



# 5 ELEMENTS SOUNDS

SOUND HEALING and  
NEW WAVES INSTRUMENTS





## ANCIENT SOURCES

Ancient wisdom traditions realized that our human body, as well as the entire cosmos, is built and functions according to primal chaotic principles – unifying apparent chaos in an ordered matrix- and that music is a direct reflection of the order and harmony of the cosmos and therefore offers a means and opportunity to experience playfully, or in concentrated ritual, these elementary parameters of creation. On our amazingly diverse planet we can still observe and hear musical expressions of the different stages of the development of human civilization, and its role in archaic tribal cultures, orthodox religious communities, mystic practices, all the way to contemporary urban youth rave parties and trance dances. Through this living heritage we gain a genuine impression of the role of music in civilization and its function in ceremony, ritual, healing, education and celebration. The important role and magic of music in the different stages of the human evolutionary journey and cycles of life have inspired us to explore the functioning and the effects of sound and music on our psycho-physiological constitution and social life. Spanning the arc from archaic, shamanic experiences through mystic states and metaphysical teachings to scientific approaches and studies, our journey and activities continue to be an adventure of discovery.

## SOUND HEALING

The role of sound and music in the process of growth, regeneration, healing and integration has filled the human understanding with wonder and awe since ancient times. Facing today's world of tremendous inner, social and global challenges, it is not surprising that this has been coming to the fore again. Rediscovered and revived it now finds new expression in manifold innovative applications of vibrational, energetic and consciousness based new disciplines of light and sound healing, reconnecting archaic practices, sacred science traditions and the latest quantum field approaches.



## Sound Healing Instruments

Besides the standard range of our instruments we are proud to be able to offer a specifically created selection for Sound Healing which can fully equip a personal practice, therapeutic/counseling or learning and study set up. While Sound Healing modalities are becoming very popular the selection of instruments for its application poses questions and is often limited to a few specific and typical sound sources like sound bowls and gongs.

Through its specialization in Organology, the science of musical instruments, **SVARAM** is able to offer a comprehensive and all round ensemble of the **5 ELEMENTS SOUNDS** to the practitioner and learner in this growing field of therapeutic, transformative and contemplative, creative work with musical and pure acoustic, natural sound vibrations. Having already developed already two pioneering series in our **NEW WAVES** Instruments and the **ORBITS – Planetary Frequencies** sought after by Sound Healers worldwide, we can now share this new comprehensive circle of selected instruments, representing the vibrational qualities and symbolism of the ancient healing art and science of the 5 Elements.

## MUSIC INSTRUMENT CLASSIFICATION

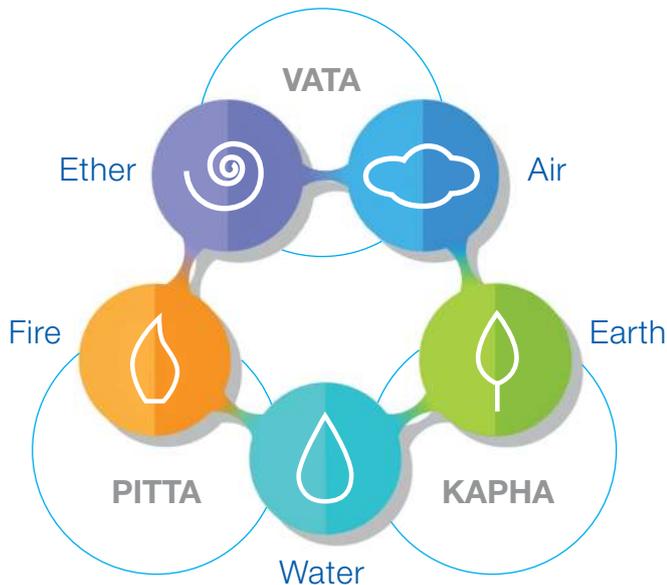
Utilizing the ancient Indian classification of musical instruments as a reference, the beginnings of human sound production is explored and its archetypes identified globally throughout original cultures, for an application to the foundational principles of music pedagogy, -therapy and personal growth work. Based on the qualities of different materials (stone, clay, wood, bamboo, reed, metal, glass, animal hides ...) and the diverse ways of sound production (winds, solids, strings, skins and voice) with a symbolic correlation with the elements (air, fire, water, earth and ether) a simple yet richly variable framework is set for creative encounter with and deepening research of the uniquely human faculty of musical expression and its means, instruments and their applications.



## 5 ELEMENTS

### **Ancient practice and quantum/consciousness science**

The foundation of ancient healing arts, such as Ayurveda and Traditional Chinese Medicine practised over millennia, is the perception, understanding and application of the natural and subtle 5 elemental states and energies and their generative, dynamic, balancing and transformational processes of consciousness force active in the field of creation and manifestation. Each particle, structure, form, substance and movement is imbued with the properties and proportions of the interrelated elements and their frequencies, with their effect and action upon all living organisms and their life cycles.



