

Basic seminar 'The Secret of the Monochord'

The monochord in its origin is tuned only to one tone and was already played by Pythagoras, who discovered the overtone series and thus the law of the sphere harmony. Today there are many different monochord designs. The character has remained the same. The many strings produce single-coloured, that is monochrome sounds.

Even a soft swipe with your fingers creates an enveloping soundscape on which delicate overtone melodies unfold and wonderfully touch body, mind and soul.

The trainees are amazed when they balance the spherical, oceanic sounds with deliberately differentiated playing techniques and discover the variety of design possibilities. They experience everything that develops through knowledge, skill and practice, so that more and more all the beauty, power and depth of the sphere harmony can be heard.

In this seminar you will learn the principle that hides behind the monochrome sounds and why these sounds affect us so comprehensively.

The comprehension also goes beyond the perception of one's own body. In the alternation of playing the instrument, listening and relaxing, you will get to know the nature and the handling of the monochord and discover a whole new world of spheric music.

In the basic seminar, I will use demonstrations and practical exercises to teach you how to use the monochord in meditations and simple sound treatments or as an accompaniment to other meditative instruments and chants.

You will immerse yourself in new spaces that give you joy in playing, silence, security and inner peace. Musical prior knowledge is not necessary.

Topics of the seminar:

- History of the monochord
- Organology (study of musical instruments)
- Principle of operation - first immersion in the world of overtones
- Sound and the connection hearing-feeling and understanding
- Learning playing techniques
- Tuning, maintenance, changing the strings
- Practical exercises involving various playing parameters
- Introduction to sound meditation and contraindications
- Introduction to different body of sound