

# SONIC SHAPES

(previously known as ShapeTapes)

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## WHY THE SHAPE TAPES ARE DIFFERENT

The Shape Tapes are a significant step forward in the healing arts.

They contain sounds specifically designed for healing.

They work on a deep level and have a powerful transforming effect.

They produce specific effects rather than create a general mood or atmosphere.

They have harmonies and rhythms designed to enhance both the listening environment and the listener.

Their resonance patterns produce more definite responses than relaxation music.

The precision and accuracy of mathematics and computer technology is used in their development.

Sacred Geometric patterns and forms are used in the programs.

The sounds on the tapes are derived from these forms to give a new type of sound composition.

Each Shape Tape can be used to enhance homeopathic and allopathic healing.

Shape Tapes are safe and easy to use.

## EFFECTS OF SOUND

Sound fills out our experience of being alive and adds a dimension of richness to our lives.

Primitive cultures use regular drum-beats to induce enhanced states of awareness in which members can share in the link to their historical and mythological roots. These they express through dance and chants as sound and rhythm. This shared experience develops a strengthened sense of belonging to the whole and expresses their cultural heritage.

In modern cultures a similar phenomenon occurs. The powerful, repetitive rhythm of popular music creates a sonic environment with which people identify. Football songs, martial music and religious music create a group energy which causes people to identify with the action of the group.

Sound affects our feelings and reactions. Jazz has a stimulating effect, the randomness of rhythm simulating the universal principle of random change. The regular rhythms of classical music create a feeling of harmony and integration.

The individual notes of different instruments can create particular effects. The clear resonance of a flute evokes images of mountain streams, causing a feeling of clearing and revitalising.

Even the memory of sound can affect your mood and internal state of being. Think of the splash of a waterfall or stream, the singing sound of waves on the sea shore, feel yourself relaxing and breathing more deeply.

Discordant sounds, such as an electric drill or an alarm going off suddenly can give rise to tensions within your body. The sounds of a crowd at a sports gathering or pop concert can increase your heart-beat causing a feeling of mounting excitement.

Experiments show that different notes create very definite, repeatable effects on or through physical material. A well known example is the high note of a soprano shattering a glass. The resonances and wave patterns of sound create powerful morphogenetic fields which influence feelings, mind and body.

## EFFECTS OF THE SHAPE TAPES

Each of the Shape Tapes creates specific effects.

SQUARES earths and reassures.

CIRCLES relaxes and nurtures.

TRIANGLES stimulates.

FOUR LEAF CLOVER expands and centres.

ROSE sensitises.

HELIX rouses, moves and excites.

LINES brings clarity and focus.

In their design they mirror the workings of the Cosmos. Each tape starts from primal root sounds which go through subtle transformations, unfolding and growing, transforming and reforming around the original seed sound as you listen. This creates an audible tapestry of sound with an orchestral richness which gives an aural massage to the brain.

The image created by the sound patterns can be seen on a visual display unit as complex geometric images in constant motion and change. Videos of these transformational patterns will be available in the future.

## CHOOSING YOUR SHAPE TAPE

You may find that you have a feel for one of the shapes, that you quite definitely know which one is yours. It seems to “fit”. When you hear your own Shape Tape you will recognise it. Some people experience a sense of deep relief, others report feeling comfortable while others say they recognise their own resonance as they listen. Check through the characteristics of the Shape Tapes and choose the one which seems to be closest to what you know of yourself.

Sometimes you may need to try more than one. For example, your basic shape,

say Circles, may be overlaid by a current situation which is a Triangles type one. In this case, use the Shape Tape that resonates to the present situation until you find your inner harmony.

At first some people report a feeling of mild discomfort. This is normal. It is your body registering the feeling of the disharmony that is present. You will find that it soon passes. As you play the tape it will gently work to bring your internal resonances into harmony, balancing and tuning any internal disturbances.

## LISTENING TO THE SHAPE TAPES

Because the Shape Tapes have a wider acoustic range than music, they sound unfamiliar at first; you may take time to attune to the breadth of the sound. Listen for short periods at first until your ears become accustomed to the higher frequencies which are included to heal and balance your being. The more familiar lower frequencies carry the sonic patterns.