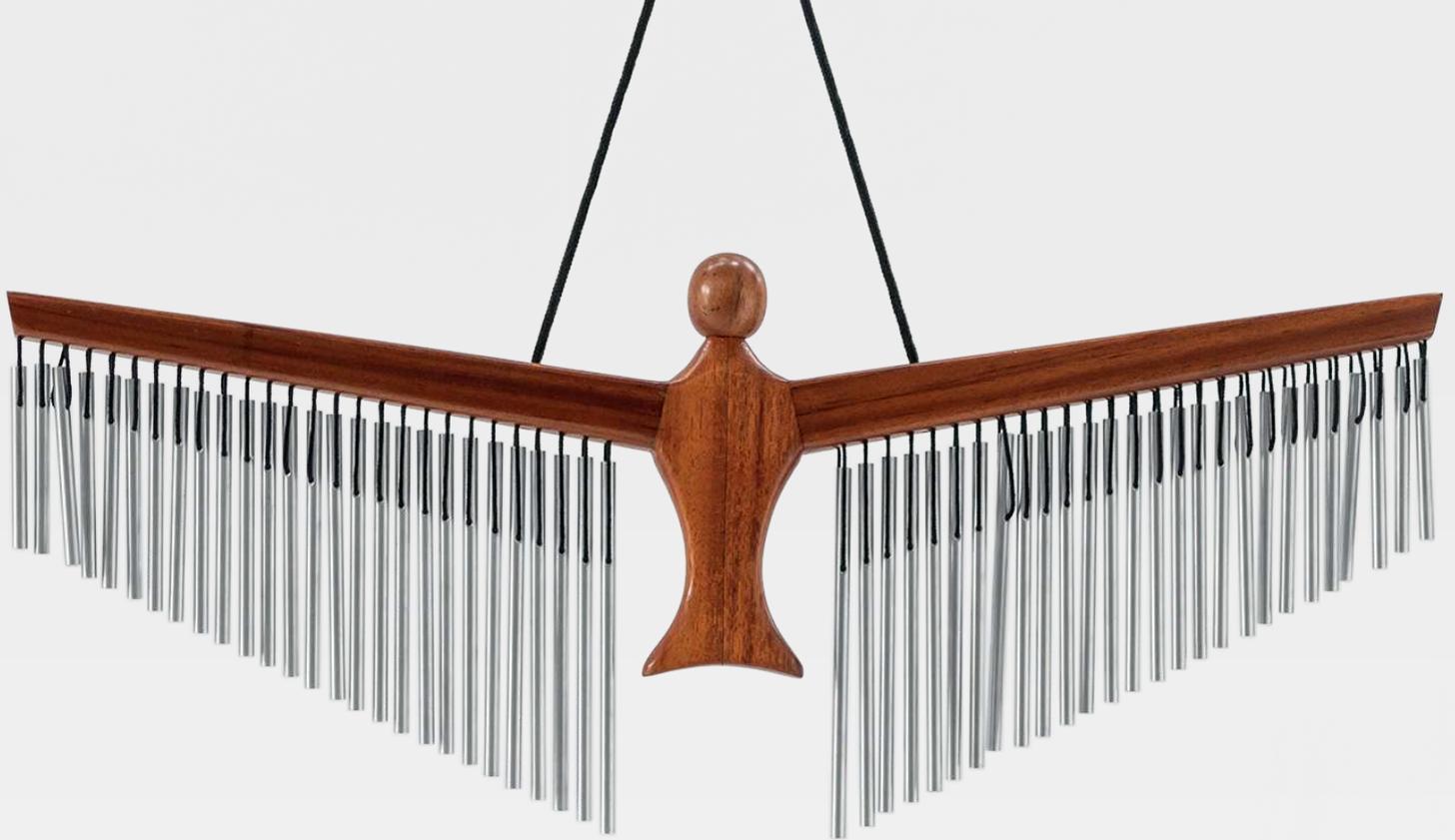
## 5 ELEMENTS SOUND

The 5 Elements and their qualities, energies and symbolism create a strong foundation and reference and a simple yet coherent system to fathom the diversity and intricacies of music, its instruments and their use and expression. As music itself is reflecting the natural order of open organic systems this corresponding framework has to be seen and used itself as a fluid and flexible system of holographic nature: there are all the 5 elements within each element and each informs and contains all the others.

Similarly each instrument, even if characterized by one elemental field can still be used in diverse ways as for example the monochord/string resonator of a watery nature can be played not only in a lyrical flowing way, but also in a fiery, random chaotic or quiet and grounded way.

Additionally the situational circumstances of time and space and specific setting and the client's needs and process, and the ensuing intent of the practitioner can all contribute, colour and enrich the intricate and clearly sym-phonical play of the 5 elements.

In this integrative spirit let's look at the listing and offering of the full SVARAM Sound Healing Instrument Ensemble – SHI – in its encompassing layout of 1+8 ESSENTIAL, 1+8 ADDITIONAL, 1+8 EXTENDED and 8 EXTRA instruments and their potential application. Together with our 'Angel' the full circle of SHI – harnessing the CHI, the prana of sound – has 36 magic sound sources and represents a complete sonic tool kit for the global sound shaman, the practising expert and the listening master.



## SOUND INVOCATION AND BLESSING

Angel Chimes – This simple and beautiful sound source is the talisman, ‘guardian angel’ of our selection and wants to remind us of the necessity of opening into higher faculties than our limited human understanding, to become an transparent instrument to generate and create space and opportunities for the therapist and client to release, heal and harmonize, assimilate and integrate transforming and wholesome vibrations of a Sound Healing session.

## 5 ELEMENTS INSTRUMENT GROUPS



Element Region	Instrument Musical Principle	Essential	Additional	Extended	Extra
SPACE	INTENT, VOICE RESONATING METALS	Shruthi Box	Tamburi	Svaramandala	
Head					
AIR	WINDS MELODY	Wood Ocarina Swinging Chimes	Venu Native Svara Tarang	Clay Breeze Sankarjang	Whirlwind Veena Crystal
Heart					
WATER	STRINGS HARMONY	Monochord Pulse Tubes set	Svaraveena Kalimba	Ektara Plate Bells	Bowed String Dream chimes
FIRE	SOLIDS RHYTHM	Rattles Woodblock	Bamboo Scraper Bamboo Tongue	Shakers Clapsticks	Shellrattle Xylophone
Hara					
EARTH	SKINS NATURE	Framedrum Storm Drum	Damru Tamte Ocean	Speaking Drum Harmonic Tube	Frog Caller Spiral Didgeridoo



## PLAY AND LEARN

Certain instruments of our artisan production are ideal for sound therapy as they are easily approachable, simple to handle and fun to learn. They have a unique, exceptional quality of resonance (sound stones, sound healing table and the specifically created NEW WAVES series) or specific sound effects (shell horn, ocean drum, storm drum, rain rattle ...). Additionally most of the instruments are easy to play, sturdy and affordable. A creative atmosphere for a music or therapy room can easily be accomplished and enhanced through the presence of selected instruments.

