrument, nor a drum. The gong is a beautiful reinforced vibration. It is like a multitude of strings, as if you played with a million strings. The gong is the only tool with which you can produce this combination of space vibrations.” – The Aquarian Teacher

Given the power of the gong, it is not advised to play it for use in Kundalini Yoga as Taught by Yogi Bhajan® meditations or relaxations without proper training.

There has been a large rise in interest in gongs since Yogi Bhajan’s passing, with events such as all-night gong “baths” gaining popularity, and more and more gong classes offered from other traditions of gong playing. KRI is neither for nor against any of this, although we want Teacher Trainings to follow and maintain a

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KRI in China





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clear understanding and practice of what were Yogi Bhajan’s teachings about the gong.

Anyone playing the gong in their Kundalini Yoga classes should read the gong monograph, *The Art of the Gong*³, and have seen the Yogi Bhajan video on how to play the gong, “Learn the Gong with Yogi Bhajan”⁴

In your Kundalini Yoga classes, please only practice playing and using the gong in ways that come from Yogi Bhajan’s teachings.

If you have any questions or concerns, please contact Amrit Singh or Hari Charn Kaur directly.

Kundalini Research Institute (KRI)

³ Get the PDF file in English here: [HTTPS://kundaliniresearchinstitute.org/wp-content/uploads/2019/01/Art-of-the-Gong-Article.pdf](https://kundaliniresearchinstitute.org/wp-content/uploads/2019/01/Art-of-the-Gong-Article.pdf)

⁴ Watch the video in English here: [HTTPS://www.libraryofteachings.com/lecture.xqy?q=date:1990-04-12&id=7fbb4891-98c6-61ff-bf75-883446c89bf9&title=Gong-Class---Given-in-the-livingroom-at-Alan%27s.-How-to-play-the-gong](https://www.libraryofteachings.com/lecture.xqy?q=date:1990-04-12&id=7fbb4891-98c6-61ff-bf75-883446c89bf9&title=Gong-Class---Given-in-the-livingroom-at-Alan%27s.-How-to-play-the-gong)

* The link to a WeChat shop where you can get the printed pamphlet in Chinese and the Chinese subtitled video will be provided in KRI WeChat groups.

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