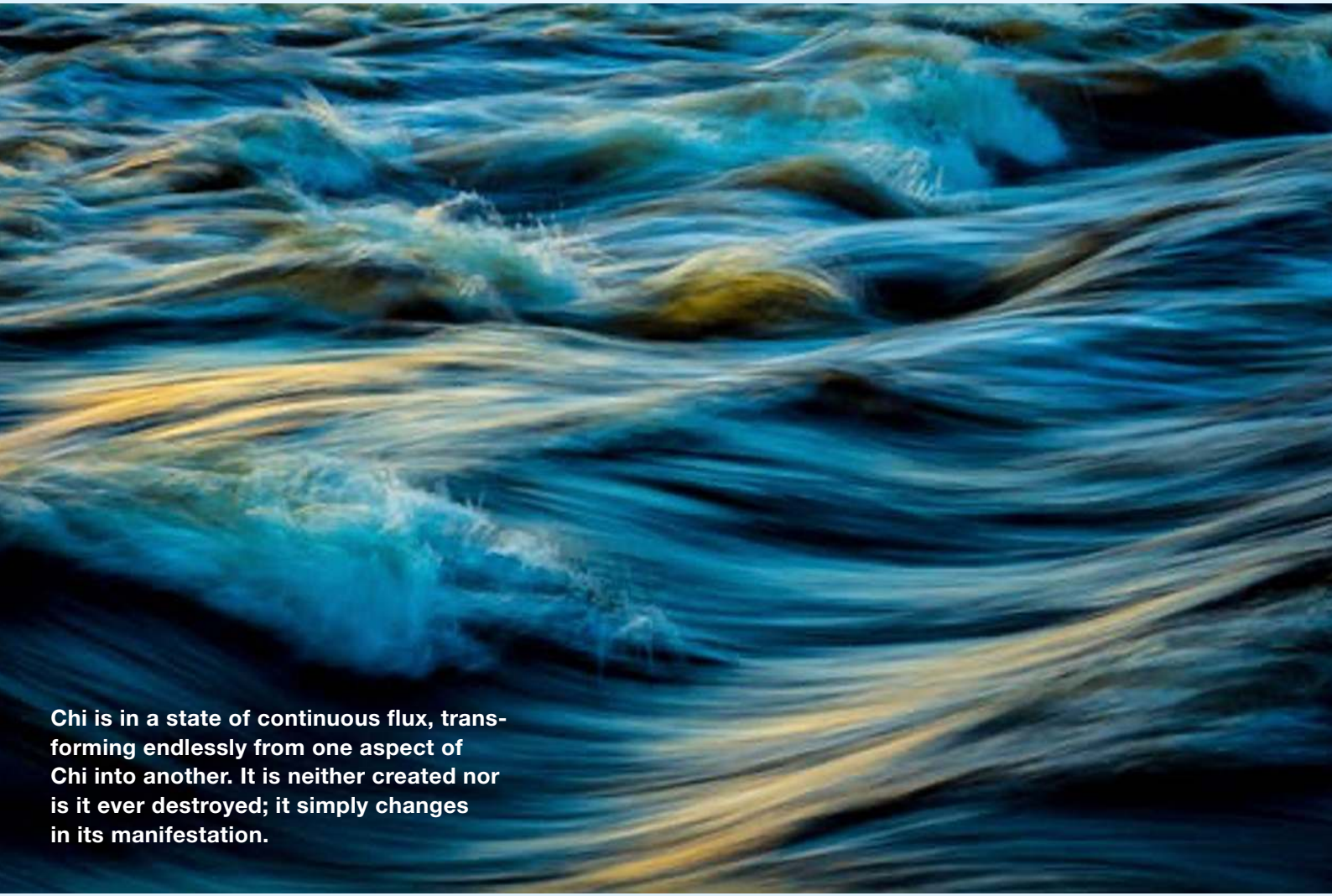
# SONIC CHI CIRCLE

SVARAM™
SOUND EXPERIENCE



**Chi is in a state of continuous flux, transforming endlessly from one aspect of Chi into another. It is neither created nor is it ever destroyed; it simply changes in its manifestation.**

# CHI

**The ancient Chinese described Chi as “life force”. They believed it permeated everything and linked their surroundings together. Chi was also linked to the flow of energy around and through the body, forming a cohesive functioning unit. By understanding the rhythm and flow of Chi, they believed they could guide exercises and treatments to provide stability and longevity.**

*When one inhales (so that one)*
*swallows (the Chi), Chi is gathered.*
*As Chi has gathered, it expands.*
*As Chi has expanded, it goes downward.*
*As Chi goes downward, it settles.*
*As Chi is settled, it solidifies.*
*As Chi is solidified, it sprouts.*
*As Chi sprouts, it grows.*
*As Chi grows, it is returned.*
*As Chi returns, it ascends to heaven.*
*The origin of heaven is in the above,*
*the origin of earth at the below.*
*One follows (such way), one lives.*
*One is against (such way), one dies.*

**Circulating Chi Inscription,**
**jade artifact. ca. 300 BC**

## CONTEXT

The enforced lockdown of 2020/21, due to the global pandemic crisis, with all its challenging impact on many lives, also brought a welcome ‘pause’ in the drive of the constant forward movement of the dynamic evolutionary human endeavour and its often dire influences on the natural environment and our health. Pollution rates and noise levels were drastically reduced and here in India many were surprised by the wider view and open horizons which have not been seen over the last decades. The sudden halt of busy activities also brought a surprising yet welcome silence to the surroundings, opening the opportunity for deeper listening, ‘unheard of’ sonic perceptions and striking, embodied realizations.