## PLAYFUL INTEGRATION

Contemplative listening and creative expression support the growing individual in his/her unfoldment and integrative movement towards centred, harmonious well-being. The power of sound, rightly employed, can transform personality, and change old conditioning in creative ways. Music has a direct impact through enjoyable listening and spontaneous, free play - even for people thought to have no talent. It is a rewarding experience to witness how sound itself can be the guide, leading the explorer along the path of self discovery. The journey with the instruments becomes a symbol in our search for harmony. According to the individual disposition, any of the SVARAM instruments can take the role of a sonic companion, friend, the 'inner child' reminding us of our inherent good and honeo-dynamic balance.

## REFLECTIONS ON APPROACHING SVARAM MUSICAL INSTRUMENTS



(from a letter to a friend/customer)

*"I am glad to hear that your order is well received and that the instruments find resonance.*

*As we do'nt really have instruction manuals allow me here some initial reflections: The beauty of Svaram instruments is that they can be played without "knowledge", that your novice approach exactly brings out their special gift – similar to the Zen advice to retain the "Beginner's Mind", or as an inspiration from the context of the ancient Indian Rasa Theory: let Adbhuta, the sentiment of Wonder inspire your approach.*

*The 'musical brain' is an integration of the purely logical and more intuitive faculty and invites you to experience reality through direct perception, sensing and feeling. In free exploration and the joy of discovery – as in the innocent play of a child – the unknown and the unexpected can unfold and surprise us with fresh energy, deep experience and insights. It is an uncharted path of renewed exploration, again and again being with the quality of the moment, again*



*and again, with oneself, the atmosphere and the instrument. All of which can help us to relax, align, centre, dream, express, and create – all in a light and playful way!*

*Once we manage to let the mind just observe and rest, and we tap into our inherent creativity, letting our playfulness or contemplation unfold, music seems to flow from an inner or higher source, refreshing our entire being with essential life energy.*

*Therefore, engagement with an instrument is rather like meeting an unknown friend who will turn out to be a precious companion, solidly there whenever we can open ourselves for that inner and inspiring contact. In this way to be, play, and contemplate with the instrument can unfold into an exciting journey of self-finding. The more we learn and become confident the more we can also share and invite others into this rewarding adventure.*

*You can listen to single tones and their echoes, play with one hand only, alternate left-right or with both in*

*a duo. You may also select certain tone combinations and intervals, leave them in dialogue, measure distances, explore melody lines as pathways, repeat certain phrases or mantric patterns, hum along, chant the tune, play rhythmic pulsations, regular patterns, intersperse pauses, be chaotic or well ordered, compose your own configuration, play blindly, feel, dream ... follow each note back into silence ...*

*In this way the instrument becomes your very own and your style remains unique to your personality and environment. Music is just the waking and soothing call into the awareness of a moment well lived – and spent with joy, awe and gratitude!*

*I hope that these spontaneous reflections can inspire you to set out on the adventure of discovering the beauty of music inherent in our deepest self as a gift so essential to our human existence in the mid-world between the heavens and our earth, a golden bridge to discover and travel on.”*

## NEW WAVES

After more than 25 years of experimentation with the vibrational touch and metaphysics of sound, new SONIC SOURCES and instruments are emerging and in constant development and are now available in the unique series of the NEW WAVES Sound Healing Instruments.

NEW WAVES appear on the sound-scene of the new millennium to introduce to the sensitized listener tonal material which – in contrast to the standardized western system with its equal tempered 12 tones – reflects the organic building principles of our universe and is based on the natural laws of proportion, integer numbers and pure harmonic intervals and progressions.

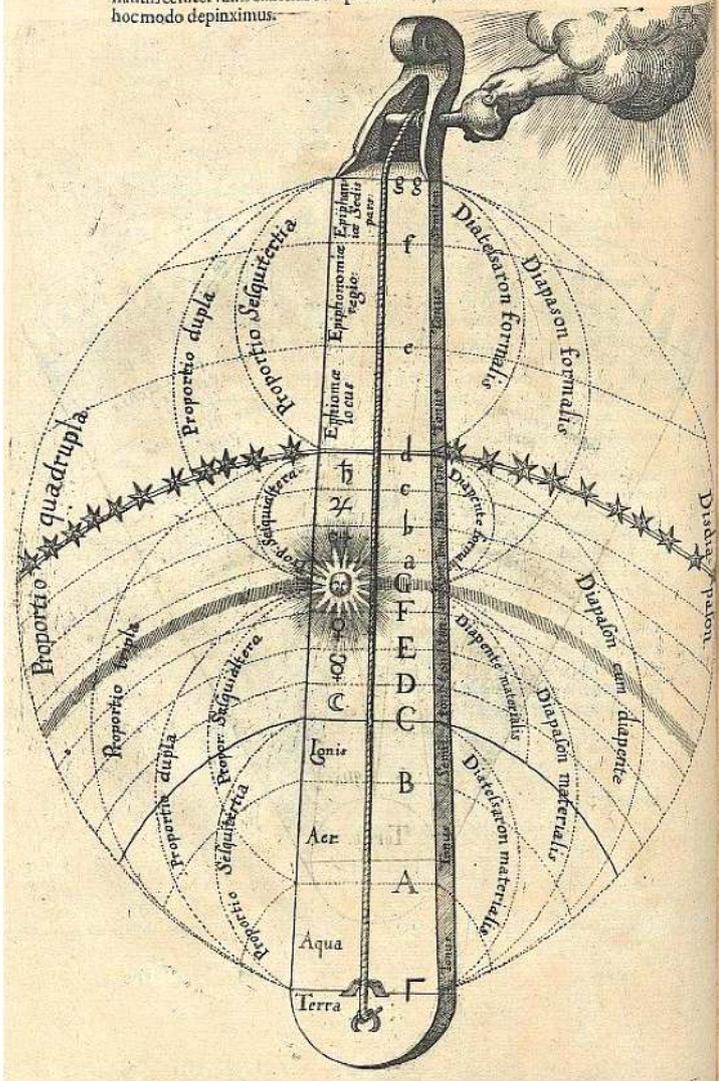
SVARAM is exploring with this new series of instruments the realm of original and ancient musical material and practices and their symbolic applications, which have risen out of a deep identification with the inherent harmonic structure of the world.

