



SVARAM™
SOUND EXPERIENCE

SONORIUM™



SOUND HEALING SPACE



***“The Sounds of SVARAM offer a direct experience,
actively stimulating the sense of listening and subtle touch”***

Concept

Svaram Sound Healing Space provides a novel experience of heightened, synaesthetic perception of the immediate impact of sound vibrations on the body and its more subtle layers. It creates an atmosphere and dedicated space of listening, tuning, aligning and coming into resonance with the universal principles and effects of primeval as well as tuned sound.

Benefit

Based on natural, harmonic proportions and Just intonation tunings on C 256 the Sound Healing Space is a direct expression of the healing art and science of pure sound. The polarity between organized, structured, tuned tone as a symbolic expression of the cosmic principles of harmony

and order, and primal, apparently chaotic sound, is resolved into an organic whole that stimulates the evolutionary growing process of constant adjustment and reintegration.

The direct tactile impact of the sound vibrations creates a deep state of relaxation and clear sense of overall harmonization. The aim and natural result of a sound session is to support the recipient in a Nidra/ Alpha state of deepened awareness, which brings refreshing rest, naturally stimulating homeostatic, self healing capacities and offers the opportunity of balancing the system through a shift and realignment of the different planes and parts of the being.

SWINGING CHIME

SOUND

INSTRUMENTS

A configuration of selected and carefully manufactured 'sound sources', large scale instruments of diverse materials and qualities, are grouped in an archetypal configuration around the central element of the Sound Healing Bed, which replaces the traditional massage table and offers a resting place for the sensory, receptive experience of a variety of sound textures and vibrations.

TUBULAR BELLS

SOUND STONE

FRAME DRUM

GLASSOPHONE

HIMALAYAN BOWLS

RESONATOR TUBES

METALLOPHONE

FLUTE

PULSE TUBES SET

SINGLE RESON





WING

WATERFALL

PLATE BELLS

STORM DRUM

PLATE GONG

OCEAN DRUM

NIDRANANTAR™

ATORS



NIDRANANTAR™

The Sound Healing Bed has been developed to heighten the sensory perception of sound vibrations through a direct resonating touch into a rare syn-aesthetic and total experience.

In the receptive pose of lying on the 'bed' not only the physical domain of the body but also its subtler layers

are exposed to the harmonizing tones of pure intervals and balancing tonal proportions. This represents the central piece and resting place of the Sound Healing Room around which all the other instruments are arranged providing further differentiation of effective sound sources and their balancing qualities and deepening impact.





PLATE BELLS

A selection of brass plate bells set in the prime pentatonic excerpt of the harmonic series, refined with specialized overtone tuning enhancing purity and sustained tone, brings the tonal pillar into the Sound Healing Room. Defining the elemental circle and play of musical harmony, they offer a strongly resonant and solid, anchoring component into the etheric sound atmosphere of the space.



TUBULAR BELLS

A set of large size tubular bells tuned in the diatonic syntonon resonates the sevenfold scale of our energy centers in linear order and enhances the flow of the client's life energy.

Played with a pair of mallets, mounted on a wooden stand with wheels, this instrument can be moved while playing for additional effect and represents the spine of the Sound Space installation.





PLATE GONG

The size and massiveness of this single gong helps to anchor the fundamental frequency of the Sound Space. The given tonic is the physical C, and in this case is the sixth octave of 1, where through simply doubling the frequency 1, 2, 4, 8, 16, 32 ... we reach 64 Hertz, which is taken as the core vibration for all the other tuned instruments. This is the seed, the Bindu and opens the gateway from and into silence.





SOUND STONE

This ancient phenomenon represents the grounding earth element of the Sound Healing Space. Played in rubbing motions with the help of water its vibrational expression from the core of matter touches a hitherto unknown sense of depth and the mystery of sound creation.

Its resonating effect on the body is calming and stimulating at the same time, supporting the inner balance of a healthy, right tonus between tension and relaxation.



WATERFALL

A large curtain rattle combines organic materials such as seeds, nuts, bamboo and shells and brings the soothing sound of a natural environment into the space. These sound materials have been used throughout the ages to invoke a “loosened up” state of trance and altered consciousness and can invoke deep responses and archetypal imagery.





SOUND WING

This newly invented rotating chime tuned in a series of pure fifth invites the listener into an elevated space of imagination and dream integration. Through its whirling movement, strongly perceptible pulsating waves are created which have enlivening implications for the atmosphere of the room as well as for the subtle bodies and overall state of the client.



STORM DRUM

This original “storm drum” brings a rolling, volcanic, alerting sound into the space which opens a root link to the elemental power of material creation. The aspect of chaos stands in contrast to the cosmic tunes of the bell like instruments and offers the opportunity of integrating apparent polarities in our existence and personal life.

TUNING AND PLAY

The tunings are based on the “scientific, physical” C as an expression of octaves of

1 : 2 4 8 16 32 64 128 256 etc. and bring

- a Just intonation diatonic scale (Ptolemy’s Syntonon) in the Tubular Bells
- the pentatonic extract from the harmonic series (8 9 10 12 15 16) with 2 1/2 octaves in the Plate Bells
- supported by the tonic C2 of the Plate Gong
- the Rotating Chime “Sound Spiral” as the headpiece which is tuned to a pythagorean progression of pure fifths.

These four together manifest the prime proportions of intervals as our musical alphabet does.

The idiophones are bringing in the diversity of instrument materials as a

- Sound Stone (played with the help of water in stroking, rubbing motions)
- Weight-String (exposing a varied array of sounds through bowing, plucking, striking)
- Spiral Drum with its atmospheric textures and
- ‘Waterfall’ of natural materials.

The combination of the tuned instruments and the ones without or with non-harmonic pitch definition is musically interesting and especially challenging. The focus is on approaching and synthesising a “counter-field” which opens syntonic resonances through an embrace of dissonant harmony and thus brings forth touches of an exceptional pleroma of sound. The true gift of the Sound Healing Space lies in an intensified sensory way of listening and a heightened auditory awareness. It invites, through an attentive discovery, simultaneously to an introspective deepening and mindful widening into aware, passive perception and an alert, active experience. The original role of music and sound as a source of playful concentrated study, ethical education, personal healing and communal celebration is achieved through an intuitive opening to the mystery behind and within our earthly existence.

ADDITIONAL INSTRUMENTS

Selected traditional and newly invented smaller instruments can be added and utilized for specific applications and effects in the sound work. Pulse Tubes, Swinging Chimes in 5 element tunings, more commonly known Shakers and Rattles, Frame Drum, Himalayan Bowls, amongst others, enrich the impact and direct touch of sound.



GLASSOPHONE



SINGLE RESONATORS



RESONATOR TUBES

According to the personal choice and preference or versatility of the sound therapist these handy sound sources offer additional possibilities to reawaken, generate and enhance deeper resonance and work on specific body areas and identified issues and can aid in bringing desired balance and harmony.



PULSE TUBES



PULSE TUBES SET



SWINGING CHIME



OCEAN DRUM



HAND STORM DRUM



METALLOPHONE



FRAME DRUM



FLUTE



RATTLE

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 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™

SVARAM – Musical Instruments & Research
Auroville 605 111 TN India / Tel. +91 413 2622220
www.svaram.org / svaram@auroville.org.in



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