



# SONIC PYRAMIDS

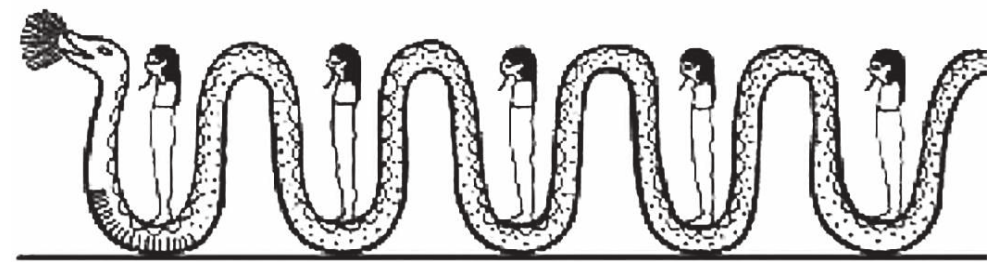




*The Pyramids are  
Unriddlings of the paradoxes we are:  
The ever-free in the ever-bound  
The everlasting in the ever-changing  
The all-knowing in the unknowing.*

**Medhananda**

*The pyramids joyfully represent  
the basic building of vibration  
in the symphony of the universe,  
something we just have to listen to  
and have not to measure  
in order to delight in it.*





## THE EMERGENCE OF THE SONIC PYRAMIDS

### Lock-down – Surprising Openings

In the midst of the challenging times of the global lockdown in spring 2020 due to the Covid 19 pandemic, Anandavel, one of our young music instrument makers working with plate bells, who had just gotten a baby girl, came up to our project office smiling, shyly presenting a pyramid shaped brass plate, and saying in his broken English "good sound, new bell". And, lo and behold, hearing the sound of it, I could not believe my ears, called the sound engineer and witnessed his surprise too, to confirm: this sound is touching something else.

Recalling that Anadavel had always refused to attend any formal learning session, even when it was about learning the basic skills of writing and reading, while he was the best in climbing the tall Palmyra Palm trees to fetch the cooling fruits in the hot southern summers of Tamil Nadu, I wondered from where he got the idea and sudden impetus to come up with this rather unconventional shape for an instrument? And why right now, in these trying times with the pandemic raging through India, when all our work and actions were put to the test, and when this panic of fear leaned over the whole team of artisans, threatening the loss of their work, their health, their lives.

On closer inquiry he told us that he was inspired by the beautiful sound of the characteristically shaped antique flat bell hanging in the center courtyard of the workshops, which I had brought a few years ago from Myanmar. Originally from a Buddhist temple it had become our main signal bell, hanging above the small standing Ganesh idol, who had been installed there early on in our vocational development work as the auspicious traditional 'remover of obstacles'.

Anandavel showed that he had taken the basic measurements of this ancient, artistically curved bell and, to make things easier, just brought it into a simple triangular shape.



**A Burmese Bell**

As our surprising sound experience of this first 'pyramid bell' brought such joy to our studio/study team, while we had been exploring the harmonic matrix of integer proportions as a foundation to study the impact of sound on our human system, I could not resist looking into the actual geometry of the Great Pyramid to see how it would effect and alter the sound. What an exhilaration to find out that the bell this young artisan had brought to us was almost in alignment – with a slight difference in angle, but in almost perfect proportional size – with the actual scaled measures of this of one of humanity's most mysterious monuments. This got a bit eerie. In an urge to dive into the riddle we calculated the exact measures and Anandavel went back to his work-bench to make some more trial pyramids.

In the meantime I recalled my first stay in 1985 in Pondicherry and the Sri Aurobindo Ashram, and the association with this far-out Egyptologist couple and my aspiration to come back from Austria and study more with them about the ancient music of the by-gone dynasties, of which we have no records but the rich imagery of the hieroglyphs.

