



JUST NEED TO GONG!

HEAL YOURSELF THROUGH THE SOUND & VIBRATIONS OF THE GONG

- THE GONG IS VIBRATIONAL MEDICINE -

GLOBAL STREAMING PREMIERE: NOVEMBER 22, 2022

Running Time:

Written, Directed, & Edited by:

Produced by:

Executive Producer:

90 min. and 39 min. **John Pritchard**

Jens Zygar and ONE HEART MOVIES

John Pritchard

Sound Engineer:

Tom Puschmann

Music by:

Adam Holzman **Rich Damone Iohn Pritchard** Jens Zygar

DOLBY SURROUND

Kim J. Groche

Sponsored by:

Thanks to Cinematographer:

Paiste, Arborea, Gongland,

Memphis Gong Chamber



WE ALL JUST NEED TO GONG! will be showing at virtual screening events around the world throughout 2023. Check website for dates.

Download Poster at WeNeedToGong.com/gongposter.pdf

Visit WeNeedToGong.com

Contact: john@oneheartmovies.org



LOGLINE

[55 WORDS]

WE ALL JUST NEED TO GONG! is a fascinating movie about the scientifically proven healing power of the Gong. The Gong is "**Vibrational Medicine**" that has been helping thousands of people around the world reduce stress, anxiety, depression, and physical pain, while also achieving greater clarity of purpose and spiritual balance in their everyday life.

SYNOPSIS

[126 WORDS]

WE ALL JUST NEED TO GONG! is a fascinating movie about the scientifically proven healing power of the Gong. The Gong is "Vibrational Medicine" that has been helping thousands of people around the world reduce stress, anxiety, depression, and physical pain, while also achieving greater clarity of purpose and spiritual balance in their everyday life. The movie is co-produced by German Gong Visionary, Jens Zygar, and awardwinning American director, John Pritchard. It features over 40 Gong professionals and enthusiasts from 16 countries. The original surround sound score is by Miles Davis keyboardist, Adam Holzman, and Sam Rivers bassist, Rich Damone, with Pritchard composing the chord and rhythmic structure on keys and drums. The film is being distributed by Pritchard's non-profit film company, One Heart Movies.



WHAT PEOPLE ARE SAYING

"This is truly inspiring, amazing work!"

"Just love it!"

"This is such a mind opening movie!"

"This speaks to so many people and needs to be seen by everyone."

"Great movie... very inspiring and full of knowledge."

"I loved all your varied interviews.

I feel you have produced an excellent overview of the 21st Century gong world as we know it today.

The soundtrack was excellent."

"Thank you for this wonderful endeavor. Popularizing the knowledge of the power of gongs is of inestimable value."

"The film is fantastic. Thank you for this monumental work!!"

"The movie is phenomenal."

CAST MEMBERS



Elena Wagner

Alix Karen Decker

Viola Livera

Madhava Carrara

Christopher "Obi" Agor

Fausto Radaelli

Roberta Bottari









SPONSORS

PAISTE, located in Switzerland, Germany, and the USA, is the world's third largest manufacturer of cymbals, gongs, and metal percussion. *Paiste* is an Estonian and Finnish word that means "shine": **paistegongs.com**

ARBOREA, located in Shandong, China, produces Gongs and Cymbals that are a perfectly blended harmony between ancient and modern techniques: **arboreacymbal.com**

GONGLAND, located in Hohn, Germany, is the work of Rolf Nitsch, a true Gong Master. Gongland gongs are remarkable sound healing instruments: **gongland.de**

THE MEMPHIS GONG CHAMBER, located in Memphis, Tennessee, is the premiere retailer of gongs, gong accessories, and specialized instruments in the world. They have a huge inventory of gongs in stock and ready to ship: memphisgongchamber.com



VIBRATIONAL MEDICINE & THE HEALING POWER OF THE GONG

The Gong is a powerful instrument of sonic **Vibrational Medicine** that tunes and balances the body, mind, and spirit! We can use a Gong to heal ourselves by reducing stress and clearing out negative energy. Instead of conventional drug and surgical approaches, **Vibrational Medicine** attempts to treat people with pure energy... the molecular arrangement of the physical body is actually a complex network of interwoven energy fields. Vibrational therapy with a Gong harmonizes this energy. Sheila Whittaker, author of "**Sound Healing with Gongs**," states, "**The Gong is arguably the ultimate Sound Healing tool, as it has the broadest range of tones of any instrument. When played sensitively and well, this vast range of sound literally bathes the human form and re-tunes us on every level - physical, mental, emotional and spiritual - thus bringing us back into harmony."**

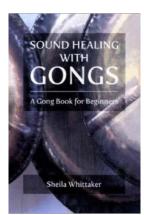
Richard Gerber, MD, is the author of the best-selling book, "Vibrational Medicine," which launched a revolution in health care. Gerber's follow-up, "Vibrational Medicine for the 21st Century: The Complete Guide to Energy Healing and Spiritual Transformation," synthesizes the best of non-Western ancient healing wisdom with the latest discoveries in science to produce an entirely new approach to treating and diagnosing illness, based on the belief that the human body is a complex system of pulsing energies that need tuning and balancing.

