



## SUNADA

Music, Therapy and More...  
Volume V, MAY, 2017



### *From the Editor's Desk..*

*The summer heat of the month of May becomes bearable only because it ushers in Mothers Day. I have yet to meet someone whose eyes do not acquire a softer hue and an expression the minute mothers are mentioned. We wish all the mothers, past, present and future a wonderful mother's day. In honour of those mothers who have left for the heavenly abode let us just take a few seconds to remember and pay*

*our respects to them. Talking of mothers, this month we are also paying a tribute to the mother earth by taking a vow to keep it green. We take this opportunity to wish out readers worldwide a very Happy Earth Day! Be kind to your mothers and Mother Earth and save it for the future generations!*

*Editor & Founder*

*KS Vasantha Lakshmi  
MA, MT, TM Specialist*

### *In this issue...*

<i>Mother worship in Carnatic Music...</i>	<i>2</i>
<i>Effect of Music .....</i>	<i>3</i>
<i>Music and The Human Brain.....</i>	<i>4</i>
<i>What you think.....</i>	<i>6</i>

## **Mother worship in Carnatic Music – A Unique feature**

By KS Vasantha Lakshmi

From time immemorial, mothers and motherhood have been worshipped as the ultimate in miracles and unconditional love. To the best of my knowledge, although Mother Mary is worshipped in Christianity, I wonder if it is as prevalent as in Carnatic Music.

“SATwasmi parama prema rUpA”

It is one’s love for a thing/person. If this love for God that is termed as Devotion. This love for God must flow like oil which does not divide or break.” It is without desire, reason and includes just service.

Narada’s Principles of Devotion are:

Listening: This includes the desire to hear the qualities of God; Penchant for chanting: The person just chants the name of the God without any other distraction; Attraction for the beauty of Idols: Here it is the imagination of the devotee that plays the trick of ascribing a definite and the best appearance to which ever God he/she may be worshipping;

Desire to Worship: This could include a commitment for a daily ritual being adhered to; Desire to Serve God: Here the Devotee considers himself/herself as the Slave of God; Treating God as a Friend: Here the devotee would consider God as his best friend and confidante and open his heart out; Desire to surrender one’s soul; Show of Affection to God; Consider God as husband/wife; Love God like a love; Rapture in Devotion; Worship peacefully.

Devotion in the form of Affection or Vatsalya, is when a devotee looks at God as a parent. Many a saint poet adopted this form of worship where god is perceived as a mother and wrote many songs. Major Saint poets to be mentioned include Shyamashastri who wrote over 300 Kritis on ‘Amba’ also known as ‘Devi Maa’ in Relugu, Sanskrit and Tamil. He was a close friend of Thyagaraja and often went to him with a request that his songs should be heard. His compositions are described as ‘Kadali Pakam’, ‘Kadali’ meaning Banana – a fruit which is sweet, soft and easily opens. Next to be mentioned is Muthuswamy Dikshitar his “Devi Navavarana Kritis” (nine of

them). Even Thyagaraja wrote some kritis praising Mother Goddess. Bhakta Ramadasa goes a step further and propounds the theory of appealing to the Mother first in order to reach out to Rama who he worshipped just like Thyagaraja. He elaborates suitable times at which Rama may be more amenable to requests from his consort Sita when she can recommend Ramadasa's requests.

The erotic side of it is when most of the songs describe the physical attributes of the Goddess. There is no vulgarity but the Goddess is ascribed with the best of all physical features like lotus eyes, slim waist like a lion (Simhendra Madhyama, and ample bosom etc. Finally, every one of these devotees ends up comparing themselves to a baby in the Goddess's arms and prays for the milk of affection and benevolence to flow to them. The idea of mother worship in Carnatic Music is given in a simple nutshell here. It will need a treatise to cover all aspects and include modern composers like Late Padma Vibhooshan Balamurali Krishan and many such others.

\*\*\*\*\*

## *Effect of Music*

By

B.Venkataraman

Quality, Standards, Certification, Accreditation

bvenkat@bol.net.in

Music has to be melodious, soothing, with rhythm, good lyrics. When I listen to music it makes me feel **energetic and happy**. Although I am not a trained singer, I **feel good after singing. It relieves me of boredom, stress**. While singing I forget everything else It provides me an opportunity to meet and talk to people outside my family. In my opinion, a music session can have any number of people. It should make one feel homely and warm. It is my experience that the meaning and context of the lyric are of extreme importance. I can enjoy a music session lasting up to one to two hours at a stretch.

\*\*\*

## ***Music and The Human Brain***

By

K.V.Narasinga Rao, Ph.D (Elect)

Quality. Standards Consultant

That music affects the humans and their behaviour is an undeniable fact. Lullabies put babies to sleep, concerts elate the audience, Bhajans drive the devotees into a trance, Sounds of nature such as – Singing birds, rain falling and Ocean waves relax those stressed and Rock music can create a 'High' in youngsters. It is established that all these behaviour patterns are the result of interaction between Music on human brain.

