



SUNADA

Music, Therapy and More...

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From the Editor's Desk..

Questions frequently asked when we talk about music therapy and how it alters the state of mind, are about the different states of mind. In this issue we are discussing about how Music Therapy is administered. We are also giving some examples of how some astrological placements of certain planets determines whether one becomes a singer or a writer.

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KS Vasantha Lakshmi
MA, MT, TM Specialist

"I see music all around me. It is in Mother Nature. I found music where ever I traveled the world path. I have learned to live in different cultures although we could not understand each other. But we understood each other. That is because music speaks the language of the soul and emotions." – Nat Geo Music

"If music be the food of love, play on" – Shakespeare

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HOW TO ADMINISTER MUSIC THERAPY

By

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Of late, a lot of people have started taking to alternative therapies like Music Therapy, Reiki, Yoga Therapy, various kinds of meditation as these are considered as non-invasive, supplementary and complimentary therapies. The best part is that medications suggested by doctors can be continued for life style diseases without these do not interfere with the mainstream medication. They are also not habit forming and Music Therapy especially, has no side effects at all. About nine or ten countries in the world like US, Austria, Germany, UK, Australia have incorporated it into their medico legal system authenticating its use with proper practicing standards. It is a matter of great pride that the author has also formulated such standards for the Practicing Indian

Music Therapists and these are under consideration of some reputed institutions.

Whenever Music Therapy is suggested for clients, there is a team of three professionals. It has a General Practitioner, a Psychiatrist or Psychologist and a qualified Music Therapist. After the initial diagnosis by the GP, if the client is referred to a Psychiatrist, the session will be including a Music Therapist. After the two medical professional determine the mood and state of mind of the client or patient, the Music Therapist steps in with a suitably composed of selected music for the patient.

The music therapy can be administered in groups or individually. If the patient belongs to urban areas the music can be suitably elitist based on the choice. It is to be remembered that generally one kind of music may or may not be suitable to all. Therefore, the role of the Music Therapist is of utmost importance as he/she will be providing the most suited music according to the likes, dislikes, preferences of the

patient. The effect of Music Therapy can be assessed and documented by measuring the Brain waves before and after the Therapy session.

Generally music can be classified into the following types from which choices are made according to the condition of the patient's mind. Therapeutic music can broadly be divided into the following categories.

Raga based: This type of music is mainly instrumental
Rhythm based: This can be both instrumental and vocal
Lyric based: This can roughly be categorized into the following:

- Devotional
- Emotional
- Inspirational
- Motivational
- Catalytic
- Soothing
- Tranquilizing
- Calming
- Encouraging
- Non-interfering
- Passive
- Interactive
- Film songs
- Sticky Tunes

- Folk songs

Depending on the necessity and the diagnosis of the doctor and the psychiatrist, the musician can prepare PRESCRIBED MUSIC, i.e., tailor made music. It can, in turn, be for groups of patients or individual patient, as the case may be. A lot of times, group music therapy helps immensely, in bringing people together by create in them a "We-feeling" and a sense of belonging. This will again be helpful in making patients normal, natural and help them get rid of the feeling of 'not belonging'. It will make them feel wanted because the group singing and listening to music of common liking will make it easier for them to communicate with each other in a more normal way. Music has helped a lot of people in expressing themselves in spite of remaining an unorganised sector till now. It is now time to organize, utilise and manage music to act as therapy to all those who need it.

Poets, Musicians and Venus

By M. Jayashree Rao, M.A.

Jyotish Visharad

The sweetness of music is known immediately through hearing, whereas that of literature reveals itself slowly. Everyone enjoys the bliss of music and poetry. But only a few are blessed with the interest, talent in either music or poetry, while it is rare to find one gifted with both. The planet Venus plays a huge role in the horoscopes of poets and musicians and their personalities. As an astrological enthusiast, I thought I should make a sincere effort to present before you this treatise which traces the 'Samanvaya' (relationship) between poetry and music and the role of planet Venus in judging a horoscope to assess these talents. According to classical rules of music, composers can be classified into three types. A person who writes only lyrics (sahitya) for the songs is named as 'Matu- kara', while one who only sets the tune is called 'Dhatukara'. A person who can compose the lyric and set it tune is called 'Vaggeyakara'. India is blessed with innumerable Vaggeyakaras

besides many Dhatu and Matukaras. The trinity of Carnatic music - Tyagaraja, Syamasaastri and Muthuswamy Dikshitar are typical Vaggeyakaras, besides many path setters like Purandar a Dasa, Annamayya and Ramadasa.