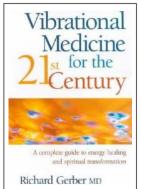
In "The Healing Power of Sound," Dr. Mitchell Gaynor, Director of Oncology and Integrative Medicine at the Strang-Cornell Cancer Prevention Center, shares his philosophy and sound-based techniques for self-healing, which can be used by anyone, whether faced with a life-threatening disease or simply seeking relief from the stresses of daily life. The Gong greatly improves our health and quality of life. It stimulates healing and "re-tunes us on every level - thus bringing us back into harmony." Hence, the title of our movie; WE ALL JUST NEED TO GONG!

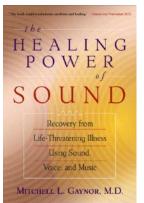
GONG THERAPY COMPLEMENTS CONVENTIONAL MEDICAL APPROACHES.

Visit WeNeedToGong.com

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"The sounds from the Gong travel from the outer ear throughout the body via the vagus nerve—impacting brain waves, respiratory rate and heart rate. Sound enters the healing equation from several directions: It may alter cellular functions through energetic effects; it may entrain biological systems to function more homeostatically; it may calm the mind and therefore the body; or it may have emotional effects, which influence neurotransmitters and neuropeptides, which in turn help to regulate the immune system—the healer within."

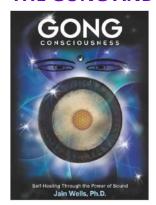
—GRAND GONG MASTER, Don Conreaux





GONG THERAPY
IS ALL ABOUT
HEALING WITH
SOUNDS AND VIBRATIONS.

VIBRATION & RESONANCE THE GONG AND THE WATER IN OUR BODY



"When the energy flow in any part of the body is blocked or restricted, its resonant frequency is no longer in a state of harmony... The Gong sound waves directly enter the body and affect change at the cellular level, re-arranging the molecules and forming new energy pathways... The Gong sound waves instantly influence the movement of energy in the body and engage our own natural healing capacity to create harmony from dissonance... Given that sound travels five times faster in water than in air, it is no surprise that its soothing vibrations are so deeply felt in the body, which is comprised predominantly of water."

— **GONG CONSCIOUSNESS** by Jain Wells, Ph.D

THE GONG REALIGNS THE BODY (OVER 70% WATER) BACK TO HARMONY THROUGH VIBRATION, PROMOTING CELLULAR AND ENERGETIC HEALING (IE. ORGANS, TISSUES, BLOOD, BONES).

"The field of Cymatics also gives important insight into the effects of sound. Sound researcher Hans Jenny conducted experiments on the effects of sound on soft forms of matter. When infused with a particular frequency, the sounds form corresponding geometric patterns. Similarly, Dr. Masaru Emoto conducted experiments that showed how sound changes the molecular structure of water... Simply being in the direct presence of the Gong waves, for a treatment of 45 minutes or longer, can initiate important changes."

- GONG CONSCIOUSNESS by Jain Wells, Ph.D

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The sound waves from the Gong create harmony by vibrating the water throughout our body. Water is a great conductor for sound vibration. When vibrations travel through the body, they promote circulation, energy flow, and rejuvenation. The frequency of the sound synchronizes with the brainwaves and activates healing responses in the body (our immune system).



These geometric patterns of harmony (Cymatics) are created by the sound waves of a Gong.

