

## Invitation to participate Phase 1 Gong Study

Greetings,

John St. Claire is doing a research study on the effects of a large gong on stress, immunity, and pain.

We are looking for subjects and perhaps you or someone you know might be interested in participating. By participating you will help to expand the scientific knowledge of sound therapy and it may also result in helping other people to gain access to this therapy as treatment for the above mentioned conditions.

People with the following conditions are excluded from participation:

- hyper sound sensitivity
- hearing aids
- pace makers
- using prescribed mood altering medication
- serious neurological disorders
- psychiatric disorders
- painful tinnitus
- prior exposure to live or recorded gongs or Tibetan bowls
- unable to stand comfortably for 20 minutes

(If any of the above mentioned items 'disqualify you' from participating in this research study, but you are interested in this field, there is a similar study coming soon that might be a good fit. If you would like to receive an email once that research gets underway please reply [john@lifeattunement.com](mailto:john@lifeattunement.com).)

All participants in the study will receive a \$25 Amazon gift card.

Participants will be required to meet for two sessions, one week apart, each lasting approximately one hour. It is important that the sessions are scheduled to occur close to the same time both weeks. They will be in La Costa, CA.

We plan to begin scheduling soon for session dates beginning February 2024 through March 2024.

The study will require subject to stand, for 20 minutes and be enveloped by the sound of an 80" gong and to stand and listen to the same sound through headphones on separate visits.

Before and after each experience subjects will complete a brief questionnaire on depression, anxiety, stress, and pain; and provide a small sample of saliva that will be measured for stress (cortisol levels) and immunity (immunoglobulin A levels). Subjects will also be asked to briefly describe their subjective experience. A photo will be taken before and after each session.

All data collected will be completely confidential and held under the highest possible level of privacy and security for the study.

A video will be produced about this study and you will have the opportunity to choose whether this is something that you would like to participate in or not.

If this sounds like something that you'd be interested in, please complete the application at the bottom of this webpage.

If you would like more information please contact John St. Claire at 760-522-1695 or [john@lifeattunement.com](mailto:john@lifeattunement.com)

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Thank you for your consideration.

John St. Claire  
[lifeattunement.com](http://lifeattunement.com)  
The Ultimate Upgrade