Nestled in the regenerated forests of the experimental, universal township project of Auroville, SVARAM is continuing its explorations into the realm of novel sound sources and musical instrumentations to support the human adventure with means for a progressive harmony, sensitivity, deeper listening and compassion, found itself in an intensified and concentrated quest, responding to the clear and growing need for more holistic health approaches, skills and tools to be able to face, deal with and possibly master the challenges of this evolutionary crisis.

## BACKGROUND

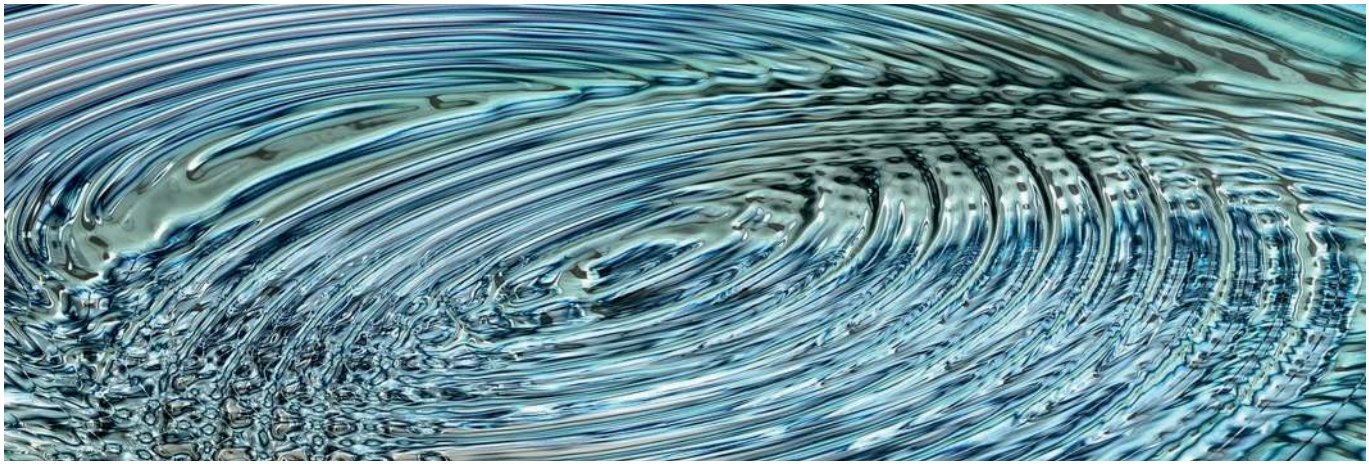
With the opening of the information age and globalization, opportunities for travel and cultural exchanges in the last decades of the 20th century created a widening foundation of a pluralistic approach of bringing together ancient, indigenous, traditional, contemporary and cutting edge modalities towards an integrative health paradigm. The achievements of the materialistic, chemo-physical, allopathic discoveries and practices can be seen in the historical context of the wisdom traditions; these together create an effective synthesis and emerging perspective of holistic-integrative-complementary-alternative Medicine – HICAM. Preventive health care, through self care and life style regulation is certainly the call of the hour and reflects the premise of the classical cultures where medicine was practised from a salutogenetic perspective, as a health and balance orientated art of living, focusing on overall individual, psychological, social and environmental health.

# HISTORY AND INNOVATION

**Sound and music, since the beginning of the human journey, have occupied a crucial role in the harmonization of self and community and continue to play a vital role and to contribute to the healing arts towards truly integrative health sciences and practices.**

Especially in the ancient Chinese Culture the role of music had an outstanding position and offered the essential contribution towards a harmonious life—as described at length in the ancient texts—in its importance for the cultivation and refinement of character, for spiritual upliftment and the regulation and stability of society and the state. In “The yellow emperor’s manual of internal medicine” 3rd century, it is said that the use of sound tones even predated the use of tastes, herbs, and needles.

Through a recent request from a Traditional Chinese Medicine clinic for supportive sound sources/musical instruments for the work with PTSD and related health challenges, looking into diverse options for the most supportive and aligned tunings, we revisited early music therapy explorations from the 1980ies and my then experimentations with the ancient Chinese system of 5 Element tones and scales. Entering that ‘rabbit-hole’ I was glad to find a fellow re-searcher groomed in acupuncture with whom we could unravel that very elaborate and yet simple system and beautifully clear matrix of potential healing sounds. The rebirth of the Sonic Chi Circle was dawning upon us.



