



SVARAM™
SOUND EXPERIENCE



SVARAM SIDDHAM
CORPORATE WELL-BEING

Natural Sound
Immersion for Rejuvenation
and Healing



For the first time, experience the ultimate
in sound . . .

SVARAM SOUND ENERGY

Corporate Well-being modalities

SVARAM, a production, consulting and research unit of Auroville/Puducherry offers a unique and novel concept for 'Sound Health'. Through an integrated system and program of wellbeing with a range of services, activities and products it supports the emergence and growth of sustainable Corporate/Organisational health.

The designed programs achieve a synthesis of experience, practise, comprehension and creativity to support and promote the resilience and balance of the individual as well as the organic coherence of the organisation as the two main factors in transforming stress related issues, situations and environments into spaces of growth and mastery.

This "Sound Approach to Life" aims at a clearly preventive as well as long term sustainable way to see health not only as the absence of disease but as the flowering of an integral wellness in all domains and a harmonious dynamic wellbeing at the core of our human aspiration and work.

There are 4 components integrating the spheres of personal, team, executive leadership and environment of the corporate space:

Sound Immersion

for groups: Relaxation, harmonisation, rejuvenation

Sound Coaching

for individuals: Clearing, healing, inspiring

Sound Solutions

for top executives, boards: Strategic intervention/ retreats

Sound Spaces

for institutional environment: Sound instrument installations.

With the increasing demands in the current competitive professional work environments there is a growing need and movement towards a more wholesome work/life balance, and as a reflection and consequence of this, organisations in all sectors are realising the necessity of investing in wellness modalities for their staff, leaders and associates.

The SVARAM SOUND ENERGY programs and services offer a unique, creative and effective way to remedy and transform the ills and challenges of today's stress-filled work environments into opportunities for growth through harnessing the inner resilience and gifts of the individuals and creating organisational coherence, alignment and adaptability.



Context

The mostly hectic dynamism and work-pressure of the corporate and institutional sector is increasingly challenging the health of employees, management and leadership alike, with all involved being exposed to extraordinary demands on personal-, social and professional skills, affecting the wellbeing and health of the individual and the natural strength of an organisation.

For many companies, occurring health costs use up a big percentage of their corporate profits. In fact, the indirect costs of poor health, such as absence from work, reduced work productivity and lack of interest and cooperation can result in two or three times the amount of direct medical costs. A third of employees say they would feel more satisfied and more loyal to their employer if their company offered more options to improve their health and lifestyle, and would be ready to make behavioural changes to save on health care expenses.

The proven benefits of Corporate Wellness programs are numerous. Studies have shown that for budgets allotted to wellness programs the returns have been manifold cost savings in the areas of decreased absenteeism, fewer sick leaves, lowered health and insurance costs, and improvements to employee engagement and performance.

Innovative Wellbeing-Strategies

While there are many existing wellness models and activities on the market, with the wellness industry representing one of the fastest growing service sectors, few are the programs that offer a comprehensive and holistic approach based on all aspects of the physical, emotional, intellectual, occupational, social and spiritual dimensions of our life. The newest discoveries and insights of the quantum field theory





and its resulting significant paradigm shift from a mechanical cause-effect model to a holistic perspective of interrelatedness of body-life-mind environment, can open new scientifically based vistas of its potential for creating new understanding and existential practices for a more wholesome balance of individual, social and professional life in a sustainable symbiosis with resources and the environment.

Whilst in modern day life we can not always remove the cause of stress, we can all learn and practice skillful resilience and pragmatic ways to manage its impact and reduce and transform its detrimental effects into a chance for learning, progress and deeper integration. We learn to understand and witness our present situation and can make choices for a healthy and meaningful future.

SOUND AND MUSIC are an expression of the vibrational nature of our existence, of its fluidity and capacity of constant change and plasticity. A balanced composition and inherent harmonic order guarantee stability as well as adaptability in the unceasing flux and movement of time.

Music and elemental sound have been used in many traditions and in all cultures as an easy and accessible, means of harmonisation, healing and rejuvenation of the individual and for celebration, inspiration and invigoration of the society. It is a sign of the present challenging times that the need for 'Sound Interventions' is growing markedly, especially in the more technologically advanced societies which have created a life style removed from natural environments and healthy balanced life cycles and meaningful and fulfilling occupations.



SVARAM SIDDHAM

SVARAM Sound Energy modalities are based on years of studies, explorations and trainings in Music Therapy, Sound Healing and an outcome of Consciousness-Studies, the Human Potential Movement and the evolutionary synthesis of Integral Yoga Psychology.

