

CRYSTALLINE

Crystalline - Becoming Atoms

Soundscape – by Loulou van Ravensteijn (Louloudji)

The Crystalline – *Becoming Atoms* soundscape brings you to the core of being, and back to the universal setting, by travelling through three separate sections, in which the world that we know is slowly deconstructed to atomic and subatomic level, to reach the sublime state of simply being balanced but in flux.

In section I, we receive sound energy based on vibrations familiar to us; sounds of nature, water, insects and birds. We can sense when something is wrong in our body, we can sense when our emotions are heightened and altered. This world is a world we can relate to and can make sense of.

In section II, the soundscape takes you from forms you know to the abstract world of atoms and colliding particles. How this works is quite unraveled by science. But even though it's our everyday reality, we are not conscious of our existence at atomic level. In this section we break down our reality and travel to the atoms in our body. Here, structure is constantly being altered by varying forms of energy. We deconstruct ourselves to heal ourselves. A true meditation can be uncomfortable at first, but there is beauty to surrendering to truth and consciousness, whatever that may be.

In section III, the vibrations take you to the core of an atom, the subatomic field, where there are no fixed positions but only probabilistic fields or clouds. Both known energy and quantum energy influence this field. The quantum reality works in an entirely different way than the physical reality we know. Humans try to understand it but are not yet successful. At this subatomic level, particles can become waves and turn into particles again. It is so abstract, that the ways it alters our reality is not yet understood, except that it does, in fact, alter our reality. At this level, particle entanglement can happen, time and space does no longer exist, and the soundscape takes you to a subatomic sublime.

The section contains Solfeggio frequencies, that refer to specific tones of sound that are believed to heal the mind and body. They date back to fundamental sounds in Western Christianity, Eastern Indian religions, Gregorian Monks and Indian Sanskrit chants.

CRYSTALLINE

Each section starts with a poem.

Section I

Crystalline

*in the cathedral of earth
embrace crystalline sounds
our souls as church hymns
earth holds her as pillars
mountains as history told on walls
above a towering sky
an infinite roof*

reminding us

*every place, a sacred place
conjunction of earth, wind, metal and fire
in which we find ourselves, humans
solitary
but always in symbiosis*

Section II

Becoming atoms

*when I move to the center of the earth
I feel every atom in my body changing
every part of me
every building block
is deconstructed*

*and I become one
with alle the other atoms
slowly
I dance in the sea
of atoms*

*only some
consciousness
of me
is attached to
a few of them*

realising I can move through it

CRYSTALLINE

*and touch of all it
influence all of it
I am all of it*

Section III

Human Particle

*hey
how are you?*

*what an experience
to be on earth*

*do you see it?
when you look around
how strange everything is?*

*and yet so familiar
there is always something
that feels so close
but we cannot grasp*

*it is out of reach
and yet, it feels like we are
completely immersed in it*

*do you remind yourself sometimes
that you are made of everything*

*we are not separate entities
objects moving in space*

*we are one thing
one organism*

Loulou van Ravensteijn (producer, lyricist, vocalist)