# VISION

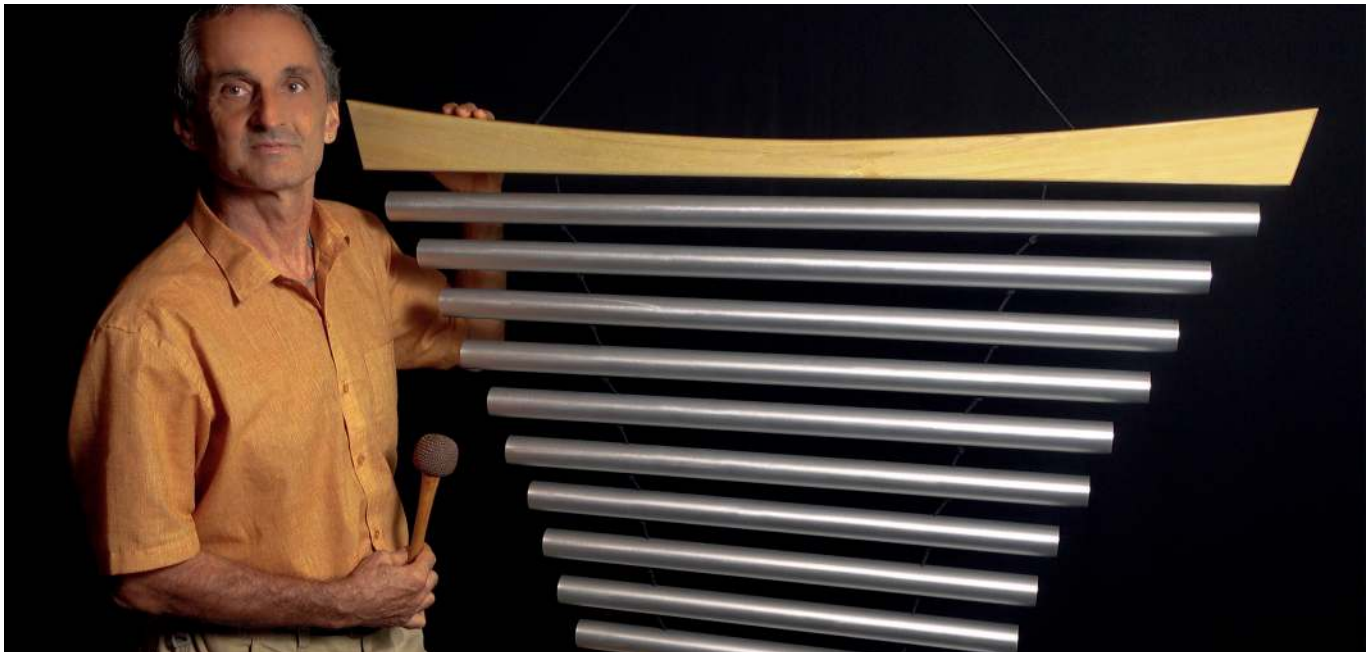
**Exploring for more than a year and rediscovering the vast potential and utter simplicity of the ancient practice and finding out, too, about its partial revival through academic studies and applications in contemporary Chinese Universities (FPMT – Five Phases Music Therapy) we felt inspired to elaborate on our existing sound healing instruments and we came up with a very convincing model in 3 different sizes and iterations.**

The vision which unfolded through focused work, studies, group exploration and tests is vast and foresees a very accessible and easy to play instrument in the hands of interested sonic explorers and any young person who would then be able to tune, align and generate the balancing power of the elemental tones for physical, emotional and mental wellbeing.

The Sonic Chi Circle system and tones provide a system and tool to recognize, understand and rebalance dis-ease patterns in the body and mind constitution and process and playfully invites one to become aware of and transform habitual, unwholesome conditionings and acute symptoms into a more harmonious, resilient state of wellbeing.

While anyone can easily handle and spontaneously play the simple chime instrument, there are succeeding layers of explorations, studies and practices available (through online seminars or direct instructions) to deepen the experience and effectiveness of the actual harmonizing potential of this unique healing sound source:

1. **Free spontaneous improvisational play**
2. **Musical phenomenology, drone, tone, interval**
3. **Chi Circle and emotional intelligence**
4. **Chi Circle and the organs, physiology**
5. **Sonic Alchemy, Archetyps and Disease Processes**
6. **Additional practices, Meridians, Acutonics and Aromatics**



# THE SONIC CHI CIRCLE

**Musical tones and vibrations and the silence in between have the ability to touch every layer of the being: physiological-emotional-psychological-intellectual-psychic-spiritual. The harmonic structure and matrix based on specific and simple proportions is present everywhere in the natural world from the tiniest particle movements of the microcosmos to the vast formations of the galaxies, and generates the formation and cycles of life expressions through its specific ratios. These ratios can also be understood as the relatedness of each to all and in musical language are represented through the intervals.**

The archetypal 5 musical tones of the Sonic Chi Circle, their specific frequencies and interval combinations and scales each relate to the 5 elemental energies and change phases and to the whole range of their symbolic and analogous correspondences and can restore a dynamic balance, pacify and nurture our organism and restore resilient wellbeing. This system of holistic health is based on the fundamental principle that the body is one functional unit in which the totality of its systems, organs, tissues, and energy is absolutely interdependent upon itself and the whole.