OUR STORY

In May 2021, award-winning documentary filmmaker, John Pritchard, began interviewing German Gong Visionary, Jens Zygar, about the healing power of the Gong. Over the course of 2021, Jens contacted several Gong practitioners who answered the basic question of the movie: What is the **Healing Power of the Gong?** In the early spring of 2022, a daily Zoom meeting began between Jens in Germany and John in the USA. As the 39 minute Short Film developed, John invited Jens to be the official Co-Producer of the project. On May 6, 2022, the Short Film version was released to thousands around the world as it featured Gong practitioners in Hong Kong, Australia, Dubai, Italy, Germany, Canada, and the USA. On June 23rd, the 90-minute Feature Film test version had a private test screening to a standing ovation in Berlin, Germany. The Feature Film features 32 additional Gong professionals and enthusiasts that more than doubled the number of countries represented. This includes **China**, Vietnam, Thailand, Bhutan, India, England, Switzerland, Slovakia, Mexico, and Uruguay. On June 27, 2022, the 90 min. test version was made available for free viewing at **WeNeedToGong.com**. After several months of testing and editing, the full Feature Film version will finally Premiere on November 22 and be submitted to the Cannes Film Festival, Tribeca Film Festival, DOCFEST, and many others in 2023.

The target market for <u>WE ALL JUST NEED TO GONG!</u> are the millions of stressed-out people around the world, with a special focus on healthcare professionals (doctors, nurses, surgeons, medical assistants, therapists, and social workers). They all need to know that the Gong is Vibrational Medicine. Jens and John will be holding international virtual screening events and gong healing workshops throughout 2023.



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"Awesome, Thank You John. We watched it last night. You did an amazing job in pulling it all together, with the bits and pieces coming in from different corners of the planet. Bravo. It is a substantial, entertaining and informative piece. It moves you nicely along and gives the gong community and its deeper mission wings and an official, coherent voice. Well done to both, you and Jens!! Very grateful to have been able to contribute to it and to be featured in it."

—Marian Kraus, Sound Bath Practitioner and Visual Artist (Chicago, Illinois)
www.delamora.life

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CO-PRODUCER, Jens Zygar

Jens Zygar is a global gong musician, teacher, trainer, performer, networker, and visionary. His exceedingly eclectic body of work spans many different genres, instruments, and cosmic states. Zygar's music and mystic interests led him to meeting Hans Cousto, author and philosopher well-versed in the theories of the Cosmic Octave. After working together for five years pinpointing the frequencies, Zygar and Cousto began work with Paiste in developing the first ever line of planetary tuned gongs: JensZygar.com.

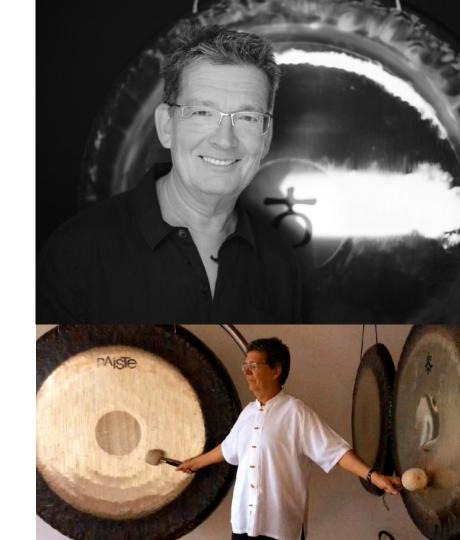
As Co-Producer of **WE ALL JUST NEED TO GONG!**, Jens has invited many professional Gong professionals and enthusiasts from all over the world. His vision is to help the world embrace the healing power of the Gong as effective **vibrational medicine and therapy!**

"I have committed myself to support people all over the planet to develop more skills and empathy... The aim is to support global love and peace... Gongs are perfect amplifiers for a focused mind... but they are not doing it by themselves! Proper handling is suggested and that's what I teach."

—Jens Zygar



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DIRECTOR, John Pritchard

John Pritchard focuses on producing films that are educational and which celebrate the positive side of humanity. His professional goals are to promote respect for ALL people and to help create a kinder world. John is the founder and Executive Director of One Heart Movies. WE ALL JUST NEED TO GONG! is his fifth film. He has been using a Gong since 2003.

John's first feature film, *ONE HEART - ONE SPIRIT*, won BEST INDIGENOUS DOCUMENTARY at the 2017 Melbourne Documentary Film Festival. The film celebrates the oldest surviving culture on the planet: the 40,000 year old Aboriginal people of the Yolngu Nation. Australia's premier film magazine, Film Ink, gave it high praise:

"This film provides a truly moving experience, showing the beauty in seemingly little things. To put it dramatically,

One Heart-One Spirit offers a solution for the quickening demise of the entire human race

- show respect for each other and our world."

