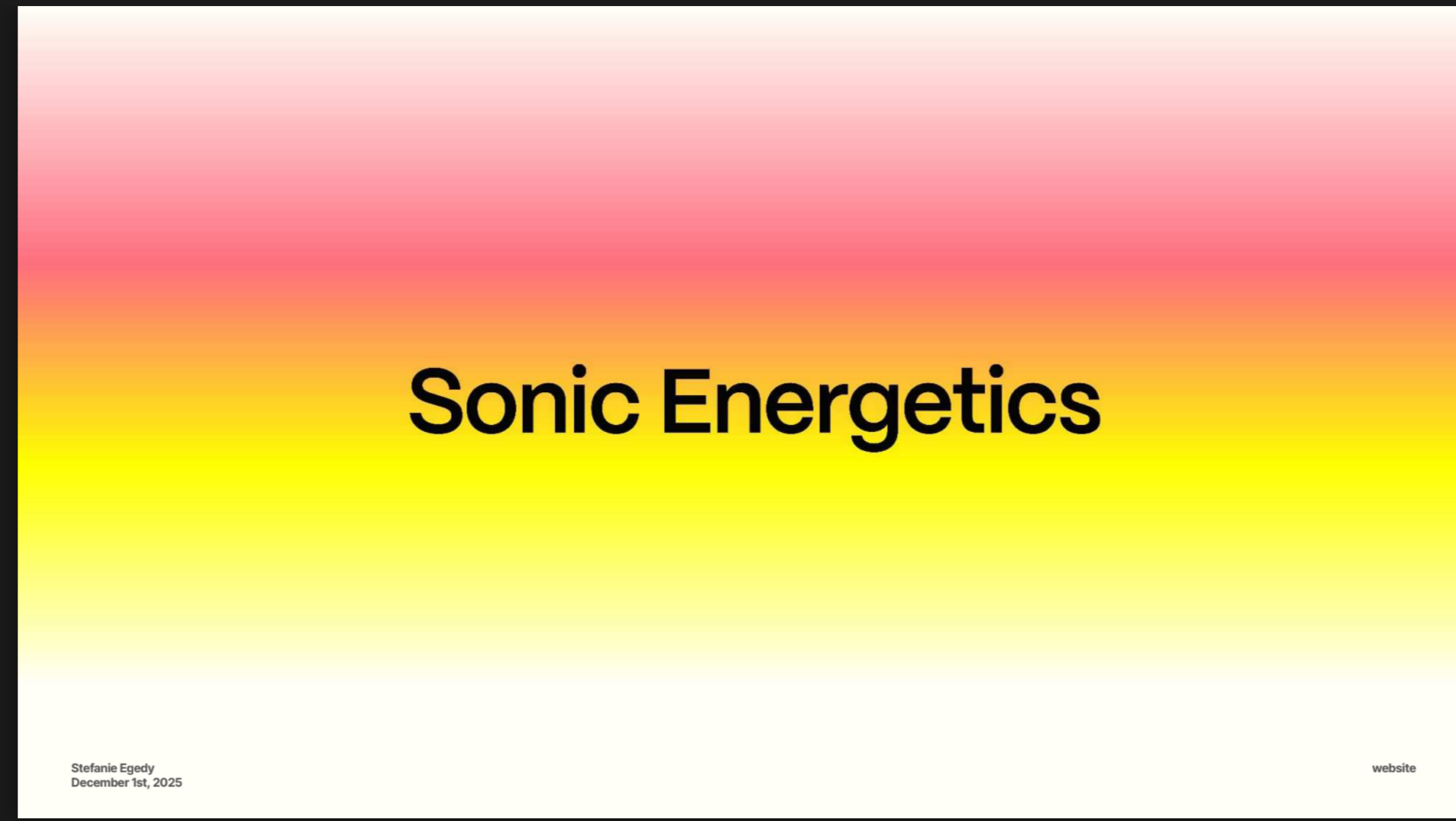
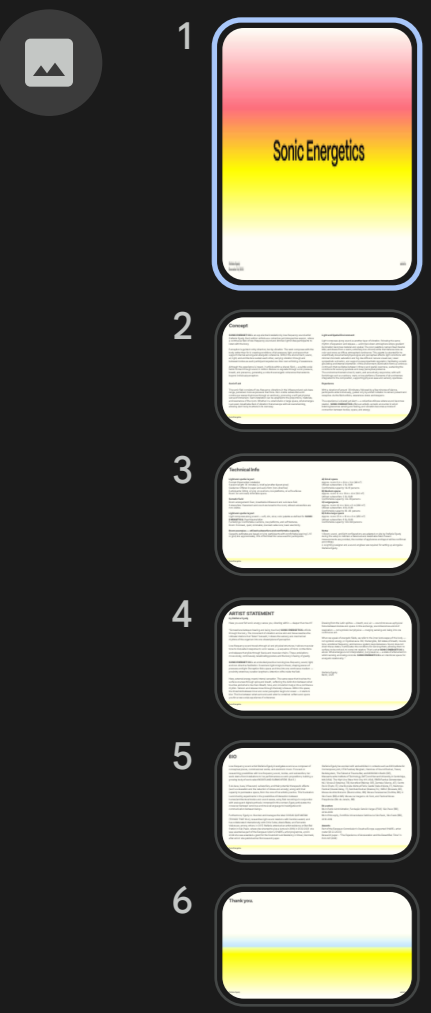