Try using the tapes as background, enhancing your environment while you carry out other activities, or listen to the Shape Tapes with the volume at the lowest audible level. This can enhance their facilitative effect, and in no way reduces their efficacy, as the resonances will still achieve their effect.

## METHODS OF USE

In the allopathic method, problems and symptoms are dealt with directly. Using the information provided in this book, select the symptom which is nearest to your present state, and choose the tape which counteracts this. For example, if you feel ungrounded use Squares. If you are mentally fatigued or worried use Helix. If you want to get in touch with your emotions or your feminine side use Circles. If you have difficulty shaping ideas and developing creativity play Triangles.

In the homeopathic method the whole person is treated rather than specific problems. Using the principle of curing like with like, choose your basic shape, select and listen to the corresponding Shape Tape. The resonances will put you back in shape quickly and effectively.

A further method of using the tapes is to select the Shape Tape which is closest to your current mood. For example, if you feel depressed or stuck play Squares, if you are hyper-active and can't stop, use Helix. When you are ungrounded and spaced out, listen to Lines. Use the tape which corresponds to the pattern of your present mood and you will find it will take you through your pattern and beyond allowing you to refind your harmonic balance.

The Shape Tapes can also be used for self development to develop specific qualities in your being. For intuition, use Rose, play Four-leaf Clover to open up your heart, or Lines for your higher mental faculties.

## SHAPE TAPES AND CHAKRAS

There is a correspondence between the seven shape-tapes and the seven chakras. These correspondences can be used for dealing with specific issues related to those areas, i.e. Four-leaf Clover for heart problems, Circles for menstrual disturbances, Helix for headaches. You can also use them to meditate into a particular chakra to discover and develop that energy.

Everyone has all of the rhythms and shapes to some degree, with a preference for one which is like a leitmotif, a recurring theme. If your basic shape is a Triangle, for example, that doesn't mean that you only operate from the solar plexus. Your basic type is like the preferred key in which you play the other shapes. So a Squares basic type of person would "play" Circles, etc, with a Squares overtone.

These are the correspondences:

squares base chakra

circles sacral chakra

triangles solar plexus

four leaf clover heart

rose throat chakra

helix brow chakra

lines crown chakra

## THE INDIVIDUAL SHAPE TAPES

### SQUARES

Select Squares if you are a matter of fact, practical, down to earth person.

You have the capacity to handle the world around you with relative ease. Others admire this, seeing you as self contained.

Yours is a reassuring energy, making you a comfortable and comforting person. Often you provide a shoulder to cry on and are good at comforting others. However, you don't look after your own emotions too well.

You are often extremely creative, interesting and stimulating to be around. In less balanced moments you have a tendency to take these qualities for granted, and think nothing of the things you do, due to your unassuming and self-effacing nature.

When you are out of harmony with yourself you can feel boxed-in and trapped and may act irritably and aggressively towards others or be inclined to arrogance.

Squares are four-dimensional, balanced and predictable. Playing this Shape Tape gives a feeling of solidity. It is reassuringly stable and safe. The repeated rhythm relaxes and soothes, bringing a feeling of inner satisfaction as it puts your feet on the ground, earthing you.

The Squares Shape Tape is an ideal accompaniment for massage and healing. Play it quietly as you are working. You will find the resonance patterns gently bring frazzled energies back into rhythm, soothing and calming, freeing your energy to take the healing deeper, saving your labour.

Squares are ideal for people who are not able to receive, shutting themselves off from emotional and physical nourishment, and for those who have been damaged on a deep level by past experiences. Use it for people who are ungrounded and have difficulty dealing with physical reality.

Use Squares for men and women who have difficulty in dealing with their male side and for those who want to be out in the world but are struggling to get their projects moving.

Squares are ideal for depression, lethargy and despair or when the realities of the world have got on top of you.

## CIRCLES

Choose Circles if you are a nurturing person. You favour operating through your feelings rather than your mind and you may well choose a career in a caring profession. When you do get involved in mental activity you are likely to prefer creative right-brained thinking to logical analysis. Your insightfulness enables you to see patterns between events which to an outsider seem disconnected.