Taking in account all planes and parts of the being the program works on the physiological, emotional, intellectual and spiritual domains of the being as a unified field of growth. The emphasis is on a harmonising integration and wholesome dynamic balance of the personal and social anorganism.

Our Sound Wellness program uses the science, art and craft of sound in direct experiential learning and customized settings to empower organisations and people with tools to improve their capacities, prowess, excellence and impact.

All sounds employed in this modality are of natural origin – no electronics are involved – to be able to connect with the inherent organic structure of matter and the vibrational dimension of existence. The sound of stones, of wood, bamboo, metals, skins and new material, are played live to soothe and stimulate the process of an overall harmonization.

A wide range of traditional and newly developed instruments like pulse tubes, swinging chimes, resonating tubes and crystal harps utilizing natural harmonic tonal systems, like the 22 Shrutis of Classical Indian music, and various native percussions create a syntonic soundscape, which dynamically balances ordered known structures with the open, apparently chaotic, potential for change.

“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.”

“Sound Healing is a new exciting field with the potential to completely shift our healthcare-paradigm and is boundless in its potential ramifications. Sound can redress imbalances on every level of physiological functioning and can play a positive role in the treatment of virtually any medical disorder.”

**Dr. Mitchell Gaynor,
Medical Oncology and Integrative Medicine, NY**



Sound Immersion

Of all forms of meditation, Sound Meditation is possibly the most relaxing, as nothing is required of the participant other than to be present, lie down, and relax into an audio soundscape of amazing depth and power, created live and in the moment. It sometimes is also called a 'Sound Bath' because it feels as though the sounds are washing over and through your body clearing and releasing blockages and tensions. Each session is organically different, and can be focused on specific outcomes, such as releasing anxiety and tension or aiming at insights and inspiration.

Sessions are conducted for a group setting and unfold for an hour. The modality is briefly introduced, then initiated by some body awareness and breathing, opening the practice of conscious relaxation which is deepened and sustained through the play of versatile sound and musical elements, and closes with a silent assimilation of the evoked resonances. A collective reflection and debriefing can be offered upon completion, for positive affirmations and tips for adaptive post-session practices to ensure participants make the most of the experience.

Sound Coaching

These are individual sessions based on the practises of receptive Sound Healing or interactive Music Therapy focused on the specific situation and constitution of the client. While the Sound Immersions are an overall experience in the group, here the personal challenges, be they physical, psychological or circumstantial can be explored, adjusted and shifted so that a renewed sense of balance and wellbeing can support the professional work with fresh energy, stimulating insights and transformative practises. Depending on set up and context these sessions take 30–60 minutes, with a brief check in and then settling into the actual sound experience, flowing into

a quiet time of assimilation. A contemplative reflection and setting of positive intent supports the participant in harnessing the inner experience for a renewed balance and a more confident approach to her/his life and work.

Sound Solutions

The exclusive leadership component of SVARAM SIDDHAM offers specialised:

- Best practices of periodic and task oriented top executive coaching and expert consulting
- Customized designed, unconventional, exploratory integrative think-sensory-action-tank retreats in selected settings, incorporating musical and creative sound modalities for innovative, comprehensive problem solving and dynamic concurrencies in crucial team decision making challenges and corporate board's demanding strategic tasks.

Sound Spaces

An important feature and tangible expression of organisational and environmental wellbeing, besides the intangible results of qualitative shifts of behaviour and work-/lifestyles and health-habits, are the actual manifestations of specifically designed, standard common and customized musical instrument installation for office, lounges, niches, interiors and outdoors.

These can be ranging in application and variety, depending on need and scope:

- Simple signal instruments like Awareness Bells, office Gongs, to
- 'Sound Vastu' determined tuning of Chime arrangements to
- Recreational harmonic and mallet instruments easy to play and accessible like Tubular Bells
- Set up of a branded 'Sound Healing Space'
- Sound sculptures and installation art
- Semi-open 'Sound Pavilions'
- Fully equipped outdoor 'Sound Gardens'

Benefits

The SVARAM SIDDHAM approach and programs represent innovative tools to support an integrative development of the individual and the organization through

- fostering and strengthening personal resilience and a dynamically balanced wellbeing
- improving team and organisational coherence and wellness to remedy and transform the increasing detrimental symptoms of stress and crises and to harness inherent powers for growth, creativity and effectivity.