*"It is our capacity to rise, to rise to the height of our being."*

All quotes from the book  
**"The Pyramid and the Sphinx" by Medhananda**

### Revolutionary Egyptology

It had been then, in the mid-80s, that I came to the weekly Sunday meetings in those special gardens south of Pondicherry to meet with Medhananda and Yvonne Artaud and was enamoured of their presence in long togas, and their stories and classes on their research work into the symbolic imagery of ancient Egypt, fairy-tales, myths and parables, child psychology and Primatology. In fact we had never been allowed to come close to their house in the middle of the gardens, so as not to disturb the living spaces of the Indian Langur primates with whom they had lived,



**Medhananda and Yvonne**

interacted and done extensive studies for many years. Their Identity Research Institute (IRISI) founded in 1978 was a research centre for fundamental psychology and consciousness. Based upon the consciousness-research of Sri Aurobindo, according to which Consciousness includes many different structures, dimensions and levels of intensity, and expresses itself in different ways in the course of evolution, they discovered that ancient texts, especially those of Egypt, contain a detailed understanding of psychological energies, archetypes, and movements of consciousness – that they express, through images, symbols and psychology in the sense of self-awareness ('knowledge by identity').

Symbolon, from the Greek symballein, means to throw together, to bring together. An inner psychological reality (energy or vibration) and a corresponding object or image found in the external world are linked, become symbolon. In this way, each manifestation in the external world can be a symbol or a mirror for a corresponding psychological, inner energy. Was this the real link, the connection to the present circumstances of this transformational time for humanity? The surprising sound and our spontaneous experience of awe: was there a meaning behind this coincidental discovery? Was it the opening of a new approach in the sound work, a powerful sonic symbol?

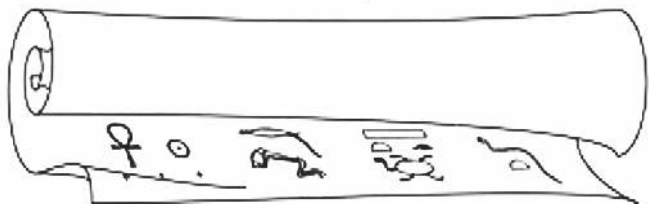
*"A pyramid is also a psychological space in which the inner kingdom and the outer physical world come together, overlap, intersect. And so we can step form one to the other, from the ordinary to the higher states of awareness, from the corpuscular to the vibratory states. It accumulated light and energy with the help of which man could rise to oneness, to wholeness."*

## Opening of the Closed Scroll



*"The capacity of an educated Egyptian to see all things, as beings, as phenomena, like a closed scroll has got lost in later times. And with that loss, a whole part of our brain fell asleep. Everything had two aspects: the superficial corpuscular one, and the hidden vibratory origin containing its own energy and its own creative intent."*

*This dual vision of the universe was constantly present to the Egyptian thinker. And the knowledge that each hieroglyph had a secret meaning lasted through the dark ages. But superstitious interpretations prevented their double-sided truth from emerging. The covering was lifted for the first time when quantum mechanics rediscovered the vibratory reality of everything – a finding which did not prevent our twentieth-century culture, our theology, philosophy, education from remaining corpuscular, reductionist and materialist. Whatever the resistance opposed by ignorance, a scroll is made to be unrolled, and its evolutionary unfolding has started."*



## Wholesome measures and synthesis

We started our acoustic explorations and tests with the 'sonic pyramids' with 2 proportionate measurements of 1:1000 and 1:500 of the actual dimensions of the Great Pyramid, while Anandavel's first handy sample taken from the old Burmese bell was very close to 1: 750.

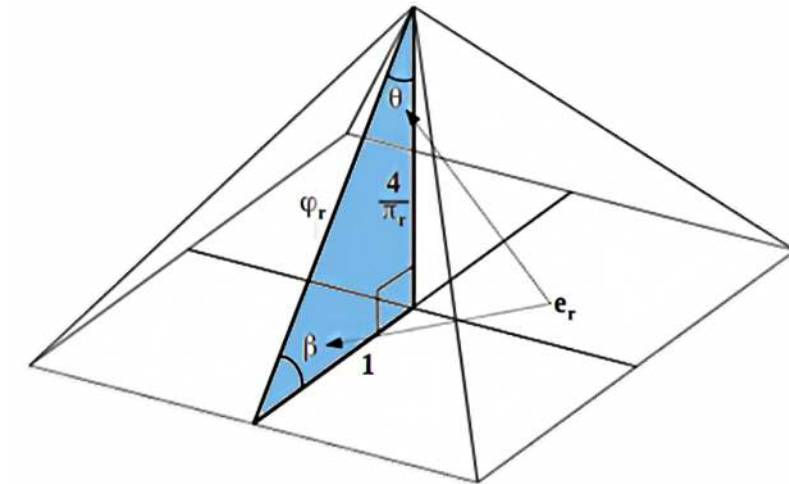
Analysing the frequency spectrum of the different samples, following a step-by-step process in its manufacture, noting the changes every craft intervention had on the pitch and combination of overtones, was an exciting adventure to see how the minutest changes reflected in a change of the total sound spectrum.