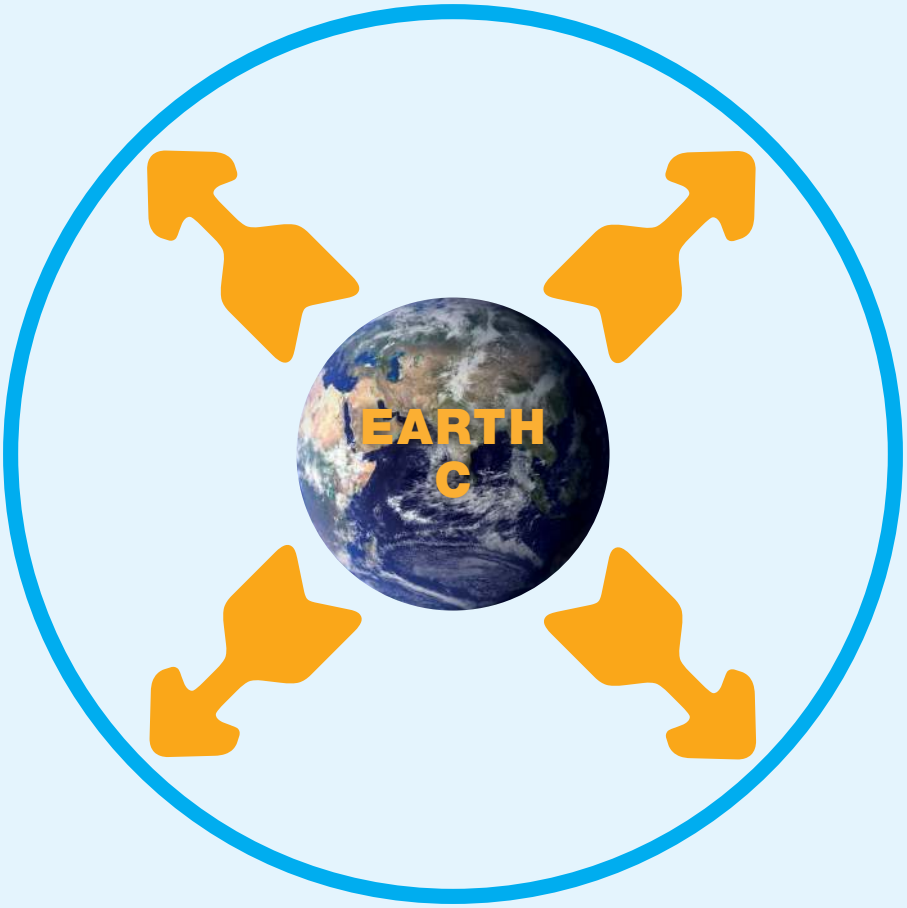
Sound and its structured expression in music has always been perceived as a mysterious bridge into the unknown and unseen, into the depths of human nature, the subtle energetic spheres around, and the transcendent heights of our endeavour—from our early primitive beginnings of rhythmic pulses and utterings to our most sophisticated expressions of musical art and its encompassing experience.

In many of the original and classical cultures analogical systems and often synthetic views and references are brought together, relating the principles of music to other elemental manifestations of nature, the mineral, plant and animal world, phenomena of life, emotions, sensory perceptions, thoughts and concepts. These perceptions of the interdependence and the grand integration of all life forms and movements are an important feature and heritage of the great wisdom traditions and can now assist us again, not only to view but also to deeply experience the diversity of life in its underlying unity.

You can find, explore and study an exemplary compilation based on the TEAM System in the chart of the centerfold of this brochure, which describes the creation of the foundation of our work with the Sonic Chi Circle. Important to note is that such holistic system views cannot be comprehended by a purely logical deductive approach, but necessitate a widening of perspective and a more syncretic view of the underlying wholeness and unity of creation in its rich and diverse expressions, in its inter-relatedness, creative dance and versatile play, manifesting and pointing to the origin, leading to the rediscovery of oneness as the source of all life.