This ability to see patterns and wholes enables you to draw conclusions accurately and see answers directly when others are still thinking of the questions. However, this kind of creative thinking can appear to others as evasiveness or complexity. Your tendency is to avoid giving straight answers to straight questions.

As you move from one thing to the next, pinpointing what, to you, are clearly essentials and leaving other aspects till later, others often view you as disorganised.

When you are out of centre with yourself you tend to go round the point, lose your sense of direction, become muddled in your thoughts and life as you spend time chasing your own tail. Others then describe you as confused and muddle-headed. Your care and compassion can lead you to be taken advantage of by others who may see your natural generosity and gentle heart as naive.

Circles Shape Tape symbolises softness. It is curving, endless with a rhythm which gently rises and falls, mirroring the inner cycles of your being, relaxing and reassuring you with a familiar motion.

Circles Shape Tape, like Squares, is useful for healing and massage. Use it in any situation where you need to create a relaxing and soothing atmosphere for yourself and others.

Circles can be used to stir awareness of the feminine side in both men and women, or to awaken forgotten memories of childhood and nurturing; use it when you need holding and caring, to help to release the buried emotion which may be blocking the path to your boundless creativity.

Use the Shape Tape to help others who want to touch their creativity with their thoughts and actions but who rely too heavily on logic.

Use it for those who have lost their sense of direction and are going round in circles. It will help them to let go and to relax into their own rhythm.

Playing Circles helps to relax menstrual dysfunctions and cramps, eases intestinal disturbances and is a good support during childbirth.

## TRIANGLES

Triangles personalities are mentally agile, intuitive and quick witted. Their speed of thought and action can cause others to feel envious. These people are creative with ideas rather than materials preferring other people to handle the mundane details.

Others find you stimulating, challenging, enthusiastic and fun to be with.

However, your fast moving pace can make you impatient as you wait for others to catch up. Your speed and sharpness is your strength, you cut through to the real issues with masterly strokes yet it has a sharp edge - you don't suffer fools gladly. Sometimes your sharp perceptions are turned inward on yourself, causing you to be overly self critical and intolerant of your own vulnerabilities.

When you are at your peak you act swiftly and surely with poise and speed. This makes you a strength in times of crisis. In less urgent times your decisiveness can cause you to put ideas into action before they are fully developed. In your speed to move on you may not notice that they haven't taken root and rush off to try something else.

You act impulsively, preferring to be decisively on the move. This need to get on can lead to anxiety in situations which are blocked and slow moving causing you to suddenly explode into action or emotion as you release the built up tensions.

The Triangles Shape Tape has a focused, sharp and mobile quality to the sound, it pulses with clarity and resonates as it hones your energy, sharpening your senses to a fine balanced edge.

Use the Tape to rouse you and get your energy moving, to shift lethargy or boredom, to sharpen your hearing or sight, or to heighten your senses and awareness of life. Use it for clearing, to clean and revitalise yourself and your environment or to brighten and release heaviness in yourself or others.

Play Triangles to release the high tension of anxiety and stress, to bring focus and activity.

## FOUR LEAF CLOVER

Listen to Four Leaf Clover if you are warm and friendly, with a touch of reserve. Your inner stability radiates to others as a gentle strength, an unassuming and quietly open enthusiasm. You are prepared to try new things and will finish them, too, possibly completing other people's half finished projects as well.

You are fairly practical and in touch with your emotions. You are perceptive in an intuitive rather than an intellectual way. You gently encourage others to be and do what they can, but you are prone to taking on the problems of others, allowing yourself to become burdened by responsibilities that no-one else will handle.

The inner shape of the Four Leaf Clover has a stable centre which produces a mobile and stable rounded sound, yet it is multidimensional and expansive, relaxing without lethargy. As you play the tape it will give you a sense of extending your boundaries while staying in touch with your centre. You will feel you have more room to breathe. It is a nourishing, satisfying sound.

The tape can be used for balancing, centring and toning.

