

## **Biography:**

Richard Rudis has been a student of Buddhist philosophy for nearly thirty years and is an American practitioner of the Tibetan 'Vajrayana' school.

As a long-time pilgrim of Himalayan sacred sites he has received Buddhist teachings and traditional instructions/research into the use of sacred sound instruments for ritual and healing purposes. While in Tibet in 1996 he was granted refuge in the Buddha via *His Holiness Gyalwa Karmapa (17th reincarnation and head of the Kagyu lineage)*. His Holiness renamed him *Sonam Dorje*; (Meritorious Thunderbolt).

Richard has been teaching the **Buddhist Dharma of Vibrational Healing** across the U.S. and abroad for twenty years and is considered most knowledgeable in this esoteric field. His unique playing craftsmanship is a fusion of his rarefied studies in sacred sound playing techniques, tantric education, engineering background and Buddhist principles. Principally using a tuned 'Paiste' Earth Gong he creates a 'Sound Mandala', known as a 'Gong Bath™', that is naturally physically, emotionally and spiritually healing. He is often a prominent speaker/presenter at various conferences having to do with transformative energy, healing, meditation and well being.

He began teaching via the establishment of the 'Sacred Sound Workshops' in the 1990's formalizing the curriculum by joining with the 'Tibetan Bowl Healing School' ([www.tibetanbowlschool.com](http://www.tibetanbowlschool.com)) in 2008.

## **Touring**

Sponsored by universities, hospitals, churches and a myriad of organizations he has been actively touring across the United States since the 1995. Under the standard **Gong Bath™** his concerts are both dynamic and meditative. Using one or two 38" Paiste Earth Gongs toned to the radiation frequency of the Earth, (traditionally recognized as the vibrational signature of 'OM'). Creating concordant overtones and oscillating harmonics the sound touches the mind/body realms where emotional balance, cellular healing and spiritual awareness are realized, expanded and amplified.

## **Trademark**

The term 'Gong Bath' is an US trade mark #3498863, (Sept. 2008), of the concerts offered by Richard Rudis, (Karma Sonam Dorje), exclusively. It is a name that has become synonymous with healing gong practices and concerts internationally.

## **Frequent presenter at International Sound Healing Conference's:**

Denison University, Granville, OH - department of Theatre

Naropa University, Boulder, CO - astrophysics

Shambhala Mountain Center, Red Feather Lakes, CO - Healing with Sound w/ Christine Stevens

Menla Sound Healing Retreat, Woodstock NY

International Wellness and Consciousness Conference, CO & Canada

Vibrational Field Conference, Sunrise Ranch, Loveland, CO.

Illinois University; TEAM conference, Health, Physical Education, Recreation, and Athletics (HPERA)

Awaken your Potential Summit, Internet Conference

Science and Non-duality Conference, San Jose, Ca.  
International Sound Healing Conference, New Mexico  
Global Implementation Conference, (GIC), Spain  
Global Sound Conference, Marina Del Rey, Ca.  
World Sound Healing Conference, San Francosco, Ca.

CD/DVD:

**'Event Horizon; reverberant transcendental meditation'** - CD 2002 under his Tibetan name: Karma Sonam Dorje.

**'Terma-Yana; a sound mandala'** - CD 2004 - the gift of sound healing

**'The Dharma of Vibrational Healing'** - DVD 2006 - an audio/visual tutorial focused on Sacred Sound healing

**'Pilgrim's Prayer; a sojourn into Sacred Sound healing'** - CD 2009 - explores the reconstructive healing waves of harmonic sound

**'Tibetan Pilgrimage; a sacred sound journey'** - CD 2011 - is an audio pilgrimage across the Himalayan plateau.

\*It is the base soundtrack for a film, of the same name, under production by Lightening Tree Films.

**'Tibetan Chakra Healing; Gong Bath Immersion'** - CD 2013 - produced under exclusive license to 'Sounds True' (<http://www.soundstrue.com>)

**Licensing of music:** - [www.SoSOUNDsolutions.com](http://www.SoSOUNDsolutions.com)

Current Project -

**GONG BATH™**  
**- An illustrated Guide by Richard Rudis (Karma Sonam Dorje)**

**The Exploration of Sacred Sound Healing using Paiste Planetary Gongs and Tibetan Instruments.**

**Websites;**

<http://www.sacredsoundgongbath.com/>

<https://www.youtube.com/user/Sonamdorje>

**Articles:**

‘Gong Bath; A Sound experience’ - <http://www.chicagoarts-lifestyle.com/gong-bath-a-sound-experience/>

Reverberations #1 - Thomas Jefferson, **Richard Rudis** and the ...  
- <http://www.gongs-unlimited.com/ourfire.html>

‘Multidimensional Human - The ‘Crown Chakra’ - Climbing the Consciousness Ladder’... <http://EzineArticles.com/?id=81264>

‘Snakes Roosters and Pigs - Oh My - Symbols Themes And Teachings of the Tibetan Wheel of Life’ - <http://EzineArticles.com/?id=2321779>

**Healing Chicagoans, One Bath at a Time -**  
<http://yogachicago.com/2014/03/healing-chicagoans-one-bath-at-a-time/>

**[alternativesradio.com](#) - ‘Richard Rudis - Sacred Sound and the Gong Bath experience’**  
<http://www.podfeed.net/episode/Richard+Rudis++Sacred+Sound+and+the+Gong+Bath+experience/928778>