AUROVILLE’S “SOUND EXPERIENCE” - AT RAJ NIVAS ON THE GOLDEN DAY!

Lieutenant Governor of Puducherry Dr. Kiran Bedi honoured Auroville with her invitation to hold a week-long continuation of Art for Land 2020 at the Governor's mansion in Puducherry. This special exhibition was inaugurated on the auspicious Golden Day of February 29th in the majestic spaces of Raj Nivas. We are extremely grateful to Dr. Bedi for her recognition and support, and we thank her warmly and sincerely!

The Inauguration's highlight was the performance by Auroville's Svaram group whose “Sound Experience” brought joy and delight to all present, and very much so to our greatly respected Dr.Bedi!

For 17 minutes of fabulous rhythmic magic, you can experience Svaram's SOUND EXPERIENCE performance on February 29th: [https://youtu.be/u_4_gvn4ar8](https://youtu.be/u_4_gvn4ar8)
Also, here’s this joyous brief clip of SOUND EXPERIENCE with “extra musicians” Dr. Bedi and her staff playing too: [https://youtu.be/-lCiMr6DEic](https://youtu.be/-lCiMr6DEic)

We warmly thank Lt. Governor Dr. Bedi for this wonderful opportunity - and Asha and Team Raj Nivas for all the coordination and support! Thank you too to Aurelio and Varun for this report, and to the entire “Sound Experience” group for these inspired moments of joy!!

**About Svaram and “Sound Experience”**

SVARAM’s inter-cultural activities are embedded in the co-creative collective field of Auroville and its bioregion. a co-evolutionary momentum between the ancient indigenous culture of the Tamil Land and the inspired, idealistic vision and integral approach of Auroville's international community.

Svaram's “Sound Experience” is its pioneering agent in the re-emerging field of Sound Healing and the Science of Sound - a new modality of deep relaxation modelled after the ancient practices of sound and healing journeys led by a traditional shaman or medicine-man of archaic societies. A strongly pulsating drumbeat, the white noise of rattles and shakers, overtone rich sounds of bells and cymbals or mantric formulations of altered voice and other repetitive sounds all bring the brainwave activity into deeper layers of an alpha state and day dreaming, inviting the participant to let go into these more fluid dreamlike states of inner seeing and exploration into the inner realms.
The modalities of “Sound Healing” are a synthesis of ancient and esoteric healing practices and modern science approaches to the vibrational dimensions of our existence and the universe.

The overall multi-sensory experience is often described as being bathed in sound, being touched and carried by the musical waves, with the refreshing effect of a deeply restful yet nicely stimulating and reinvigorating feel, as if emerging from a healthy balancing bath.
Specific overtone rich instruments like gongs, Himalayan bowls as well as standard instruments played in gentle open manners or with intensified dynamics of vibrations and stronger resonating impacts enhance and deepen the relaxation response of the parasympathetic nervous system, sustaining the awareness on the edge between dreaming and waking.
The limits of a purely outward, materialistic-oriented approach of our human development are becoming obvious...

... and now invoke and support the inherent longings and drive towards a life in harmony with self, society and the natural environment of our planet Earth.

The role of music in human life and its evolution is standing out as a binding force of peace and a harmony-creating agent on its journey through the ages!!