—Chelsea Wick, Film Ink



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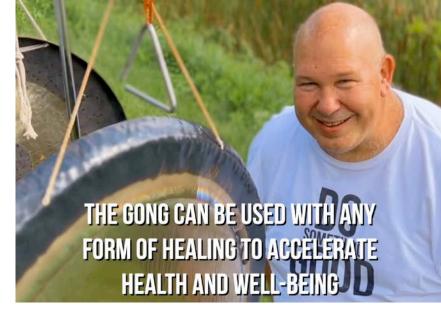
ABOUT JOHN by Ron Mercier (author)

I've had the good fortune to know and work with John for at least the last ten years. We first met one sunny summer morning on his back porch that overlooks the scenic Berkshire hills. He had agreed to meet with me to discuss my writing, Well into our conversation, I decided to show him a number of mandalas I had created. His enthusiasm over them indicated to me a genuine spiritual outlook on the world and on life itself. To this day, John's outlook informs his filmmaking, as evidenced by his most recent movie, *We All Just Need to Gong*.

-"The Gong is the connector," words from the above mentioned film, can be rightfully attributed to John himself. He is a connector. In word and deed, most ostensibly in his movies, he seeks to bring people together. A firm believer in and humble practitioner of "random acts of kindness, he modestly and resolutely reaches out to friends in need." It is this firm belief in making our world a kinder, more connected world that gives substance and credibility to his work. It is to that end, a kinder world, that he has made himself an effective and accessible teacher.

John and I have talked often and long about the Imagination. As an adept drummer, composer of music and educational filmmaker, he has both created and experienced the relationship between rhythm and imagery. His movies have both. The rhythm is in the story they tell, a story intrinsically about the beauty of the world and of the people in it. John is an optimist. Clear-eyed about the ills and divisions that plague our country and the world, he sees and seeks harmony. It Is his fortunate choice of images that allow us to experience this harmony. In *We All Just Need to Gong*, the viewer is called to encounter our deep connection to nature when a gong resonates to the glimmer of sunrise in a woodland glen.

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Though John is painstaking in his attention to detail, it is the "big picture," how the parts relate to the whole, that intrigues him most. For a very long time he has studied and written about the universe. That interest has shaped his thinking, even the music he writes and plays. But what concerns him mainly is the welfare of the planet earth and the people who inhabit it. Keenly aware of the grievous division that is at the heart of the world's suffering, he has determined to do his part to heal it. This resolve is at the heart of his filmmaking. We All Just Need to Gong demonstrates the gong's potential for healing the planet one individual at a time as its vibration and resulting resonance can demonstrably bring balance to a person's life.

Ron Mercier: Author of <u>Dance the River Whale</u> and <u>SoulScapes - Imagination: Soul's Bridge to Spirit</u>. Associate Producer: <u>Respect For All</u>.





Original Dolby Digital 5.1 surround sound score for <u>WE ALL JUST</u>

<u>NEED TO GONG!</u> comes from the <u>THE HEALING: 2023 album</u> by

Miles Davis keyboardist, <u>Adam Holzman</u>, Sam Rivers bassist, <u>Rich</u>

<u>Damone</u>, and filmmaker/composer/drummer, <u>John Pritchard</u>.