Use it when you need gently stretching or extending, when you or your friends feel limited or restricted. Use it to reach for the stable centre of your emotions or for when you feel burdened by responsibilities and your heart is aching.

When you are stretched to your limit Four Leaf Clover will lift you back to your centre.

## ROSE

Rose people have highly tuned senses, particularly of touch and smell. They are natural introverts, mystics and psychics. Their sensitivity to atmospheres and emotions gives them a certain delicacy which is expressed as gentleness and emotional openness. However, that sensitivity can also be your weakness. Unless you have learned to honour it, your fineness of sense can become fragile and brittle. Your inward way of perceiving can cause you difficulty with linear, logical structures and with physical realities.

The Rose Shape has an inner subtlety and complexity which is softly defined by the high, light, delicate sound quality of this tape. As the sounds build and resolve round high, light tones, they create a soft focus which draws you towards your sensitivity and lightness of being.

This tape is ideal for centring and inner tuning. It will help you to contact your more inward aspects, to explore your sensitivity of being and to develop intuition.

This is the Shape Tape for those who need peace, quiet and restoration. Use it when life feels too rough, to provide a respite from the battering of the world. It will restore your sensitivity without over-stimulating.

## HELIX

Helix people have lots of energy and intensity. They are thinkers and doers with an ability to see and plan ahead. In your enthusiasm you always have half a dozen projects on the go while your exploratory nature encourages you to try new things. You are mentally active, restless and curious. Trusting your thoughts rather than your feelings you don't have time to be vulnerable. You may work in big business or high pressure situations but your high energy makes you prone to overworking. In times of stress you can find it difficult to stop, always rushing onto the next thing.

The Helix shape is in constant motion, free flowing, reaching outward, upward before returning transformed. It is a symbol of life. Like the double helix in the structure of cellular DNA. it speaks of infinite potential.

The sound of Helix Shape Tape is rousing, forward moving, reaching outward to an energising crescendo. It creates rich varied images, stirs feelings of excitement and variety as its sounds draw you out, waking you from inner sleep.

Use it to hold attention, focus mental energies and bring concentration. Use it for studying or exams. Use it to help focus and direct your thinking at times when you need to plan or to think clearly and seem swamped with feelings. If lethargy or inertia sweeps over you use Helix to awaken your attention to the possibilities ahead.

When you suffer from the strain of mental overload, headaches and stress use Helix to relieve the tiredness of over-activity, to calm the mind and to refresh and alert you again.

If you are wound up it will calm the hyper-activity to a more manageable speed without blocking the natural high.

## LINES

Lines people are tuned to the abstract, to principles rather than practice. If you have a preference for spiritual dimensions Lines is for you. Your intellectual brilliance may draw you to higher mathematics, philosophy, music, poetry, art or science where your special sort of sensitivity, the sensitivity of the mind, finds a place. Your tendency to live in your own specialised world of thoughts may cause others to think of you as aloof, which can make you feel isolated and misunderstood. You are single-minded and persistent, prize freedom, and have the ability to organise and categorise in a very logical way.

Undeveloped Lines scatter their attention and energies to the four winds. Lacking contact with the earthy realities they can easily become space-cases, drug addicts or drop-outs, or they try to impose linear structures and logic onto everything in the world around.

The Lines shape is that of beginnings, of sequence and order. It speaks of birth, of movement forwards, or directness and efficiency.

The Lines Shape Tape suggests the origins of sound, with a high frequency whispering in the distance almost as though it is out of reach of the everyday world.

Use the Lines Shape Tape for bringing scattered thoughts and energies back into line, to help those who cannot organise their lives or if you want to develop your higher mental abilities.

Lines is for those who have a driving need to line everything up for themselves, for those who sort and over-organise their lives and experiences rather than integrating them. Use it for the overly single-minded who are only able to pursue one thing at a time.

It will focus without distancing you when you feel spaced out.