Having worked over the last decade with refining and perfecting the harmonic tuning and its intricacies in the plate bells of our New Waves series which are used in sound healing modalities and set ups all over the world (see the Plate Bell brochure) it soon became clear that here we were dealing with different challenges, a different geometry and changed parameters. In the course of weeks of trials, study and analytical comparisons and the simultaneous dive into Medhananda's work on the mytho-psychological symbolism of the pyramids a new outlook emerged. Touching the limitations of the singularly rational, left brain approach and reminding ourselves of the amazing synchronicities which started us on this adventure, we realized that the 'alchemical' dimension of it all has to be taken into account and that we have to open to a synthesis of all the different factors involved in the exploration. Even while we had managed to identify certain parameters and patterns in the acoustic changes it became obvious that we wanted to give space for the unknown to play its own part in the equation and we released our control to integrate the more aesthetic, feminine, right brain approach and solution to the riddle.

As a consequent outcome of this interesting process of looking for the best sonic imprint of the pyramid bells, we decided that, in accordance with their actual symbolism and its possible transformational impact, we are combining the exact measured proportion with the artistic, intuitive process of dedicated and conscious metal hand craft to create the best possible outcome:

**Each sonic pyramid is a unique instrument with its own individual character and expression, imbibed with the power and intent to be a source of inspiration, grounding and alignment, a wholesome sonic tool for the harmonization of self and our surroundings.**

*"The study of number and forms was for the purpose of inner development. Exploring the common psychological structure of man and the universe, the foundation of the universe and the soul of man. Geometry was also psychometry, a way to contemplate the heights, the depths, the vastness and the richness of the inner world, Geometry was not analytical or based on measurements, it was a structural revelation of the harmonics of the whole."*





## MODELS

Taking the fascinating geometry of the Great Pyramid as the blueprint, which simultaneously harbours the proportion of PI – the circle and its diameter and circumference, as well as PHI – the sacred golden means, we work with scaled models of a 1/1000, 1/2000, 1/750 and 1/500 of the size of the actual building to stay in the context of its energy generating capacity.

The smallest model can be handled like a tuning fork, the medium one like a sonic pendulum, and the larger ones as hung/mounted rotating bells, similar to our Sound Wings, Rotating Chimes.

The holding/hanging node is significant as the point of least interference with the full spectrum of the complex, overtone rich sound,

The inner circle is located on the median point and is in a golden ratio to the total size of the pyramid. It represents the radiating solar center/still-point in-midst the whirl dance of the triangular/trinity vortex.

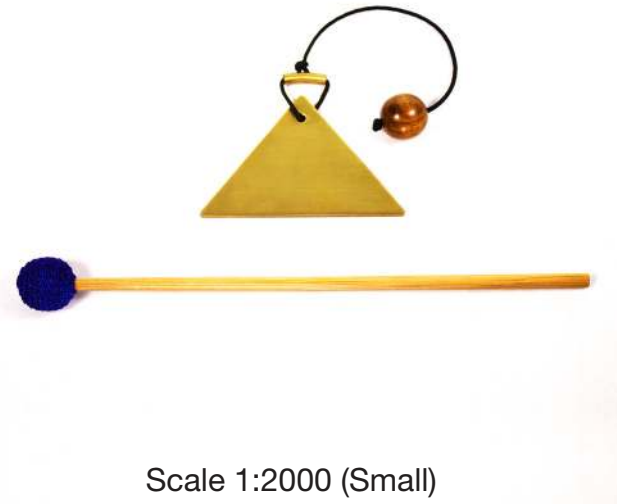
- *They are resonance chambers through which the voice of the universe expresses itself.*

- *“THE PYRAMID OF EVERLASTING RESONANCE AND HARMONY – pyramids are filled with the intent of being and vibrating, to be exercised in our bodily life, a process that death will not be able to interrupt.”*

- *THE MUSICAL PYRAMID, THE PYRAMID OF RESONANCE WITH THE BEAUTY OF THE WHOLE. It is a psychological experience, when suddenly our heart vibrates like a lute simply by seeing a pyramid. The pyramids were built to come into resonance with beauty!*



### SHU – The Shining One



Scale 1:2000 (Small)

Representing the air element, this handy, small tuning pyramid in the high frequency range is mainly used for clearing, moving and refreshing energies of spaces and the subtle bodies. Its fine yet penetrating sound can alert, awaken and call in bright intentions, open untapped sources and lighten the surrounding field, liberating it from disharmonies and unwanted burdens.