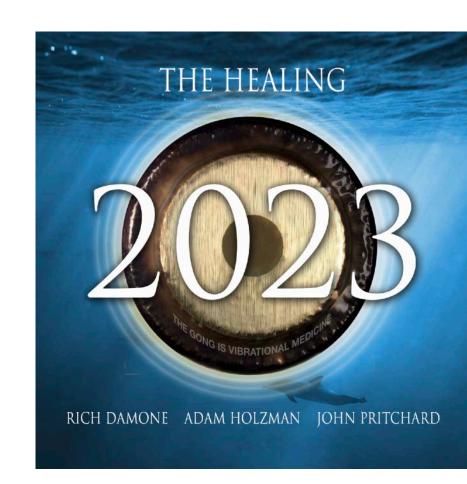
























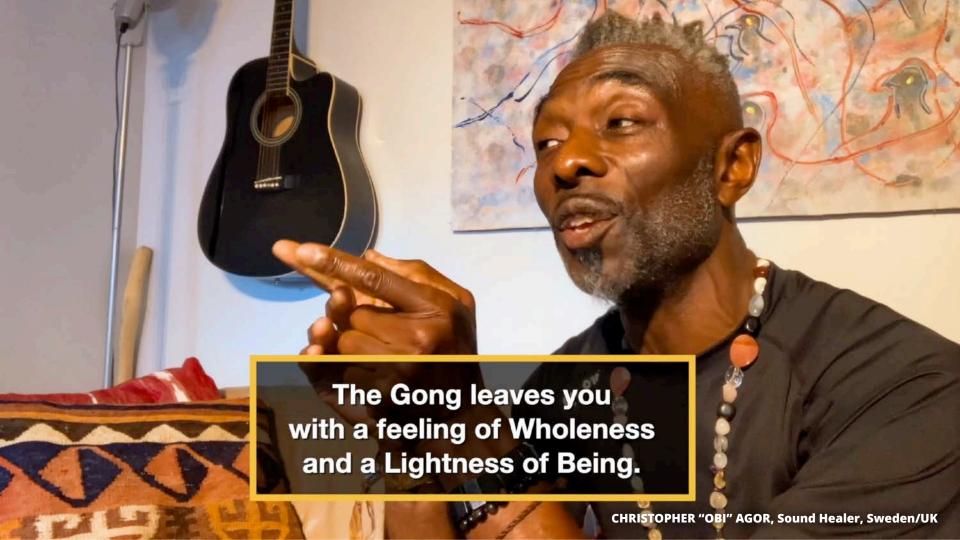




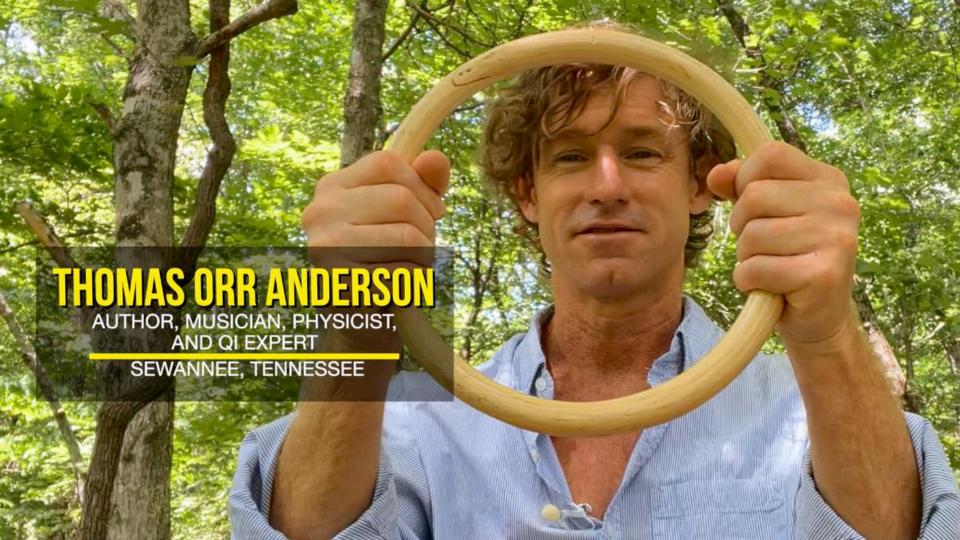












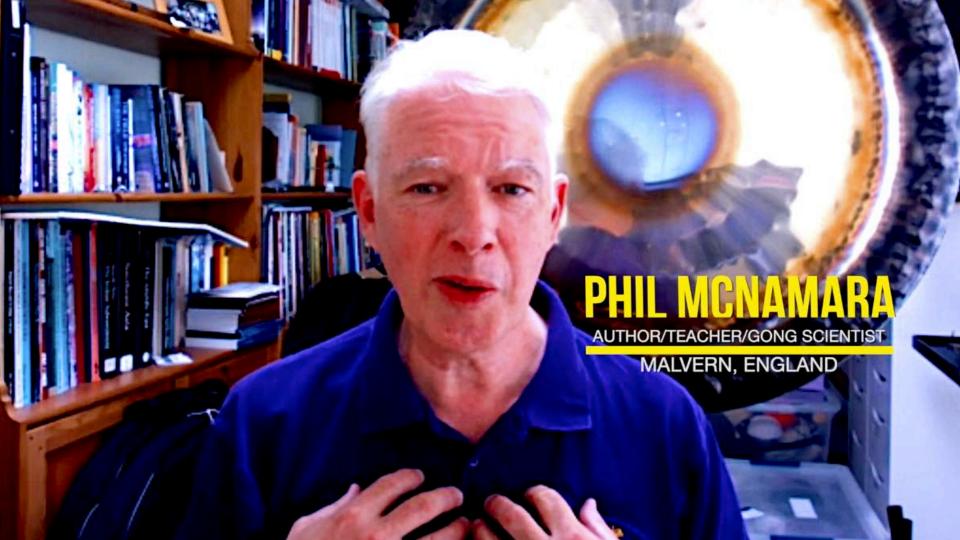


















Because we knew that the Gong is very beneficial,