To rediscover music's sacred, healing and educational dimension SVARAM explores ancient and newly developed tuning systems. We make them available to cultural creative pioneers to experiment with a holistic approach to sound for the harmonization of self, society and the world. In a constantly unfolding process of integrating new inventions and original practices,

NEW WAVES are a growing range of innovative and unusual instruments. Our wish is that through our pioneering impetus similar activities may be stimulated and initiated in the emerging field of a community based, global culture of harmony.



Hic autem monochordum mundanum cum suis proportionibus, consonantiis & intervallis exactis composuimus, cuius motorem extra mundum esse hoc modo depinximus.



Quelle: Deutsche Fotothek

## HARMONIC TUNINGS

NEW WAVES harmonic tunings utilize the beauty and clarity of simple mathematics and pure proportions, to find a tonal expression of the inherent harmony and beauty of the cosmic play. In contrast to the standardized international concert pitch of A 440 Hz, our instruments are based on C 256, the 'SCIENTIFIC C', (the eight octave of one -1-2-4-8-16-32-64-128-...). This relates our music's fundamental pitch to the primal time unit of one second, reflecting the 24 hour, 86400 seconds rotation of the Earth around its axis – and stands analogous to our primal movement around an inner centre.

The 'Harmonic series' reflects an archetypal and prominent building principle of creation, the process of emanation: out of the One, the Many are brought forth through apparent division and multiplication. Each single sound is composed of a combination of many sounds, with varied and characteristic selections from the archetypal pattern of this harmonic series. In its fullness the series represents the step by step progression from One to Infinity, always retaining the one unifying core. Our hearing perceives, predisposed through its own organic structure and intrauterine conditioning through the mother's voice, the most simple ratios as consonant and appealing and identifies a limited range of proportions as distinct enough to be utilized in musical communication. These primal intervals can be experienced through contemplative play in their relation to, and impact on, our mental, vital and physical constitution. They can give us keys to archetypal realms, modes and states of consciousness, frequencies of energy and grades of matter.

## THE MOVING 'TOUCH OF SOUND'

Each tone of the selected scales supports and is contained in the others. The interacting combination of tones create a real symphony of togetherness and oneness. Through additional movement of spinning, whirling or swinging, the sound behind the sound appears, becomes audible ... the unified waves touch the organic system, deepening the resonance underlying all living beings. Matter is recognized in its vibrational nature, and the whole being delights in a pure experience of heightened synaesthetic awareness.

## CONTEMPLATIVE PLAY

A new approach to playing with music is asked for to support the process of learning and self-exploration, to experience the 'meaning' and potential of NEW WAVES instruments. The childlike curiosity to play with the unknown, to discover, a sense of wonder, combined with a deep listening into the depth and quality of sound and an alert reflection on its sensory impact - are all helpful in fathoming the 'message' of the specific tonal configuration. We centre ourselves, come into relation with the instrument in an attitude of communion, play with single tones, perceive, respond, invite, create, act and react, move and are moved ... The focus is on receptivity, perception, listening, sensing, and not so much on expression and doing. The function of the instruments is to open the space, environment, feeling and imagination to the realm of vibrations and bring the player's being and surroundings into resonance with its inherent musical structure and natural need for harmony.

The deepening of the sound perception works on the diverse layers of our constitution – with an immediate physical, tactile or deeper organic impact, an emotional response and possible visual, intuitive reaction – increasing the capacity of differentiation and unification in a heightened state of awareness, the phenomenon of synaesthesia in which our senses all swing together in a symphonic experience of wholeness. The vibratory, energetic nature of our existence reveals itself through the refinement of our human instrumentation, the player playing is the play – in the moving dance of New Waves!

## INSTRUMENT RESEARCH

In more than 25 years of experimentation with the vibrational touch and metaphysics of sound, new instruments are in constant development and are now available in the first few series. These prototypes of a coming generation of musical instruments as 'vibrational tools' await the interest, participation and co-creation of educators, sound healers and agents of change who as pioneers are ready to explore, work with and further the innovations in their respective fields.

*"Come into and delight in the resonance of this exciting innovation field on the surfing edge of wholesome sonic adventures!"*

# NEW WAVES – SERIES 1

This series is pioneering 'Moving/Touching Sound' wherein natural/cosmic Just Intonation tunings are enhanced and brought forward through swinging and rotating motion.

## Swinging Chimes



Incorporating ancient sound practices and innovative design, this instrument is one of SVARAM's innovations based on harmonic, Just Intonation tunings. Set on the physical C, or the pitch of 256 Hz, our Swinging Chimes offer an opportunity to tune in and align with the creative principle of the sonic field. Through an immediate exposure to the purity of natural tonal

relations, many layers of the being can be touched by the simple appeal of harmony. To bring out their special resonance, the Swinging Chimes have to be moved while playing: they can be swung gently, rotated, traversed, looped, swayed around and over the body thus creating an immediate 'touching' experience of the magic of sound, its intricate layered nature and harmonizing effect.

