



SUNADA

Music, Therapy and More...
Volume IV, April, 2017



May your soul
brighten up with joy...
May your home
lighten up with
divine blessings on this
Ram Navami and always!

From the Editor's Desk..

The name of Lord Rama is considered as one of the easiest to pronounce and chant as a means of meditation. We wish all our readers worldwide a very Happy Rama Navami. Continuing with the spirit of colours, this month also we are presenting a

few more interesting facts about colours. Starting this month we are also starting a new feature on Music Therapy and will offer small articles on different methods of Self Music Therapy. We trust that this will be useful to one and all.

Editor & Founder

*KS VasanthaLakshmi
MA, MT, TM Specialist*

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MUSIC AS THERAPY



MIND DIVERT METHOD FOR BETTER PERFORMANCE

By

K.S. Vasantha Lakshmi

World over, Music is being recognized as a viable non-invasive, supplementary and complimentary therapy in dealing with various health issues. Performance Stress is one of the most common. Here is how to deal with it.

There is Sound, Noise in and around us. The outer Noise and Sound consist of all pleasant and unpleasant sounds and noises. Inner Sound consists of our heart beat, the pulse, breath and good thoughts. Inner Noise is that which disturbs the balance of our being and brings with it negative thoughts.

With the advancement of science, we can not only hear the unborn fetus,

but even see it moving in some unknown kinds of rhythms. There is nothing like absolute silence. Absolute silence in the mind alone leads to pure concentration. This is possible when one is able to hear one's own heart beat, soulfully and rhythmically beating, the even breathing giving us a sense of well being. My method is based on the recognition of this inner music and rhythm.

MIND-DIVERT METHOD seems to act like a magic switch that instantly elevates the brain to higher levels of performance.

1. Start by listening to your favourite music for 2 to 3 minutes.
2. 10 Seconds of Silence with deep breathing – this will soothe the nerves
3. Meditate for 10 Seconds with normal breathing

4. Listen to the Shruti or Drone for 10 Seconds

5. Listen to your favourite music for 30 Seconds.

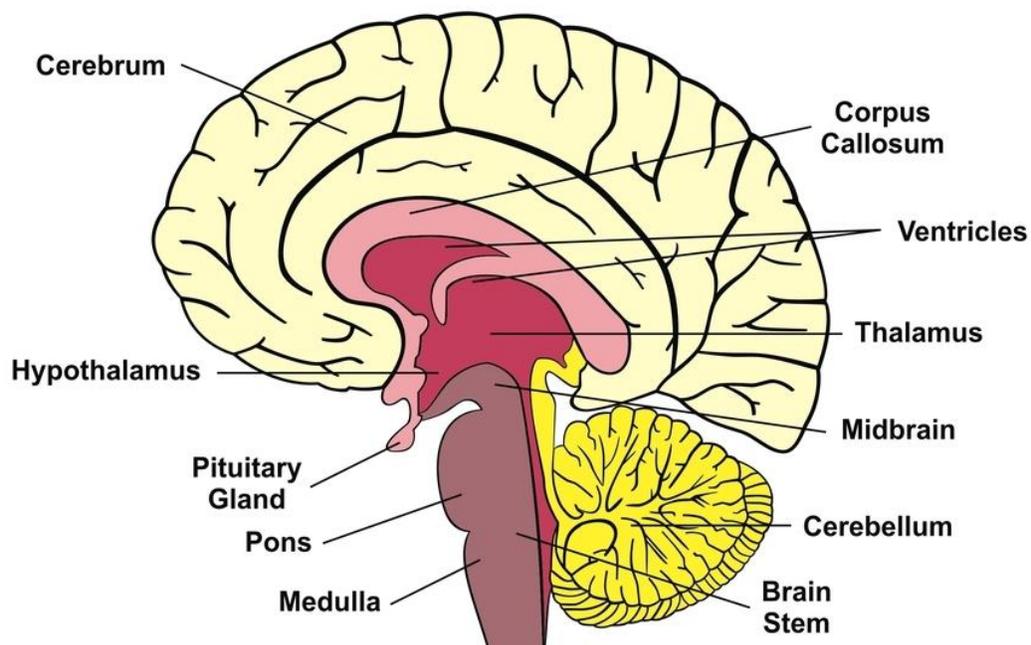
6. Meditate for 30 Seconds while the Shruti or Drone plays in the background.