FIRE
G
SUMMER

WOOD
E
SPRING




METAL
D
AUTUMN

WATER
A
WINTER

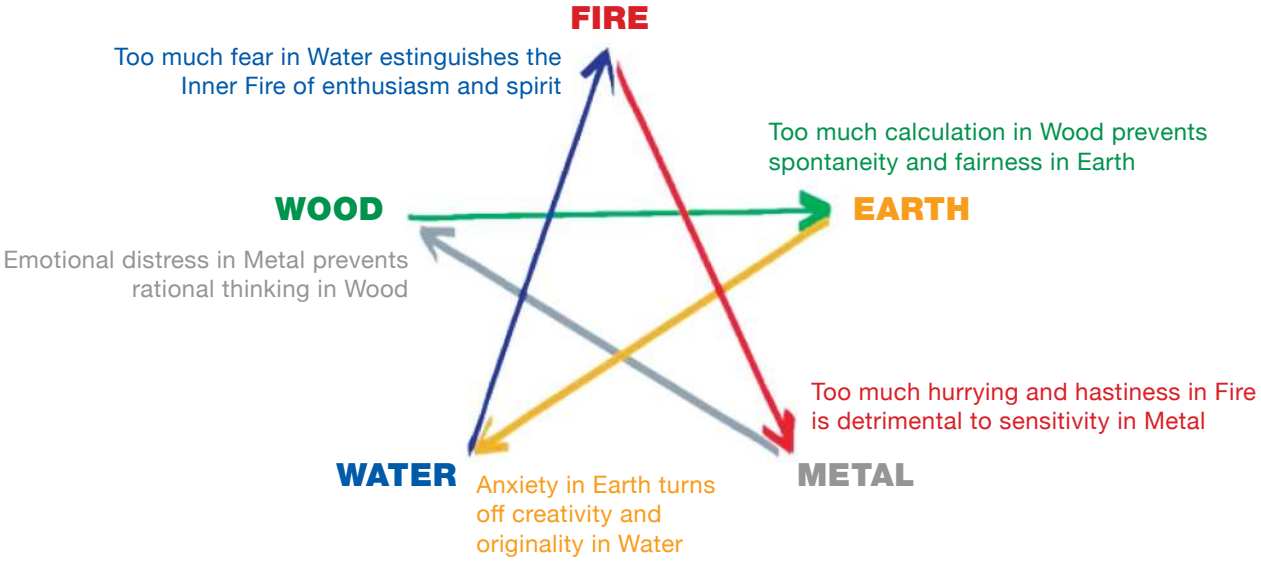
# EXEMPLARY COMPILATION BASED ON THE TEAM SYSTEM

| Element | WOOD | FIRE | EARTH | METAL | WATER |
|---|---|---|---|---|---|
| **Tone** | **E** | **G** | **C** | **D** | **A** |
| Yin organ | Liver | Heart | Spleen | Lungs | Kidneys |
| Yang organ | Gall Bladder | Heart protector | Stomach | Large Intestine | Blader |
| Scale | E G A C D E | G A C D E G | C D E G A C | D E G A C D | A C D E G A |
| Sargam | Sa ga ma dha ni Śa | Sa Re ma Pa Dha Śa | Sa Re Ga Pa Dha Śa | Sa Re ma Pa ni Śa | Sa ga ma Pa ni Śa |
| Season | Spring | Summer | Late Summer | Autumn | Winter |
| Environmental forces | Wind | Heat | Dampness | Dryness | Cold |
| Time | 11pm – 3am | 11am – 3pm | 7am – 11am | 3am – 7am | 3pm – 7pm |
| Color | Green | Red | Yellow | White | Blue |
| Taste | Sour | Bitter | Sweet | Pungent | Salty |
| Odor | Rancid | Scorched | Fragrant | Rotten | Putrid |
| Expression | Shouting | Laughing | Singing | Crying | Deep Sighing |
| Sense organ | Sight, Eyes | Taste, Tongue | Haptic, Mouth | Smell, Nose | Hearing, Ears |
| Tissue | Tendon | Blood vessels | Muscle | Skin | Bone |
| Finger | Index | Middle | Thumb | Ring | pinky |
| Emotion | Anger, Gentleness | Anxiety, Joy | Worry, Trust | Grief, Compassion | Fear, Courage |
| Acu point | Liver 3 | Heart 7 | Stomach 36 | Large Intestine 4 | Kidney 3 |
| Essential oils | Lavender, Lemon | Lavender, Sandalwood | Rosemary, Patchouly | Tea Tree, Ravensara | German Chamomile, Pine |
| Sound | Jue “Shoe” | Zhi “Haw” | Gong “Who” | Shang “SSS” | Yu “Chew” |
| Musical Quality | Vigorous, melodious, cheerful, bright | Warm, cheerful, relaxing, contagious | Calm, solemn, mellow, heavy | Resounding, sorrowful, solemn, forceful | Pure, plaintive, desolate, and gentle |
| Musical function | Lifting, Soothing | Happiness, Joyful | Strengthens, Grounding | Purifying, Astringent | Improve intelligence, Anti aging |
| Attribute | Discernment | Giving | Giving | Pragmatic | Bonding |
| Animal | Dog | Horse | Cow | Bird | Cat |
| Archetypes | Pioneer | Wizard | Peacemaker | Alchemist | Philosopher |
| Planet | Jupiter | Mars | Saturn | Venus | Mercury |

