



From the Editor's Desk..

We have received an overwhelming response to this maiden venture, and we are continuing with the strength that gratitude provides. This month the whole of India celebrates Maha Shivaratri and we wish all our readers "PIOUS BLISSFUL MAHA SHIVARATRI".

Editor & Founder
KS VasanthaLakshmi,
MA, MT, TM Specialist

"After silence that which comes closest to expressing the inexpressible is music"

- Aldous Huxley

"Music is the ornament of silence" - Swamy Vivekananda

INDEX

Sound of Silence.....	2
Comparative study of Ragas Khamas and Mohanam ..	3
What you think:	7

SOUND OF SILENCE-

THE PATH TO INNER PEACE

BY

'Surmani' K.S. Vasanthalakshmi,

Silence & Sounds...Outer & Inner

We are surrounded by a variety of Sounds, Noises. The outer Noise and Sound consist of all pleasant as well as unpleasant sounds and noises. Inner Sound consists of our heart beat, the pulse, breath, flapping of the eye lids, talking as walking rhythm and thoughts. People talk about 'dhyana', 'yoga', chant' and meditation and understanding one's Soul, soul searching. It is really not understood what this soul is. One may call it the core of one's personality. It is different in each person and varies as much as the DNA of each person. Any disturbance to any one of these rhythms upsets the balance of our being. This can be felt when one is unwell.

There is nothing like absolute silence. Absolute silence can be interpreted as death, as hearing is the last faculty to leave the body. Some kind of

silence in the mind is possible when one is able to hear one's own heart beat, soulfully and rhythmically beating, the even rhythmic breathing giving us a sense of well being. For this one must learn how to deal with external sounds.

For this, one needs to find a path that takes us to a state of silence in the mind. Silence in the mind can be roughly described as a state of not having any invasion by thoughts, good or bad. It must be understood that the job of the mind is to create, process, store and use thoughts. The mind is constantly at work. During the night it processes all the information received during the day and stores it as data or memories. Therefore, in order to rejuvenate the mind, there is a need to silence thoughts. Close your eyes with the middle fingers of your hands. Close the ears with your thumbs. Place the index finger on the brows. Chant in a low tone "mmm..." This prepares the mind for receiving the silence. After ten to twenty seconds...just relax and remove hands from your face gently. Now using this simple method of starting with some serene chanting one can reach a state of mind in

which one can listen or perceive outside sounds. Then the second stage when one uses a method of calming the mind to silence the inner noise of thoughts and finally reaching the inner calm.

Om is the short form "Aa, Oo & Maa". It is also one beautiful way of practicing this great breathing exercise, wherein the

Concentrating on your breathing, the mind does not stray. When thoughts do not stray, the mind is relaxed and rejuvenating. You already begin to experience inner silence. This is the Yoga of Sound.

Transcendental Meditation is slightly different. Whenever the mind is subjected to force, it perceives a little strain. All mantras have a meaning and trigger thoughts. In order prevent the mind from concentrating on anything; a word is given for chanting. It normally has no meaning in the languages known to that person based on the personality. In a few minutes, one can experience inner silence. The noise of thoughts diminishes and finally overcomes them to obtain inner peace. In transcendental meditation this is

known as "Wakeful Alertness". During this, one is not sleeping, yet in a state of mind where the presence of external sounds no longer causes any stress. It is between Alpha and Beta state. After a ten minute whites of the eyes really

Clear up.

For Online training in: Musical Transcendental Meditation contact: 9810435949

KHAMAS AND MOHANAM
- A COMPARATIVE STUDY

By

Vidya Balaji, Jakarta

Kamas - when I listen to this Raga I feel energised and it makes me alive. Every song that is rendered in this raga has a very catchy tune that attracts all listeners and is well suited

for a brisk and lively performance. As a singer I feel at ease to render songs in this Raga as the notes are easy to catch and it is free flowing. I draw a lot of energy whenever I sing in this Raga and feel completely refreshed. I feel that I am bringing out the essence of the lyrics using phrases like MGM, SNDPMGM, and thoroughly enjoy my capability in doing so! Singing some compositions like “Santana Gopala” makes me want to sing more and more of this Raga and I never get bored or tired. It is like taking a stroll in the park and enjoying beautiful weather!

Mohanam – It is one of the most popular and basic Ragas that all Carnatic musicians learn in their initial years of training. I have learnt a

couple of major compositions in this Raga and this is one Raga that drains a lot of energy from me. Even though it looks very simple with 5 major notes it is not as free flowing as Khamas. This is one Raga that needs me to concentrate a lot and needs a lot of practice. Rendering this Raga makes me feel serious and have to get work hard to get the best out of it. There is a huge scope for bringing out the beauty of this raga both with a slow as well with faster songs. I get thrilled when I do Kalpana swarm (impromptu creative notes) as there are so many patterns and each one is more commanding than the other. Overall this Raga is like leading a victory march after a fierce battle!

WHAT YOU THINK

Dear Smt. Vasantha Lakshmi gaaru, Thank you very

Much for sendig the beautiful Sunada Magazine under your aegis. May your endeavour succeed in spreading the effulgence.

Sincerely

Elchuri Muralidhara Rao

Informative article. Good and great effort. Keep it up.

with all love and blessings

Srinivas and Subhadra, USA

Congratulations. I shall forward your message to my friends and relatives.

Rammohan Eachampati, USA

Mam,

Fantastic achievement, so so happy, & proud too, to be your student

Aruna Venkatraman, Dubai

I thoroughly enjoyed reading the inaugural edition of Sunada, particularly the article on Thyaga brahma. It is a very informative and enlightening article .The pioneering efforts by Smt. K.Sitavasantha Lakshmi are particularly commendable and I am sure this magazine will serve as a beacon of light to many inquiring minds.

M. Jayashree Rao



100 year old Tanjavur Tanpura (String Drone)

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

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