Individual benefits

Psychological releasing benefits

- Stress- and anxiety-reduction
- Recognition and clearing of destructive, unhelpful thought patterns
- Stimulates the glandular system to clear and break up emotional blockages.

Psychological transformative benefits

- Restoration of mental/emotional balance and clarity
- Enhancing resilience and vitality
- Cultivation of constructive emotions such as compassion, care and gratitude
- Opening up to reflective, contemplative and meditative states
- Cultivation of an inner faculty of witnessing awareness and serenity
- Development of self-awareness, alertness and mindfulness.

Physiological health benefits

- Stimulation of blood circulation and energy flow
- Melting of muscular tension
- Strengthening of immune system
- Improved sleep
- Removed blockages and toxins
- Stimulates endocrine glands

- Regulation of hormonal functioning and increased serotonin production
- Increased energy-level
- Decreases any tension-related pain, such as tension headaches, ulcers, insomnia, muscle and joint problems
- Relieves allergies, asthma and sinus problems.

Collective benefits for companies and communities

Benefits for employees and communities

- Strengthening of team-spirit and inculcation of high-level-engagement
- Increased learning capacity
- Enhanced productivity, effectivity and creativity through raise in the collective level of awareness and mindfulness
- Cultivation of a sense of togetherness and the large picture
- Reduced absenteeism
- Higher customer service and client satisfaction
- Maintain an appreciative culture
- Enhancing overall wellbeing, health and job-satisfaction.

Leadership benefits

- Enhanced effectivity and mental clarity
- Improving work-life-balance
- Increased capacity in stress management
- Enrichment of employee relationships through empathy and emotional intelligence
- Demonstrated commitment to development and wellbeing of employees
- Enhanced cutting-edge company profile.

Prospects and Consultancy

Through a clear analysis of given challenges and circumstances these novel Sound Approaches can offer unique and customized modalities for personal and organizational transformation. Please contact us directly to explore the best options for your context, set up and wellness goals. Our expert team will offer consultancy for creating the best standards of well-being for your team and leadership.

Sound and Music have always been powerful agents for human growth and evolution, and we envision that the SVARAM Sound Energy programs, activities and services can contribute towards a value oriented, meaningful, overall caring and conscious corporate culture for a brighter future of an emerging global civilization of peace, prosperity and unity.



SVARAM SOUND HEALING

SVARAM Sound Healing modalities offer a new approach to Wellness and Wellbeing. The original role of music and sound as a source of inspiration and healing is harnessed again to create an uplifting, aesthetic and harmonizing experience. Sound has been used in many cultures from ancient times and in many therapeutic contexts to heal, strengthen, rejuvenate and restore us physically, emotionally, mentally and spiritually. When we are out of balance we feel a disharmony which may manifest in confused thinking or stress, physical symptoms, fatigue and emotional vulnerability.

A Sound Healing Session creates an atmosphere and dedicated space of listening, tuning, aligning and coming into resonance with the universal principles and effects of material and subtle vibrations. Tuned sound brings the receptive person into deeper, dreamlike, relaxing alpha states, which stimulate the inherent self healing powers, aligns the body and its more subtle layers, brings the system into deeper coherence and offers the opportunity to harmonize, refresh and re-balance the organism. The naturally tuned instruments reflect the harmony of the spheres and the organic fluidity of waves – life in its original expression. The synaesthetic sensory experience invites us into a heightened awareness and deep relaxation throughout all the cells, uncovering layers of self and soul.

Benefits include calming the mind and stopping internal dialogue; rebalancing the physical, emotional and spiritual bodies and awakening higher states of consciousness that are conducive to healing and transformation. A Sound Bath experience will alleviate stress, let your muscles and entire being relax, renew and rejuvenate and leave you feeling content, clear, minded, energetic and optimistic. Existing research confirms that Sound Healing synchronizes brain waves to achieve profound states of relaxation, helping to restore the normal vibratory frequencies of the cells in our bodies.

SVARAM Sound Healing offers

- a new wellness modality
- a full body listening experience
- a magic space of auditory and sonic surprises
- deep relaxation and de-stress
- opening and dissolving of limiting blockades
- regeneration and wellbeing
- reinvigoration and energetization
- an enhanced awareness space of listening and musical vibrations
- a letting go into the flow of soundwaves
- a harmonization of the mind and emotional system
- a balancing and recreation for the body
- a touch of inner soul spaces
- a heightening of spirit
- a lifting up into inspirational space







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