It is gently tapped with the selected mallet and moved through the space or over the body in conscious movements-gestures of clearing, dispersing and invoking positive vibrations.

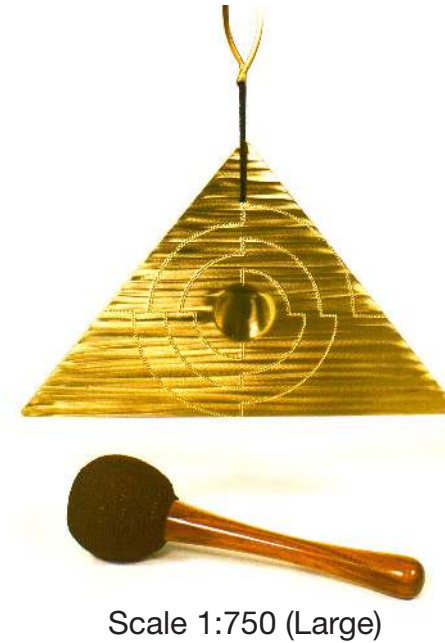
### HORUS – The Moving One



Scale 1:1000 (Medium)

The protecting and healing energies of the falcon messenger between sky and earth is an exceptional sonic tool which has to be used with clarity and full attention. A veritable 'sonic pendulum', which needs careful handling and pre-caution due to its possible radius and impact, brings the pyramid energies on the wings of the heavenly falcon. The naturally induced gentle swinging pendulum movements bring the sound effect into any – preferably outdoor – environments and can completely free and shift stagnant energies into harmonious vibrations and nourishing frequencies. With exercise and practice the simple pendulum movements can be explored and brought into flowing lemniscates and circles and intensifies the impact of spatial and bio-sensory sound perception, opening an extraordinary state of fluidity and potential metamorphosis.

### GEB – The Embracing One



Scale 1:750 (Large)

The lighter of the two rotating pyramids, can still be held by hand but is also better hung, so that the full effect can unfold and spread through space. It offers a solid, embracing feel, gathering and bringing together the vibrations of the room into a coherent harmony, tuning the environment to a supporting foundation, while at the same time opening an ascending focused pillar of sound.

This can be an essential sonic tool to tune your living, work and recreational space, to bring a reminding bell of awareness and regenerating alignment into your home and community space.

### RE – The Radiating One



Scale 1:500 (Extra Large)

Radiating Solar energies this massive and powerful sound source can be a life recharging sonic sun in any larger space dedicated to inner practice and studies and a conscious life. Its intensity can transform any context, situation or momentum into a deeper perception of the sacred dimension of our life; it brings the call of a veritable temple gong or congregational bell into your communal or public environment.

It needs to be mounted from above, as it is rather heavy and is played on the laterals points of the triangle to create a spinning motion of the bell, effecting radiating vibrations and standing waves in the surroundings.

## APPLICATION

The use of the SVARAM Sonic Pyramids, even while created as sophisticated sound sources, does not need musical training and can actually be ‘child’s play’ – with the same spirit of discovery, curiosity, wonder, concentration and dedication with which children approach the unknown.

They can be used in dedicated play as a simple calling bell, for personal harmonization or in invoking and changing the atmosphere of circumstances or a place, while at the same time be utilized as intentional sonic tools in therapeutic and healing work and group settings. As described under the different models there are basically three ways of playing with the specially selected mallets:

- SHU is simply handheld and can be played and swung around with ease
- HORUS affords a more sophisticated and careful handling and is basically handled like a swinging pendulum
- GEB still can be handheld but preferably should be hung up as it is a spinning, rotating bell
- RE has to be mounted as it is rather heavy and can then best bring its powerful resonances and Doppler effect.

All the triangular plates bring forth different tonal spectra depending on the place of mallet contact; please experiment and find your favorite location and sound. For the additional Doppler effect of moving sound sources it is best to play the triangles on their corners and through this bring them into spinning motion.