It is well-known that human brain is an electrochemical organ and electrical activity emanating from the brain is displayed in the form of Brain waves. These electric waves, like sound waves, these are characterized by amplitude and frequency (Hz) and can be measured by EEG (electroencephalograph).

Music is a structured sound produced in the audible range which is generally extends from 20 to 20 kHz. Humans hear best between 1000 Hz

to 5000 Hz under test conditions. Otherwise, the minimum frequency for audibility is as low as 15 Hz.

To understand how music affects the recipient person, it is important to understand the brain which is the receptacle for the man to receive the music and is impacted by it.

There are five types of Brain waves - Delta, Theta, Alpha, Beta and Gamma determined in the increasing order of frequency.

Delta waves have the lowest frequency band (0.1 to 3.5 Hz) and are noticed while in deep sleep (Stage 3 and 4) and/or in some abnormal situations. We access information in our unconscious mind through Delta.

Theta waves have a frequency range of 3.5 to 7.5 Hz and are regarded as "slow" activity. It is connected to creativity, intuition and daydreaming and is a store of memories, emotions, sensations. They are strong during internal focus, meditation, prayer, and spiritual awareness.

Alpha waves have a band width between 8 - 12Hz. peaking around 10Hz and is the dominant rhythm seen in normal relaxed adults (above 13 years). Alpha is one of the brain's

most important frequencies to learn and process information taught in the classroom or in the job.

Beta waves have a band width of 12 – 20 Hz) .It is a normal rhythm and is the dominant rhythm in those who are alert and has a relatively large band width.

Gamma waves have a bandwidth of (30 - 44 (Hz) and is the only frequency group. These help the brain simultaneously process information from different areas, A good memory is associated with well-regulated and efficient Gamma. Deficiency creates learning disabilities. It is important to note that the brain does not operate on one frequency range at any given time.

All the above occur at once, but at varying amplitudes. The dominant of these at any point of time determine the behaviour and performance in the associated tasks at that point of time. The Brain is a Microprocessor shifting from one activity to another depending on the time of the day and the task being performed.

Inability, slow to perform, overdrive at the wrong time, learning disability, agitation, attention disorder etc., are

the result of the malfunctioning of this Brain processor. Music therapy which can be roughly termed as Synchronized sound waves, is of great benefit in bringing back the correct balance of the brain waves.

\*\*\*

## WHAT

## YOU

## THINK

Silence is Golden. Meditation is the path.  
Music is the KEY. What Surya wrote about Guru was nice. Persistence without entitlement is a very hard road to follow. Jakarta article was nice.  
Will be following your progress on this venture in silence.....  
Good Luck  
Seshagiri Rao Devaguptapu  
US  
\*\*\*

I read your editorial views and Surya's article. While I cannot sing I have a passion to listen to music and appreciate the same let alone enjoy the same. This is due to the ripple effect you have created. I strongly remember while at Gurgaon when I was about to leave after dinner the humming of the song from you used to make me wait till the whole song was completed. Thank you dear for opening up that aspect of my faculty and it is never closed till date I do listen to music when I am in dumps and get emotionally relieved. I cannot correlate cause and effect and this I leave it to experts like you. I recall humming while at work facing tough situations especially facing Engineering issues.

Bhavaraju Srinivasa Murthy  
New Jersey, USA

\*\*\*

Very nice issue. Article on colors is very thought provoking. Tribal people use mostly bright colors when they need to offset their surroundings and way of life. My grandfather (Late Devaguptapu SeshagiriRao) used to say the phonetic sound of Rama is very near to "Amma". He was a non believer in God. He always used to say Rama. I asked him one day why when he did not believe in God, he kept saying Rama, he said Rama gives you the same feeling when you call your mother. It makes sense to me now. My husband always says why we say Rama and not Siva. Rama and Amma are one and the same.

Deepa K. Prasad  
Gainseville.Florida, USA

\*\*\*



What you think: [singvasantha@gmail.com](mailto:singvasantha@gmail.com)

**Articles related to Music and Music Therapy, not exceeding 500 words may be sent to: [singvasantha@gmail.com](mailto:singvasantha@gmail.com). No remuneration will be paid. You can read these at: [www.sunadavinodini.com](http://www.sunadavinodini.com)**

© 2012 K.S. Vasantha Lakshmi, Sunada Vinodini Music Gurukulam, Gurgaon, Haryana, India. Please note that any reproduction of any or all of the content of this material for any reason, without the prior written approval of the Author/Sunada Vinodini Music Gurukulam, Gurgaon and without proper acknowledgement will amount to gross violation of the Copyright Law, inviting the proceedings under the law.

SUNADA