# FIVE ELEMENT CORRESPONDENCES

## Law of Creation

## Law of Control

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# MUSICAL PHENOMENOLOGY

**While over the course of human evolution sound and its musical expressions have developed in such an amazing cultural diversity and variety of authentic folk and highly sophisticated classical forms, we have to rediscover the actual gift of music, not only as an entertainment and pastime for communal celebration, but also in its original and sacred dimension as an agency for healing and unification, for reconnecting to source and inspiring our highest aspiration and the ideals of human perfection.**

To avail and harness this transforming power of music we have to explore, re-discover and consciously experience the actual principles and building blocks of music:

- Silence, listening, pause, continuity
- Tone, noise, pitch, frequency, harmonics, timbre, drone, intervals, scales
- Pulse, meter, beat, off-beat, measure, rhythm, cycle, flow, groove, speed
- Dynamics, duration, intensity, pattern, composition, improvisation,
- Expression, content, form, intent

The simple design, ergonomic form and archetypal content of the instrumentation of the Sonic Chi Circle can allow and invite these rewarding explorations and go further to support sensibility, awareness, versatility, personal growth and integration.

# MODELS

**General: We offer 3 models in different sizes and tonal impact – Beta, Alpha, Theta – tuned to the Pythagorean cycle of pure fifths, each in 2 octaves in a plagal integration of all 5 Elemental Scales:**

| | | | | |
|---|---|---|---|---|
| A 216 | C 256 | D 288 | E 324 | G 384 |
| A 432 | C 512 | D 576 | E 648 | G 768 |
| A 864 | C 1024 | D 1152 | E 1296 | G 1536 |

**Beta:** This is the smaller and therefore higher pitched version, which can be handheld and swung easily to create an extra Doppler Effect (See the introduction to our common Swinging Chimes). It is light, handy, easily available, can be rolled up into a bundled cylinder and carry bag.

**Alpha:** This covers the medium range and has a stronger and longer sustained sound due to its more solid measure and denser material. It can still be handheld but is easier to use mounted on a stand as it is already heavier and larger than the smaller variant.

**Theta:** This is a proper Rotation Chime and has to be suspended from a stand or the ceiling, Ideal for a therapy space as a fixed installation and massive sonic presence resonating the room and creating an encompassing atmosphere and sonic energetic power to be reckoned with.

# LISTEN, TUNE IN, PLAY, ABSORB, INTEGRATE

**The use of the SVARAM Sonic Chi Circle Chimes, even while created as sophisticated frequency devises and unique Sound Sources does not need musical training and can actually be 'child's play' – with the same dis- covery spirit, curiosity, wonder, concentration and dedication which children approach the unknown.**

### Listening

In differentiation to mere hearing this is a focused state of full body receptivity and allows a deeper con- tact and natural recognition of the single frequency and its qualities. As this is a foundational practise in many contemplative tradition it needs patience, focus and will, while at the same time a purely receptive and relaxed poise of openness and surprise of the 'be- ginner's mind'.

### Tuning In

If the state of listening is deepening we come into a sympathetic resonance, swinging through our physi- cal cells and energetic substance with the vibrations of the selected and specific frequency. This allows us to fully tune in, meet, indentify and become one with the qualities that are invoked by the vibrations, ex- periencing the possible impact on our physical, emo- tional, mental and psychic whole system.