## Playing

1. The Swinging Chimes are held in the hand with the rope/s and are intoned with a mallet and initially are swung in a pendulum movement on the side or in front of the body. Periodically a tone can be played to create the moving resonance.
2. Tonal patterns can be played first and then be brought into a swinging state.
3. With enough space around, the Chimes can be rotated overhead. This works very well outdoors or in large rooms and is enchanting to friends lying and relaxing on the floor (eg. in yoganidra practices).
4. With more practice, the Chimes can be swung in the Infinity Symbol (lying figure 8) in front of the body or in a clock- and anti-clockwise double helix all around. These figure movements can evoke a state of deep identification with primal movement patterns in the micro-and macrocosmic nature.
5. Played and held in 2 hands like a swinging cradle the chimes can be passed over a person lying down, swinging them into a sound cradle.
6. Once the player/s are used to the basic playing and swinging, a whole dance of sounding movements can be explored. This can evolve into a similar magic gamut like the play with POI of the Maoris (and its many modern varieties) – with the touching addition of sound and resonance.

## Tunings

*Elemental:* The Swinging Chimes come in 5 elemental varieties: Earth – grounding, Water – fluid, Fire – energizing, Air – light and Ether – embracing. Available in one octave (6 tubes) or one and a half (9 tubes).

*Harmonic:* 9 pure tones representing the overtones 8-16 of the natural harmonic series (this is a small version of the ‘Sound Ray’ – please refer to its detailed description)

## Sound Wings (Rotating Chimes)



Sound Wings spread their wondrous effect through their cosmological, mathematically based tunings in combination with the rotating movement of vortex energies. Depending on the archetype and the principle of tuning, which represent diverse cultural approaches and emphases, the Rotating Chimes can bring

very specific ‘world-views’ and perceptions into direct audible and sensory experience uplifting the listener into realms of progressive harmonies of integration. SVARAM’s Sound Wings represent the basic universal and historically applied 4 musical tuning archetypes:

- The Harmonic Ray – natural, primal music,
- The Diatonic Circle – the Greek ideal
- The Spiral of Pure Fifths – the Chinese cosmology,
- The Song-Path of Indian Raga scales

## Playing

1. The Sound Wings have to be simply hung/ anchored from a point above.
2. The tonal material – single tones, interval combination, phrases, patterns and melodies – can be explored with specific added mallets. Each of the 4 models holds a rather different tuning system as described, and can be explored in the spirit of contemplative play: opening-playing-listening-visualizing-reflecting-integrating.
3. The special effect of the Sound Wings is added through a rotating movement. This can be easily archived through a spinning impetus given by the lower rope sleeve. Through the ensuing twisting of the top rope the rotating motion winds and unwinds in both directions while the striking of selected tones can continue. Through the exact proportionate tuning of the frequencies a veritable vortex of sonic energies unfolds, spreading harmonic waves into your being and place.



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

## The 4 Sound Wing Models: 1. 'Sound Ray' – Involution



This instrument represents an exact section of the natural harmonic series (all intervals from the 8th to the 16th overtone) and can be utilized as a proper scale (or “measuring rod”) to explore the nature of sound and its relationship to the symbolism of numbers, harmonics and proportions. Through contemplative playing one is touched by the ‘alchemy of sound’ and arrives at a harmonization and integration of the being.

## Contemplation

*“From one existence, consciousness stirs and vibrates forth its creative, manifold rays of light and sound”*

The tones of the instrument, as a holographic section of this ray, express the quality and proportions of the numbers 8 9 10 11 12 13 14 15 16. They can be approached through pure sounds and their relation and interplay as well as through a play with the signatures of the numbers. Through meditative play a synthesis between the different realms of sensational, emotive and mental perception can be achieved resulting in an experience of sonic identification and oneness. As a few examples: 16 is double the frequency of 8, the proportion  $2/1$  – the interval of the octave;  $12/8$  or  $3/2$  – the pure fifth;  $8/10$  equals  $4/5$  – the proportion of the mayor third;  $12/16$  equals  $3/4$  the pure fourth. 14 as the double of 7 creates with the fundamental the natural seventh, which brings the characteristic, bend ‘blues minor seventh’. The prime numbers 11 and 13 have not been used in conventional music practice (except possibly in Arabian and some folk music) and they create completely new qualities of intervals, tonal relationships.

Once familiarized with the basic expressions of the tones and numbers, intuition can guide the creative process of deepening the experiential knowledge of more complex vibrations, their constitution, expression and effect.

## 2. 'Sound Circle' – Balance



This more common, basic diatonic tuning is the classic and balanced progression within the wholeness of an octave. The archetypal 8 steps of the scale stand symbolically for the planes of consciousness; they represent our energy centres in the dynamic flow and process of the polarity between heaven and earth. The Sound Circle radiates a veritable “rainbow of sound”, rich in differentiation, centred in one source.

### Contemplation

*“A child of heaven and earth, the human being finds its centre and circumference through the play of polarities.”*

The single tones of this veritable matrix of balance and symmetry are a combination of the ascending ‘major’ forward movement and the descending gentle introspective ‘minor’ scale and was taken as the classic ideal of an inwardly centred and dynamically active human. Each step of the scale reveals its own character and can be explored in the context and with the help of the image of a perfect vertical alignment of the energy centers of the subtle body. Through this a powerful resonance and transference of vibrations can invigorate our organism and strengthen its coherence and integration.

### 3. 'Sound Spiral' – Evolution



This harmonizing instrument combines an ancient tuning with rotating movement to bring a unique sound-atmosphere in your environment. Based on a series of pure fifths – the universal “Pythagorean” tuning – it evokes the dynamics of expanding spirals, ever widening in the ascending scale, or descending, inward moving, centring spirals.

