



This is the Tibetan symbol of AUM or OM or AHM

The Picinini monochord is precisely tuned to the frequency of the OM or Anahata (Heart Chakra), which is also the Earth Year tone/frequency.

The secret of the meditational effect of India's music lies in this primordial tone. In this meditational space, the physical slows down, the energetic speeds up and in this timelessness, one's 'I', me, and my story dissolves into an alchemical consciousness of healing and pure awareness quickening. Always, space must be created to allow something to enter for a spark to happen.

I celebrate my heart Guru, whose name is Akong Rinpoche.
His name begins with the "A" the same as the Aum syllable.
(The heart, the Anahata, the Aum.)



OM is the primordial sound of the universe, produced at the time of creation. Rigveda describes OM as Aparimita (infinite), Rooprahita (formless), and Sarvavyapi (all pervading). The cosmic eternal sound connects all living beings to nature and the universe.



This HUNG, the Tibetan seed syllable is placed in the Heart centre.

At the top is the Flaming drop Tigle (Tibetan) & Bindu (Sanskrit).

Of the 5 senses, the Tigle is representative of Hearing.

Of the 5 elements....Earth /Touch; Water/Taste; Fire/sight; Air/Smell; Ether or Space/Hearing (Shabda)



I his mystical symbol is used on our Monochord.

This Flaming Droplet, NADA = Most subtle Absolute wisdom. The connection 'between', that pulse, that consciousness, that mystical source, that 'unstruck' sound.

Flaming droplet representative of **Fire** (ascending, light, enlightenment) & **Water** (descending, purification).

'Unheld' in the Crescent = Mirror-like wisdom; the infinity entering the temporal moment; the marriage of as above, so below through the vehicle of emptiness and everythingness undisturbed naturally; Radiant Creation igniting continually.

Nada is the subtle & perennial Sound; Sound within Silence of Compassion & Peace. Nada is the first stirring within, that heralds the beginning of the evolutionary process & from which radiates energy and matter : – space, formless atmosphere, fire, water and earth – the basic constituents of the ever-evolving universe. Nada is also experienced by an unagitated mind that leads to eternal bliss.

The Sanskrit word Nada translates as sound, tone, or vibration, so **Nada Yoga** usually means "union through sound," or the "yoga of sound." The ancient Vedic texts say the universe was created as pure vibration. They called **this cosmic sound, Nada Brahman** and it is the same sound vibration of the OM /AUM mantra.

Literally, the sound, noise, chime; **Mystically**, the eternal Sound or Melody, (the Holy Word; the Audible Life Stream) the Sound Current. Used in the Upanishads and later texts for the Sound which created and maintains the entire universe.

Due to its spiritual nature Indian music, finds its origin from Nada Brahma. The word 'Nada', originated from 'nadyate'. Nada is of two kinds Ahata and Anahata (heart chakra).

Anahata is described as super human sound, which is not audible to an ordinary human being. The sound of the celestial realms. In Sanskrit, Anahata means "unhurt, unstruck, and unbeaten".... meaning that beneath any personal suffering and heartbreak, resides unconditional love and compassion.

Ahata / struck sound deals with the vibrations that can be perceived outside of the body and is the one which is audible to human ear.

The History of the Monochord

It was used as an instrument as early 300 BC by Euclid and as a scientific instrument by Pythagoras in the 6th century BC. No one knows when it first appeared, as its origins extend into prehistory.



Pythagoras who was a Greek philosopher, and also a great mathematician, mystic and scientist. He imagined a serene, harmonious order presiding over the Earth and the heavens. He saw a well-proportioned, mathematically perfect order which corresponded in the harmonies and tones heard in the monochord. Pythagoras proved the association between the world of numbers and the world of musical sounds upon the Monochord which tradition holds, he invented.

This instrument originally consisted of a single stretched gut-string with a moveable bridge, which when precisely divided, demonstrated the mathematical ratios (logos in Greek) of musical intervals and the harmonic laws. E.G. C Major chord consists of notes of CEG. E is the mathematical ratio of 5:4 (3rd). G is the mathematical ratio of 3:2 (5th).

In the 16th century Robert Fludd summarizes his assertion of the underlying harmony and congruity between the macrocosm, man and the microcosm. In his 'Divine Monochord' he shows a double octave representing the harmony of the universe, 'musica mundana'.

Buddha's first utterance after enlightenment, spoke of 'the drum of immortality' which he wanted to make heard throughout the world. Here he compared the eternal law of the universe with the rhythm of the drum as a heart experience.

I invite you to walk towards your Dream with Sound and you'll 'Live the Dream' instead of hoping for it. We can make our individual Dream sacred through impeccability and by 'doing' so we also then feed the World Dream.
The gong is sounding for each of us to step into alignment and resonate in awareness.