As the Sonic Pyramids are not about pre-determined, fixed frequencies but about the inspirational, symbolic and geometric reference to the wonder and mystery

of the pyramids of Egyptian and of other bygone cultures of the ancient world, their possible relevance and the essential renaissance of their workings for the transformation of man, their use and application depend more on a synthesis of the left and the right hemisphere, the feminine and masculine approaches, especially of the head and heart and hands in an integrated proprioceptive and embodied experience.

***Each pyramid invites us to ascend to the highest place in us.***

***The capacity and the aspiration to rise!***

***To rise, to resurrect, to shine and live forever***

***The meaning of the pyramid – like the meaning of the universe- is in its totality, its wholeness.***

***To heal, to make whole again, to rise in one’s wholeness and be one with the wholeness of all.***



## LISTEN, TUNE IN, PLAY, ABSORB, INTEGRATE

We discern 5 stages in the exploration of the Sonic Pyramids and their inherent qualities, moods, symbolism and potential effect.

**Listening:** In differentiation from mere hearing this is a focused state of full body receptivity and allows a deeper contact and natural recognition of the tonal spectrum and its qualities. As this is a foundational practice in many contemplative traditions it takes patience, focus and will while, at the same time, a purely receptive and relaxed poise of openness and the surprise of the ‘beginner’s mind’.

**Tuning In:** If the state of listening is deepening we come into a sympathetic resonance, swinging through our physical cells and energetic substance with the vibrations of the intentional tone. This allows us to fully tune in, meet, identify and become one with the qualities that are invoked by the vibrations, experiencing the possible impact on our physical, emotional, mental and psychic whole system.

**Playing:** In a spirit of free and contemplative interplay and creative action and exchange we can explore different nuances, tonal qualities, places, possibilities and movements of the unique instruments both in their physical limitations and symbolic depth.

**Absorbing:** As we all have different ways, preferences and constitutions of perceptions, cognitions and reactions the process of absorption can be more tactile, proprioceptive, sensual, visual, graphic, chromatic, cognitive, imaginative, motoric or even synaesthetic, involving multiple layers of sensory feedback. One can also switch between these channels of impressions and expressive responses to come eventually

to a full embodied experience of the planetary frequencies and their multidimensional ‘stories’.

**Integrating:** The fruit of the playful discovery and contemplative process wants to be a valuable and useful addition to one’s life and wellbeing. The experience of a new quality, a recognition of something inherently familiar, an emerging understanding, a sudden insight, an overall sense of a specific energy and an exposure to an unknown life- or universal force can be shifting our attitude, open new horizons and have a positive, transforming impact on our lives. Only when we integrate experience consciously will we feel enriched, learning and growing, grateful for the gifts of creation

***A single nameless vibration – for the pyramid to play its silent teaching role as leading image, as silent call, as an impeccable model of the relationship between the one reality and its diverse many.***



## CRAFT AND INSPIRED MANUFACTURE



Human culture and its evolution is tied to the effective work and synchronization of our head, heart and hands, to the power of mind and the vital, emotional energies and the ever refining skills of our main instrumentation. the gift of our uprightness and vertical freedom – the use of our hands. In the ancient Indian Shilpa tradition of the south all the specialized skills of the hands are considered a gift of the gods and their use, especially in the sacred art of temple building and crafts has to be ritually consecrated daily at the outset of the work. As the birth of the Sonic Pyramids seemingly came from the inspired source of one of our traditional artisans, we tapped into this ancient practice and are in a deepening learning process.

As a consequence of our acoustic tests and trials we realized that these very special instruments now ask, not for a determined, mentalized fixed frequency – even with the available knowledge and practices of a decade of tuning experiments in age old and contemporary just intonation, overtone based tuning systems – but for an intuitive and ‘magic’ process of work which we encountered in our research with bronze casters, gong and gamelan makers.

We are finding ourselves on the verge and rediscovery of the art of ‘sound-smithing”, of imbibing the hard, yet pliable metal with conscious intentions and a dedication and practice similar to the effective power of the mantra on the physical substance and mo-

lecular structure. Still in a growing experimentation we are entering, in awe, into this new dimension of craft and conscious manufacture: working with the transforming potential of a consecrated, intentional force on matter – to create cutting edge sonic tools and through their help effectuate our transformation into a better expression of the True, the Good and the Beautiful.