### Contemplation

*“Out of the One reflects the Two. From the union of these the Three is born. Out of the Three all things in the world are created”*

The Sound Spiral is the perfect reflection of the constantly unfolding process of creation. Each tone relates to all the others in a beautifully simple and harmonizing way. There are no tensions, only constant resolutions, support, strengthening, encouraging ... The whole array vibrates enthusiasm. This Sound Wing is taking flight, uplifting, always expanding or descending, settling into deep calm.

#### 4. 'Sound Path' – Pathways



These selected tunings are based on the ancient system of Indian Ragas. They express certain moods, atmospheres, time-cycles or specific states of being. The resulting resonance affects the inner and outer environment with a sense of a deeper perception of the soul's journey through life.

The original pathway ("Sound Path – "Awakening") is a representation of the awakening moment as exemplified in the morning Raga of Bhairav (which was carried on gypsy and mystic trails from India all the way to Spain). Its uneven steps and characteristic patterns echo the dynamic and yet reflective path of self-discovery.

Additional Sound Paths available through special order are other modal forms of the basic natural scale, symbolically tracing and echoing our journey between heaven and earth. These moods and 'colorings', based on Indian Raga scales, reflect differentiated states of personal relatedness to our surroundings and the world; they express a sevenfold gradation from intense longing to peaceful rest and fulfillment.

## Sound Stairs



These extra large horizontal chimes are rare and powerful sound sources for outdoor or large indoor spaces, and have been commissioned for meditation or wellness centres, fulfilling the function of harmonizing bells. The oversize and mass of material guarantee an extraordinary ‘touching’ sound when rotated on its hanging axis and cannot fail to inspire awe and wonder.

### **‘Earth Song’**

This pentatonic tuning is found in many indigenous cultures all over the globe and represents as an ascending major scale the primal configuration of harmony. It invites balance and joy.

### **‘Waters of Life’**

These steps follow the descending minor scale being used in the characteristically serene appeal in Tibetan and Native American traditions. It inspires the flow of inspiration and the poise of contemplation.

## Pulse Tubes



Pulse Tubes bridge the gap between sound healing and cutting-edge musical improvisation. These special effect instruments in pocket size are carefully tuned aluminum pipes. They create a pulsing effect when the resonance hole is opened and closed, giving the sound spectrum a characteristic pulsation of various speeds. The handy ‘tuning pipes’ can be used in diverse ways, speeding up or slowing down the pulsing; they will often create a refreshing atmosphere of wonder. As part of the NEW WAVES series, we are now offering a full set of a diatonic scale based on C 256, neatly arranged in a carry bag. These 7 tones can be utilized as Chakra Pulses in conjunction with work on the subtle energy centers.

## NEW WAVES – SERIES 2

While Series 1 of the NEW WAVES all have the special feature of 'moving quality' and acoustic phenomenon of the Doppler Effect through their ability of movement (swinging, rotating, circling and pulsing), the Series 2 brings all the instruments of the SONORIUM Sound Healing Sapce (see separate brochure).

Through their very precise Just intonation tunings all these instruments spread forth a beautifully enveloping and overtone-rich resonance not only touching all the cells of the organism but suffusing the layers of the subtle bodies and every corner and particle of the given space.



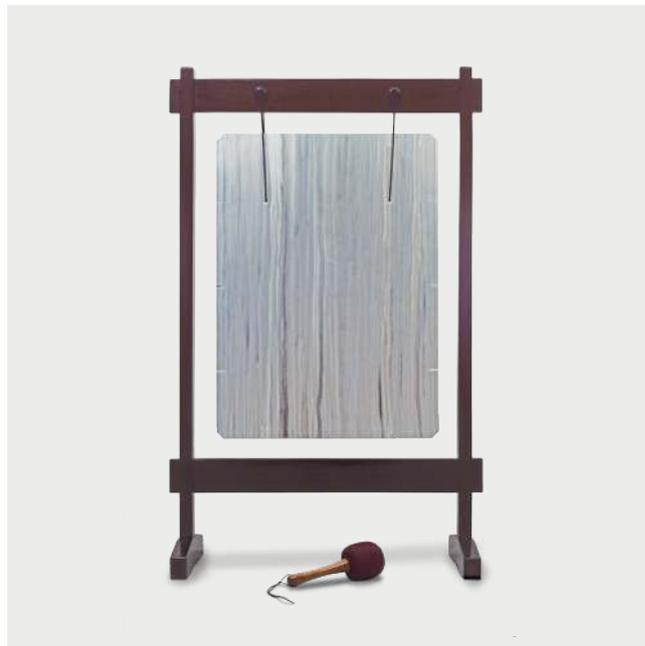
## Plate Bells Set (Shruti Thali)



A selection of brass plate bells set in the prime pentatonic excerpt of the harmonic series, refined with specialized overtone tuning enhancing purity and sustaining of 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.

The rare SVARAM Plate Bells have a powerful resonance and immediately captivate the listener, opening new vistas of touching sound perception. The experience cannot be described, but has to be felt! Besides the standard pentatonic set over two octaves we offer variations for customized commissions.

## Plate Gong – 64



The size and massiveness of this single gong helps to anchor the fundamental frequency of the Sound Space. The given tonic is the physical, 'scientific' 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. This C2 is the core vibrational foundation – just two octaves above the for humans lowest possible sound audible to humans – of all the other instruments in the SONORIUM and so far represents our deepest tuned sound.

In contrast to the more shining and brilliant brass plates this alluminium alloy has a more round, softer and gentler embracing character and creates the carrying and safe raft for any sound journey through the sonic ocean.