A person may follow established rules of 'Sastrakaras' and develop a classical style or one can discard these rules and follow altogether a different path both in music as well as poetry. A poet who has fluency in language at his command may be gifted with a melodious voice even though he has no training in music, he may effortlessly sing his lyrics, by just recognizing the sound pictures of different ragas. Similarly, a bit of poetic rules will be known to the musicians such as Prasa, Yati, Matra etc. The unifying features between music and poetry seem to be the Laya or meter and the Bhava or Rasa or emotion. This is just for us to keep in mind the proportions of music and poetry in both musicians and poets.

Among the planets, Venus is considered as the aesthetic planet ruling over the sublime feelings and cultured tastes. He is called the "Kavi" the celestial poet. Obviously

one should expect the powerful influence of Venus in the horoscopes of poets and musicians. In the Classical text of “Bhavartha Ratnakara” The following verse can be noted regarding music and poetry.

‘Sukaschaturda geyasya ganavidya visaradah

Dviteeyago yadi bhriguh kavyalankara sastravan

Dwiteeyago yadi bhriguh kavita dharma masnute’

Venus in the fourth house makes a person an excellent singer. If he is in the second house he will be a poet adept in Kavyas and Alankara. These findings hold good for most of the horoscopes. Besides Venus, the secondary influence of other planets is important in predicting the various sub-categories of art a person may pursue. Musicians may be classified into singers, string instrumentalists, wind instrumentalists and percussionists. Similarly poets can be classical poets writing according to the rules of Chandas (Grammar), lyricists writing lyrics of songs following only broad principles of Laya (Rhythm/Rhyme) and the so

called modern poets without any perceptible rules.

Jupiter’s influence is a must in vocalists, while the influence of Mars and Mercury is needed for instrumentalists. Prominence of Saturn and Mercury makes one a percussionist. These influences will be modified according to the nature of the sign in which the Lagna (Ascendant), Karmasthana (tenth house) and Venus are posited. In the horoscopes of poets and lyricists, an inevitable influence of Mercury (Budha) is expected as he is the Karaka of speech, writing and publishing. The influence of Moon (Chandra) cannot be ignored in both musicians as well as poets as he is the karaka of mind and an extremely sensitive and responsive mind is needed for these fine arts. The influence of Rahu and Ketu are necessary to deviate from the classical path and create revolution. The combinations of Mars-Rahu, Saturn-Rahu, Mars-Saturn are expected in such horoscopes. Venus, besides ruling the positive aspect of sensitivity and culture, also rules the negative aspect of sensuality. Thus if Venus in a horoscope is afflicted, it

may result in moral degradation and abuse of artistic talents, manifesting in the form of addiction to alcohol, smoking, extra marital affairs etc. However the influence of a powerful Jupiter coupled with an un-afflicted Lagna (the Ascendant) and 10th lords should negate these malefic influences. Of the Twelve Rasis, Taurus (Vrishabha) and Libra (Tula) ruled by Shukra (Venus) and Gemini (Mithuna) and Virgo (Kanya) ruled by Mercury are the important signs inclined towards music and poetry. Leo, the 5th house of the Zodiac, has a tendency to these fine arts. Among the 12 houses, some houses have a greater say in these matters. For any native, the ascendant and the 10th house are the deciding factors for his or her Karma or activity in this world. Further the Ascendant, the Moon and the Sun are the tripod of a horoscope. They should all be invariably consulted in all matters of prognostication. The 2nd house ruling speech and education is also important in the case of poetry,

literature and also vocal music. The 4th house indicating education and also being a Kendra directly opposing the 10th house has a great influence in these matters, especially music. The fifth house rules over the mind and creativity, hence is important for these creative arts.

Talent and professional success depend on the strength of Venus and the horoscope in general. If Venus is powerless, a mere interest or elementary knowledge can be predicted, while a powerful Venus makes the native an expert in the field. Being an adept in the art is different from professional success and recognition in the society, which again depends on the Raja Yogas and the strength of the 10th lord. A person may be an excellent musician or a poet without much recognition or fame, while another with mediocre talent may be famous. One may take up the art as profession or remain amateur. All these different possibilities should be considered by studying the horoscope as a whole.

WHAT YOU THINK

What you think: singvasantha@gmail.com

Thanks for the mail and also the attached article. The article is very helpful and providing an interesting reading about how our brain reacts to meditation and also shows the power of MUSIC on human brain. Thanks for sharing Madam.

HM Krishna, The Master Recording Company, Chennai

Thank you very much for sending in the latest issue of Sunada. It is slowly improving and now, very engaging. All kudos to you for your interest in spreading Indian culture and musical knowledge. With best wishes,

Elchuri Muralidhara Rao

The article about sound and the tolerance levels of sound by KS Vasantha Lakshmi is very interesting and informative. Probably that is why, hearing the chanting of Vedic mantras by scholars is considered auspicious and in the process also helps us overcome stress. The age old practice of our elders singing or chanting some Stotras while doing their chores might have a soothing effect and make the brain more active.

