

De-stress yourself, with sound-healing tables

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THE idea of using music as a therapeutic approach to drive mental stress and tensions may not be new, but the concept of using sound-healing tables to help people deal with their physical stress is something novel. Auroville-based musical research organisation Svaram aims to do just that as it offers this unique therapy to people who lead fast-paced lives and often fall prey to the unhealthy lifestyle that is a corollary.

"The concept of a sound-healing table, also known as the Nidra Anantar, basically

involves using a wooden bed that has 50 strings fixed beneath it and a proportionately sounding resonator to help cure people of their physical stresses," said Aurelio, one of the researchers who developed the table.

"The idea behind the table is that the two-metre-long strings, when plucked, produce a rich harmonic sound; and when a person lies on top of the table, the vibrations produced penetrate deep into the person, thereby generating a therapeutic effect on not only the exterior but on bones, muscles and organs of the person."

Aurelio, who hails from Austria but has been based in

Pondicherry for the past 18 years, said music therapy and sound healing were two different schools of thought that respectively focus on the mental and the physical wellbeing of a person. "It takes a minimum of 7-9 minutes for the brain to block the negative beta waves that are the cause of physical stress and switch over to absorbing the alpha waves wherein the natural balance of the body is restored. The table is usually built to individual requirements and the cost varies accordingly."

The table, which was on display at the three-day Baajaa Gaajaa music festival, is made of wood. According to Aure-

lio, wood helps in releasing unwanted blockages of energy, and also helps to rejuvenate the physical senses. The table has mostly been installed at spas, healing centres and meditation centres now. "We have installed the table at IT firms also in Chennai, wherein the company executives can de-stress themselves. The sound baths (as they are known) can range from 20-60 minutes, depending on the user and the time required for the person's body to react to the process."

Aurelio demonstrates the functioning of a sound-healing table.



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