## Tubular Bells



Tubular bells represent another archetype of the bell like sounds and instruments which are also used in classic symphony orchestras. Our more accessible model of a selected and anodized aluminum alloy is tuned in the primal mayor pentatonic scale of the first five natural fifths of the circle of fifths, which can be found in many original cultures all over the world. This makes it a synonym of harmony and it is always a simple joy to play the bells spontaneously and freely, in a shared communication or a more introverted deepening contemplation of inner balance and harmonious alignment.

We have made customized designed sets for private houses, educational, yoga, spa and corporate setups.

## Resonating Tubes – The Golden Mean



This unique worldwide instrument is a sonic expression of the Fibonacci Series which approximates the Golden Mean. As part of our NEW WAVES series of Just Intonation tunings on the 'scientific' C 256, it represents the proportions and intervals of  $3 : 4 : 5 : 6 : 8$  and is one of the most vibrant, tuned, resonating sound sources of our experience. Similar to the Himalayan Bowls it is rubbed with a mallet on its edges to create the powerful and surprisingly long sustaining resonance, filling any space with the harmonies of pure, embracing vibrations.

In contrast to the bowls which work more in the immediate 'near field' this instrument has the intense quality of spreading throughout any given space.

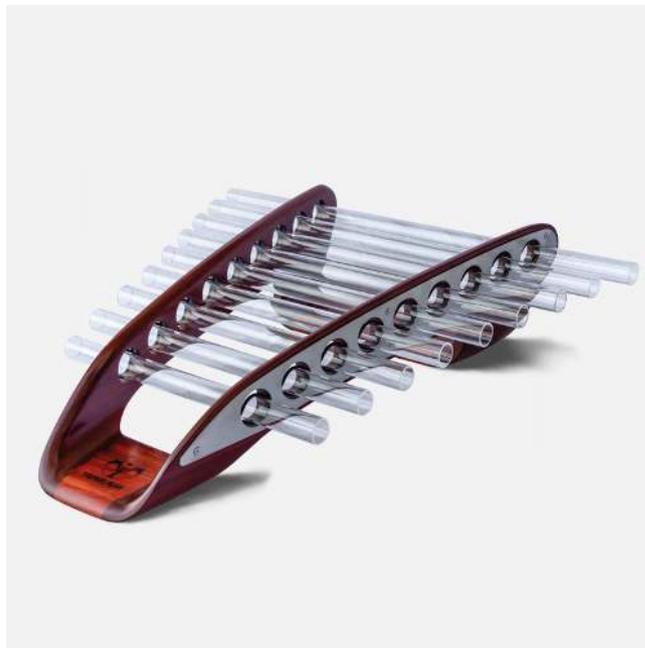
## Triad Resonators



The large size single resonators of overtone tuned bars sound in the lower octave of C3 and are the bass companion instrument to the Resonating Tubes. As a NEW WAVES instrument based on C128 they lay the low, supporting major triad 4 : 5 : 6 as a solid foundation under the intensely resonating vibration of the 'Golden Mean' etheric space. Through their grounding effect they carry an important function in sound healing work and also have this supportive role and place in the SONORIUM Sound Healing Space.

A simple, slow paced play of manifesting these pillars of the harmonic triad can give any sound session a balancing foundation and the underlying pulsation of a calm, encouraging and caring mode.

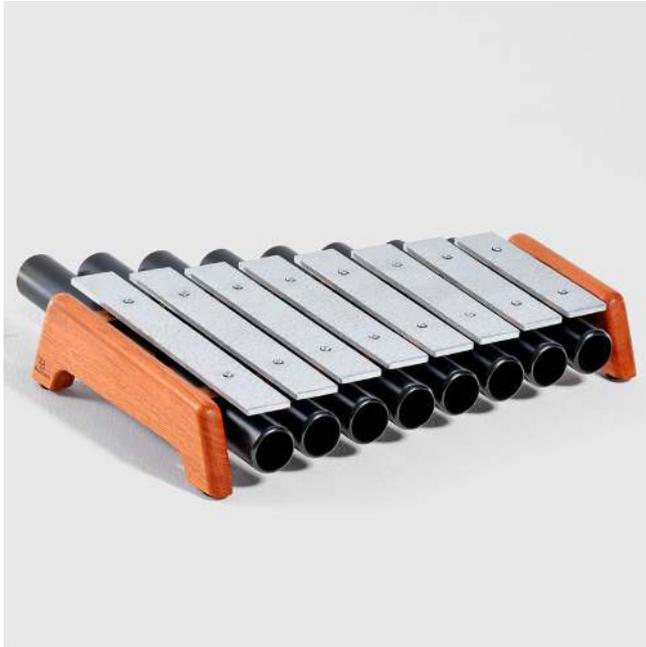
## Veena Crystal (Glassophone)



Glass instruments have a centuries old tradition due to the attraction of the unique sound quality. From the simple rubbing of the edge of a crystal glass, to intricate configured glass harmonicas and -harps, the fine sound of glass stimulates the listeners fantasy. SVARAM is proud to bring this unique feature, in the form of a set of tuned tubes, played like a crystal glass with wetted fingers, to the contemplative listener's attention. To enhance harmonizing effect of the overtone rich sound we are using pure, Just intonation tunings of the prime major pentatonic which truly create a crystal dome of sound.

This extraordinary sound source is also part of our highest quality Signatory Series.

## Svara Tarang – 256



This selected model of our range of metal bar instruments is a rarer overtone tuned instrument for fine ears. The Just intonation Svara Tarang invites deeper listening, following the slow fading of the sound that leads to the experience of resonance and silence. The clear, enlivening, sustaining and balancing sound of the mayor pentatonic is soothing to the nerves and reminds us of a gentle yet encouraging lullaby; it often closes a sound experience like a healing balm and yet with a gentle invitation to be present and grounded.