7. Meditate in Silence. Do not fight any of your thoughts. Let the thoughts flow in for 30 seconds.

8. Listen to the Shruti/Drone for a further 10 seconds and try to connect with the outer world.

9. Open your eyes slowly. Take a good 2 or 3 seconds to do so.

10. You would feel as good as having had 8 hours of deep sleep.



MIND MAP

Sangeetasamrat, Talabrahma

M.S. Balasubramanya Sharma – The
Ideal Guru

By

Surya Gopalakrishna



When our family shifted to Rajahmundry, my father, Late Bhavaraju Bapanna Shastri, requested Sri M.S. Bala Subramanya Sharma, a renowned musician, to give music lessons to my sister. He agreed with a condition that it cannot be for a short period. He was a puny man, always clad in white Dhoti and Kurta, with thick glasses, zooming on his cycle at full speed. We were surprised to note that he was blind in one eye and had very limited vision in the other eye and yet never expected any special attention. He lead a very normal life with full zest. Though he was engaged to teach one student, he included me in the

classes, saying that he will also teach me at no extra charge, as I was keenly listening to what he was teaching my sister.

His teaching method is unique, in the sense that when a new composition was taught, no notes were given to copy from. Instead we were encouraged to write down the notes for the song when he was teaching. He would correct it, if the notes were wrong, verbally. That has given us a basic knowledge to identify the Swara when we hear a song. It was amazing to see him remember our short comings individually and correct relentlessly. He was strict and a stickler to details. Sometimes he was harsh, only to make us realise our shortcomings. The affection and love he showered on us is invaluable. He used to come to our house every day and there was no time limit for a class. He drove us to render a composition with perfection, hearing us sing the same composition till he was satisfied, no matter how much time it took.

He never differentiated between good students and average students. His advice is to practice every day. Whenever we gave a lame excuse of

not having time to practice, he used to joke that even if God gives 26 hours instead of 24 hours, then also we may not have time as we are not interested. So, it is up to us to find time to practice if we want to excel. The sincerity and passion with which he taught us is unforgettable.

When I took up teaching, I was great full to him for imbuing the basic rules of how to handle children of varying

EFFECT OF MUSIC

By

S. Ravi Shankar, Ph. D

Standards Engineer, Quality Management, Freelance Assessor.

As someone who grew up in a musically inclined family, barring me, all other members of my family have been formally trained in classical Carnatic Music. Therefore, listening to music is a favourite pastime. Like many South Indian homes, religious occasions are marked with singing of devotional songs set in Carnatic Ragas. So, listening to music

capabilities without hurting their feelings or discouraging their interest. I will never forget the encouragement he gave to his pupils to do better. And, money never was a prime mover for him.

brings peace of mind. I have always marveled at the lengths to which human beings can excel while playing string instruments and sway people's emotions with their music. Above all instrumental music goes beyond languages and good transcends any limitations for appreciating it. A sense of happiness pervades my mind when instrumental music is played in the evenings especially if the artist is an accomplished one. It brings calmness to the mind. When Tyagaraja Kritis are sung with the right intonation and emotion it draws one to the supreme power and I forget myself for those moments. I have always

admired the gift that God has bestowed on these artistes to be able to create such an emotion in others. I can listen to and enjoy music and of course admire the musicians. Music makes me feel energetic and happy. I feel food after singing. It relieves of boredom and stress. While singing I forget everything else. It provides me an opportunity to meet and interact with the people out of my family. It depends on the

artist and my mood. On an average, I feel one cannot listen to music for more than an hour.



COLOURS AND THE MOODS THEY REPRESENT

WHAT

YOU

THINK

This is an awesome initiative, Vasantha pinni! So great to see! I really loved reading the article on the third edition - re: colors associated with notes! Very interesting. Will certainly share with friends!

SM Devesh, USA

So nice to know your present musical activities. I have gone through issues of your such a nice magazine as named SUNADA. It has highly meaningful purpose, not only for musicians but even for common people. Articals are highly appreciable. I am really very impressed to see such nice efforts being made by you in the service of music and humanity. Kindly accept my hearty congratulations and best wishes.

You may post some of issues of magazines even on our group NAD BRAHM. Also you may include articles related to South Indian music. It would also be more beneficial, if the same articles may be published in HINDI languages by suitable translations. I am also almost having the same musical motto to establish our culture, idealism and humanity globally through music by presenting live thematic concerts.

Anil Kumar Sharma
NAADBRAHMA

It was very lovely and exciting to meet you at New Delhi. The Magazine sent by you for the Holi is excellent. There are no words to narrate about the information. First time I saw the comparison and other related information.

with warm regards
Dr.S.Adinarayana

The February edition of the magazine emphasized on sounds & importance of chanting the OM which helps us immensely in our concentration & is a great breathing exercise, helps to attain inner peace & calm. The comparison of ragam khamas & mohanam by Vidya Balaji was very interesting to read. March edition was very colorful. Also the relation between Astrology & music explained very beautifully by Jayshree Rao in detail. It also goes to show how planets have an influence in music. The description of colours & their sound frequencies was explained well & shows how sounds & colors have an effect on our body & mind.

Aruna Venkatraman, Dubai

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Articles related to Music and Music Therapy, not exceeding 500 words may be sent to: singvasantha@gmail.com. No remuneration will be paid.

You can read these at: www.sunadavinodini.com

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