***Mantra of the Pyramid builders:  
Let me be faithful  
to the creative intent in me.  
To my original image,  
my plan, my truth, my self!***

### OUR ARTISAN: ANANDAVEL

As already mentioned in our introductory story Anandavel is one of our most talented junior artisans and has been in SVARAM since its very beginning, 17 years ago. Especially since the recent birth of his baby girl he is in an influx of inspiration and extra energies and is engaging himself whole-heartedly in some of our most innovative and daring adventures. He is fortunate to have been taken into direct and close mentorship by Jan, our elder craft master (see about his mayor work in the Plate Bell brochure) and, both of them being rather quiet and focused, they work together very well. Besides his demanding sculpturing work with the Sound Stones, he has come forward

now with this special sonic discovery of the pyramid plates as a consequence of his first year of intensive training in the Plate Bell section with the master. He is emerging now as one of the strong forces and leading examples in the team of artisans. Anandavel has since the beginning of our cultural heritage work been engaged in traditional performing and martial arts and has performed widely in India and also had some exposure programs in Thailand and Vietnam. He is still one of the core people in the Svaram Sounds Group and is a passionate drummer, participating in performances and drum circles. We can always count on him in the most adventurous tasks and his loyalty and communal care are exemplary and inspire the next generation of trainees.







*For at least 5000 years the pyramids have been standing in silence like giant koans asking the one essential question: Who am I – and who are you? Discover my secret and you will have discovered yours.*

## VISION

As the creation of the sonic pyramids emerged out of the lockdown due to the global pandemic Covid 19 crises, there is a sense that these novel instruments are seemingly part of an answer to these challenging times of this marked transition for human civilization. The age old question of the Sphinx about the meaning and purpose of our existence is still calling for an answer of wisdom and compassion to solve the riddles of human suffering and of twisted perversions that endanger the precious environment and limited resources of the blue planet.

Not only the symbolic reconnection to the secret of the ancient culture of Egypt, but the actual translation of the measurements and geometry of its most significant, and still not fathomed and fully understood, structure and highpoint of its civilization, into a surprising powerful sonic resource and tool, holds the potential and promise of a recurrence of needed knowledge and practices for a better life in harmony with nature and the cosmic forces. In this almost mysterious process of working with an unknown factor and the hidden knowledge and skills of the pyramid power, we are touched by a sense of an exceptional healing agent carrying the potential for

renewed alignment of the human evolutionary journey to its source and core aim. We hold the vision of hearing the Sonic Pyramids resounding throughout the world, ushering in a culture of deeper listening and inner sensibility with consequent enlightened attitudes and responsible actions, not only to preserve but also to progressively enhance and heighten our terrestrial existence in harmony with all forms of life.

***Finally all our search for the meaning and the truth of the pyramid as well as of the universe and of ourselves comes to rest in the subtleness, the essentiality, this inescapable, simple point, THIS WE ARE, THIS POINT, WHICH IS THE WHOLE.***

- *Egyptian writings did not refer to their technical feats, but exclusively to their psychological purpose and their inner intent*
- *And no civilisation which came afterwards ever found a more powerful or a more healing symbol*
- *For man to ascend with the help of his rising capacities, his own soul powers, towards higher states of being*

- *The pyramids were also a message to the universe*
- *The first mobilisations of human beings, in terms of man power, healing power, creative power, a form of psychological engineering. The technique basically consisted of making a group of people reach a state of consciousness in which under a high command they could act as a single being and accomplish feats otherwise impossible.*
- *GIZA PYRAMID – THE PLACE OF THE FIERY REBIRTH !*
- *The pyramids were ‘houses of birth’, where the faith of man in himself was born.*
- *Establishing a seat in eternity, for ourselves and our children.*
- *We can consider the pyramid as the first monument to gnosis, leading from the divisive multiplicity of our foundation to another way of being the dimensionlessness, the union, the point, the summit, the transcendence of all things in oneness.*
- *To reach the crowning point, above all the material superabundance, always, self-evident, present, the supreme and only meaning of all that prodigious building effort.*
- *The secret of all pyramids: they remind us that we live in a universe of pure energies and vibrations, where material things and pyramids appear only as symbols, like stones, pebbles thrown into a pond of ever widening circles, each wave carrying us into a miraculous all-encompassing fullness of reality and truth.*
- *We become a living pyramid, we participate in that vibratory flow of ascending and descending, we realize ourselves. Not as a limited particular sound but a state of pure vibration of being, consciousness and bliss.*

## 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







SVARAM™

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