### Playing

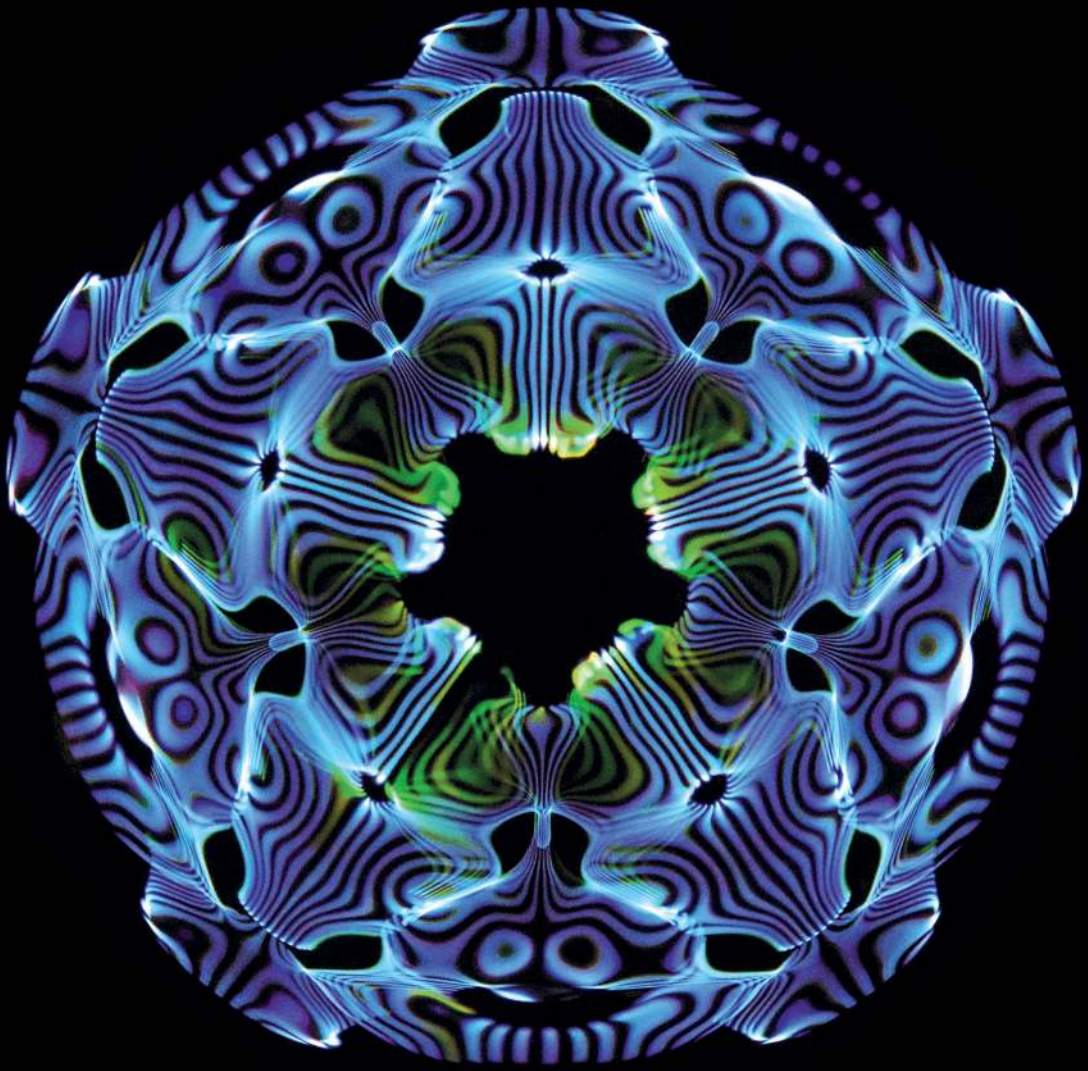
In a spirit of free and contemplative inter-play and creative action and exchange we can explore differ- ent nuances, tonal qualities, places, possi- bilities and movements of the unique instruments both in their physical limitations and symbolic depth.

### Absorbing

As we all have different ways,preferences and constitutions of perceptions, cognitions and reactions the process of absorbtion can be more tactile, proprio- ceptive, sensual, visual, graphic, chromatic, cognitive, imaginative, motoric or even synaestetic, involving multiple layers of sensory feedback.
One can also switch between these channels of impressions and expressive responses to come eventually to a full em- bodied 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 quaity, 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 positiv, transforming impact on our lives. Only when we inte- grate experience consciously will we feel enriched, learning and growing, grateful for the gifts of creation.



## APPLICATIONS/ BALANCING THE ELEMENTS

The uniqueness of the Sonic Chi Circle of the ancient Chinese system stems from the association of musical tones with the 5 elemental phases of change and their correspondences with organs, emotions, sensory functions, tastes, colours and other relevant associations as seen in the center-page chart. While traditionally these 5 tones might have changed with the seasonal progression in their starting note, exhibiting a thoroughly tuned system in alignment with the larger context of the yearly journey of the planet around the solar center, we have selected an archetypal configuration, calibrating the fluid water element and its symbolic relation to the flow of Chi, to the apparent cosmically significant frequency of A432, reflecting some of the sacred geometry measured relations of the earth, moon and sun and their code of 108.

This anchors the 5-scale arrangement on the CHI "image of flow" between the polar complementaries of Yang and Yin, Heaven and Earth, the lunar and solar polarity, giving the ability to flow forth into the four other phases of change. Every pentatonic octave (five-one progression and its mirroring 6th: A-a, C-c, D-d, E-e, G-g) represents one of the Elemental scale, with its signifying tonal center and dynamic unfolding melody.
- signifies a full step
_ one and a half steps (= a minor third)

**A tone and drone**, A_C-D-E _G-a:
Water phase scale, the minor pentatonic
**C tone and drone**, C-D-E _G-a_c:
Earth phase and scale, the mayor pentatonic
**D tone and drone**, D- E_G-a_c-d:
Metal phase and scale, the balanced, symmetric pentatonic,
**E tone and drone**, E_G-a_c-d-e:
Wood phase and scale, minor pentatonic with stable fourth
**G tone and drone**, G-a_c-d-e_g:
Fire phase and scale, mayor pentatonic, without third

We can explore the tonal-symbolic-elemental phase relationship first through the pure tones and extended drones on these singular frequencies. Listen, sense, hum and chant that frequency. Once familiar with the drones we can explore the given elemental scales of the phases and their very distinct characters. Listen, sense, hum, tone, chant, sing the scales and create our own phrases, melodies. Having developed an ear for the 5 different tones, drones and their scales we can then bring in the symbolism of that specific elemental phase, its image, colour, emotion, taste …

It is clear that only practice and dedicated time spent with the tonal material can bring the necessary feel and discernment between the melodic qualities and their distinct character. Traditionally 5 years were allocated to really establish oneself in the melodic expression and master the precision of the tonal language.