Sonic Energetics



Concept

SONIC ENERGETICS is an experiential installation by low-frequency sound artist Stefanie Egedy. Each edition unfolds as a collective yet introspective session, where a continuous field of low-frequency sound and dimmed light invites participants to listen with the body.

Perception is guided not by direction, but by vibration. The work composes with the body rather than for it, creating conditions of air pressure, light, and space that support internal sensing and energetic coherence. Within this environment, sound, air, light, and architecture sustain each other, carrying vibration through and between bodies as each participant experiences their own unfolding of awareness.

Although the experience is inward, it unfolds within a shared field — a subtle social fabric formed through sound in motion. Bodies co-regulate through sonic pressure, breath, and presence, generating a collective energetic coherence that extends beyond individual perception.

Sonic Field

The sonic field consists of low-frequency vibrations in the infrasound and sub-bass range, perceived more as pressure than tone. Non-visible subwoofers emit continuous waves that move through air and body, producing a soft yet physical sense of immersion. Each installation can be adapted to the proportions, materials, and resonance of the room. Whether in a small studio or large space, what emerges is an even, breathable field of vibration that envelops without overwhelming, allowing each body to attune in its own way.

Light and Spatial Environment

Light composes along sound as another layer of vibration, following the same rhythm of expansion and release — a dimmed-down atmosphere where gradient illumination becomes material and spatial. The color palette is named *Pearl Neutral Mist*, and draws from a warm, extremely low-chroma white that behaves less as color and more as diffuse atmospheric luminance. This palette is selected for its scientifically documented physiological and perceptual effects: light conditions with minimal chromatic saturation and fog-like diffusion reduce visual load, lower sympathetic activation, and support parasympathetic regulation, facilitating somatic grounding and internal orientation. In this environment, illumination forms a luminous continuum that oscillates between intimacy and spatial openness, sustaining the conditions for sensory quietude and deep perceptual presence. The environment remains low-lit, warm, and acoustically responsive, with soft furnishings such as cushions, mats, or low platforms. Elements of air and texture integrate into the composition, supporting physical ease and sensory openness.

Experience

With a duration of around 30 minutes, followed by a few minutes of silence, participants enter individually, guided only by a brief invitation to remain present and receptive. As the field unfolds, awareness slows and deepens.

The experience is shared yet silent — a collective stillness where sound becomes relation. **SONIC ENERGETICS** offers an artistic-somatic encounter in which listening becomes sensing and feeling, and vibration becomes a mode of connection between bodies, space, and energy.