Suryakumari Buddhavarapu, Hyderabad

I have read with interest the article on 'Amygdala, the human emotion centre in the SUNADA Magazine. I would like to know the frequency spectrum for white noise and for whom white noise therapy prescribed? Also can

the white noise be exclusively created with the synthesizer or it is always a mixture of White, pink and brown noise? Is the white noise present in nature also and if so, some examples will help.

Dr. K V N RAO

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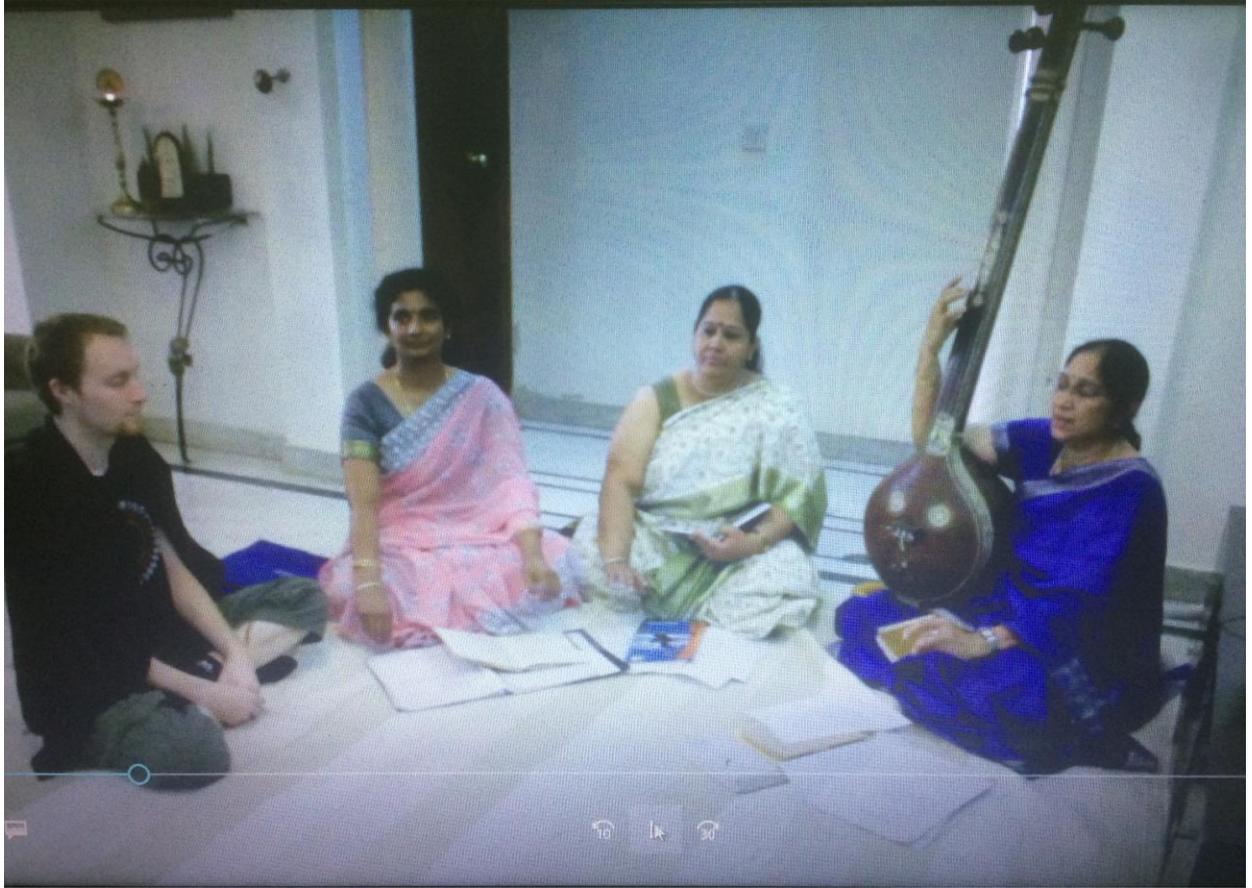
The article is well timed to coincide with the world yoga day and the same is very informative.

I now understand more clearly the amount of time and effort needed to bring out a single bulletin. Keep it up. Perhaps the writers' freedom in expression is max when he is given the task or gets into the mood of writing a song expressing sad situations. Perhaps the philosophy of life in actuality gets out at those times.

Romantic songs may not have such opportunity. I appreciate music for its lyric, melody and song rendering. Classical Carnatic music is devotional and has a story to tell. The English Poet Samuel Taylor Coleridge was praised in his poem Ancient Mariner- "Music and Magic rather than meaning and logic makes this ancient mariner great".

BS Murthy, Vice President (Operations),

Retd. TVS SRICHAKRA Tyres, Madurai



Music Therapy in Session with Carnatic Raga Shankarabharanam

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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