## Example of an Elemental Phase Balancing protocol for Anxiety

**Diagnosis:** Weakness of the water element, expressed through fear, needs solid, supportive earth, and encouraging wood.

**Contemplation:** On safe ground, my waters nourish the growth of a strong tree.

**Tonal pattern:** From A descending sixth to grounding C, opening to E, a softly radiating mayor third.

**Play:** Play A as the central tone, establish it as a drone. Add C, resting in it and ascending to E, repeat the pattern.

**Humming:** Join in humming with the simple 3-tone pattern.

**Intent:** Add a clear intent to the tonal pattern, a possible image, symbol, colour …

**Toning:** Add your chosen comfortable vowel sound to the tonal pattern, chant it.

**Sonic mantra:** Bring in a combination of 3 vowels according to the mood of the melody, for example A - U - O

**Positive affirmation:** Once the tonal pattern is established, dive, surrender into it, let affirming words arise from within, receive your own mantra, sense it, hear it, pronounce it, articulate it, sing it!

## CONTEMPLATIVE – HEALING PLAY

**Contemplate!**
Become familiar, intuitively or through study and experimentation, with the qualities, symbolism, images, physics, descriptions of the tones. Use your imagination to bring this understanding and its perception together with the pure phenomena of the frequency and tonal spectrum of the instrument. Listen deeply, let it resonate within, sense it in your body, tune into it, absorb it, be creative with it. Unify the phenomena of these inner perceptions with the selected frequency, letting the total and enriched resonance grow and spread within.

**Concentrate!**
Having immersed yourself in the inner dimension of the contemplation, image, associations and felt the sense of it all, let the sensed impressions come together, focused in a full and enriched field of charged meaning and energy. Out of this absorption and identification with the vibrations of the field you can let an inherent intent emerge or set a direction for the sonic, auric energies to flow.

**Co-Create!**
The generated potential of the subtle and sonic contemplation can now be utilized and translated into your chosen context. Whether you are in some inner self-practice or work with a space, environment or a dear one, a friend, client or patient the ‘information’ of your ‘sonic medicine’ by its self- less nature of ever-present, ever- moving creative abundance at the service of harmony wants to spread, be shared, placed in the existing vacuums of chaos, disorientation and disease. As the origin of your contemplation is based on archetypal principles and their natural, ordered, universal movements, so can its power be effectuated in an intentional co-creative, clarifying, life-supporting and enhancing, balancing, healing, holy-making, wholesome gesture of sonic love.

# COLLABORATION/PORTRAITS

As mentioned earlier, there was an important gift of the time during the lockdown measures as, after years of teaching and co-facilitating international programs and seminars, we were stranded together in the shelter of the Auroville forest, Tamil Nadu, South India, embedded in its sounds and in an ideal place for inner studies and sadhana. Having shared an exploration and reading of the “Mind of the Cells’ by Satprem over a few months there developed a seamless flow called into the sonic dimension of the Traditional East Asian matrix of the 5 Elemental Change Phases. We are humbled to be instruments for this renewing iteration and easily accessible sound healing tool of a deepening and constantly revealing sonic practice. Do send us comments and remarks about your experiences, queries, grounding discoveries and transformational revelations.

**Aurelio** is visionary listener, sonic explorer and practitioner, applying his experiences of indigenous cultures and integral yoga psychology, Aurelio, musician, educationist and cultural activist, founder of SVARAM continues to explore the meaning, importance and place of Sound and Healing Ritual in the life-cycles of the individual and the collective within the context of this evolutionary planetary culture in transition.

**Joseph Schmidlin** (D.O.mtp, LMT) is a classical osteopathic physician, and clinical sound researcher with over 30 years of teaching and practice in the field of energy medicine, including Traditional Chinese medicine and Ayurveda. He utilizes sonic vibrational medicine and Nada yoga in his teaching and clinical practice. He frequently leads trainings, retreats, sound immersions and meditations around the world. www.jschmidlin.com

SVARAM
SOUND EXPERIENCE

Bringing the joy of music and the healing touch of sound into everyone’s hearts and hands.

oneTone
Sonic Alchemy

**oneTone – Sonic Alchemy** recognizes a world that lives more sustainably and harmoniously. We feel conscious sound and the silent spaces between the sounds are keys to that infinite potential.

**Click here to see the video on YouTube or scan the QR Code.**

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

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