## SQUARES CHARACTERISTICS

Developed:

matter of fact  
practically creative  
reassuring  
stable and secure  
unassuming

Undeveloped

feel restricted by daily realities  
limited in outlook and expression  
depressed  
lethargic  
emotional denial

## CIRCLES CHARACTERISTICS

Developed:

nurturing  
intuitive/emotional  
right-brain creative  
see wholes and patterns  
tender hearted

Undeveloped:

unable to receive  
muddled, overly emotional  
go round in circles  
illogical, can't think straight  
easily taken advantage of

## TRIANGLES CHARACTERISTICS

Developed:

energetic, enthusiastic  
fiery, creative  
mental/intuitive  
fun-loving  
quick, with an alive 'edge'

Undeveloped:

impatient, quick tempered  
can't finish things  
can't handle vulnerabilities  
anxieties and tensions  
sharp, intolerant

## FOUR LEAF CLOVER CHARACTERISTICS

Developed:

expansive, encouraging  
warm though reserved  
gentle strength  
quietly creative  
practical/intuitive/emotional

Undeveloped:

resigned, overly accepting  
take on others problems  
lack assertiveness  
overly responsible  
don't take care of own needs

## ROSE CHARACTERISTICS

Developed:

sensitive, delicate  
gentle and open to others  
psychic/intuitive  
artistically creative

Undeveloped:

fragile, fragmented  
involved with own problems  
absorb negativity  
overwhelmed by daily realities

## HELIX CHARACTERISTICS

Developed:

energetic, active  
curious, enthusiastic  
inventive, exploratory  
mentally creative

Undeveloped:

tense, stress prone  
hyperactive  
restless  
mind dominated

## LINES CHARACTERISTICS

Developed:

mental/spiritual  
brilliantly creative  
logical, methodical  
sensitive  
gives space to others

Undeveloped:

aloof, abstracted  
spaces out easily  
overly linear and controlling  
scattered  
can't handle emotions

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## COMPOSER'S NOTES

The Shape Tapes are based on a simple concept. The tone colour of a single note is modified by computer, in a very intricate delicate way. The sounds are created on a single note, the only variations being its overtones, giving a changing, rich, inner texture.

It is an unusual way to conceive of sounds, the details being internal. There is audible unity which conveys an "aural massage".

## INSPIRATION AND ORIGINS

I have always been interested in the Indian instrument called the tamboura which provides a drone or static backdrop to the foreground instruments. La Monte Young's music with notes of long duration, and Terry Riley's use of repeating melodic cycles, have developed for me a sense of "the constant" in music, with focus upon the subjective end of musical experience, which, arguably, is where it all happens anyway. In this context Laurie Anderson says "The problem of New Age Music is that it tries to be interesting and drone-like at the same time". The Shape Tapes are.

I wanted to find a way to produce rich, developing sound sequences that would continue for long periods without having to design every single moment. A computer can control to a millionth of a second what happens to a sound. Compared with this crotchets and quavers seem clumsy.

## TECHNIQUES

Shape Tapes are made possible by new and flexible methods of tone generation - digital sound, familiar now with compact disc and digital synthesizers. The shape of a sound wave is controlled by numbers that define complex, precise details which can be modified quickly and smoothly. The tone of a note is shaped with such dexterity that it becomes magically alive.

## THE PROCESS

Each of the seven Shape Tapes is characterised by a seed shape which is also a wave form, and a modifying shape which determines the configuration of changes. All the wave forms of TRIANGLES, for instance, are designs animated by the Triangle seed and Triangle modifier. The interaction of seed and modifier creates lively, ever-changing patterns which are always in triangular sub-patterns. You are literally hearing triangles. Not one triangle wave (which is the static sound heard at the beginning of the tape before the cycle begins) but a field of sound shot through with triangular patterns that constantly develop, evolve, simplify, complexify.

## DESCRIPTION

The sound is drawn from a palette of 127 harmonics, spanning 7 octaves. These harmonics form sounds that progress over the fundamental one, in line with the changing waveform.

Each Shape Tape uses a characteristic pattern of harmonics. Like a flickering candle flame or a wind blowing across a lake that picks up reflections of small fragments of cloud colour, the harmonics move up and down over the base pitch. They form clusters of tones which condense and reform endlessly.

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