In itself it can be a veritable tuner and agent of harmony to enrich any living, yoga or healing work space by creating a sanctum of wholesome sound atmosphere.

## NEW WAVES – SERIES 3

These novel and pioneering frequency instruments don't fall into any musical category of tuning systems but orientate themselves purely on mathematical calculated frequencies which are charged with the age old symbolic content of the 7 ancient planets visible with the naked eye (including the moon and the movement of earth). As in NEW WAVES Series 1 these specialized sound sources are enhanced in their effect through additional movement, rocking ships, swinging bridges and whirling elliptics.

### **ORBITS – Planetary Frequencies**



These newly created vibrational tools are based on the scientifically calculated periodic means of the planetary circulations around the sun and their octavisation into the hearing range. Following the ancient tradition of observing and tuning into the movements of the visible planets and their trails, mythologies and energies these sonic "ORBITS" offer an opportunity to playfully explore, contemplate and become conscious of diverse cosmic frequencies and their associated qualities.





## NEW WAVES – SERIES 4

These tunings on diverse instruments explore higher harmonic primes like overtone 7, 11 and their interesting and novel listening experience and auditory impact. We also experiment here with new fundamentals based on the, in our modern civilization unavoidable, ever present electric hum of AC current of 50 and 60 Hz and an attempt to remedy, work with and come into awareness of these given drones of our daily environment.

### **Atlantis – Wind Chime**

Based on 400 hz and the 7th harmonic and its cycle, this is the natural slendro scale of Atlantic origins, the primal form of a pentatonic structure with its open space, trance inducing quality.

### **Diamond**

A metallophone using the 400 hz drone to build up a scale of unusual proportions and a surprising widening and spacious effect on the attentive listener. The ideal instrument to reduce stress and open into a diamond clear vast perception.



## OUR ARTISANS: MAHESH NARASINGHAM



From childhood, Mahesh has the knack of technical stuff and he started early serving in a mechanical workshop, cultivating his interest and talent. SVARAM values Mahesh for his inventiveness and problem solving capacity and readiness for strong actions. He started his instrument work in the windchime section and very soon moved towards acquiring a specialization. He created the Vastu Chimes, large models of chimes, upto 3 meters in length. Customers express their awe when they see the chimes and consider them outstanding. Due to their unique nature, in both size and tone, the chimes are installed on some specially selected trees all over the world.

Mahesh's musical instrument craft got a big boost through the visit of the Russian Plate Bell master-craftsman Alexander Zhicharev.

*Mahesh recalls: "Alexander had come to Svaram in 2004 to work on a set of the Russian Bells. I was keen to be the helping assistant in this special project work. Alexander gladly accepted. This contact with a master-craftsman like Alex was a turning point in my work".*

As a result of connecting with superb craftspersons from the world over, Mahesh's inherent exploratory spirit got a wonderful lift. He worked diligently on the highly sophisticated bells and their precise overtone tuning.

*"Tone by tone I learned to focus deeper and deeper on the acoustic phenomena and design innovation",* says Mahesh.

Many of the New Waves Instruments are the outcome of this dedication in the research and development wing of Svaram's workshop. The story does not end here; there are many more lovely surprises in store.

Mahesh next ventured into the co-creation of our Sound Garden installations. The inspiration behind this is the collaborative project with Austrian sculptor Prof. Josef Baier who came to SVARAM to create one of his extraordinary Bowharps. Besides delicate hand-work, this work required a great deal of heavy-duty work with stainless steel and welding tools. Mahesh rose to the occasion and assisted with the creation of Bowharps. His knowledge and skills bear fruit for Svaram in all the diverse outdoor instruments. (Please see separate brochure for SVARAM Sound Garden).

Mahesh is an adventurer at heart, likes full-moon walks and forest hikes and retreats into his solitary nature listening spaces, dreaming and envisioning new sound sources, while at the same time being a caring spouse, father and family member. He also engages in farming development and is an active force in his village of origin, still working seasonally on the agricultural land.

## SUNDRAMURTHI (SUNDARAM)



In his youth, Sundaram had come in contact with Auroville through a music education project in which he picked up harmonium playing and had his first exposure to the richness of the Indian Raga system and its wide variety of expressive scales and moods. He continues to be the musical spirit in the team always ready for some good tunes, whistling songs from the most recent movies and cheering others up with some fun and heartfelt laughter.

Around 1997, Sundaram began his journey of carpentry work in the bespoke furniture workshop of Jan, Svaram's senior Mastercraftsman. For more than two decades he perfected his craft and established a deep connection with the different materials he worked with. Sundaram had started working on wind chimes even before joining the music instrument workshop as

a senior artisans and department head. Bringing his love for music into the chime-work proved to be very fruitful.

*"I'm always ready for new tunes and raga based scales", he says with his ready smile.*

Sundaram co-created the diverse tunings and series of wind-chimes and the popular Nadi Tarang. He is one of Svaram's expert tuning specialist and his harmonium is there at the workplace for checking on new melodies or diving into different moods.

As he considers the work ahead, Sundaram says, *"The experimental work on the new series of the SVARAM ORBITS – Planetary Frequencies (Please see separate brochure) is a very engaging project in all aspects of the work: first the exploration of the unusual frequencies not fitting into the normal musical scale, the sensing of meaning and symbolism of the planets in our traditional culture, the rather challenging carpentry work on the mobile stands and holders of the ships, arches and the ellipsics, and finally, the intricate fitting works".*

The Svaram team is reassured by the familiar sight of Sundaram deep in concentration in his work; and often quietly observes and smiles seeing him working together with Jan, They recognise the strong and long-standing bond between the two, through thick and thin, stirring through the tension of technical challenges, but sure of an interesting outcome and freeing laughter.

# 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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YouTube or scan the QR Code.