



SUNADA

MUSIC, MUSIC THERAPY & MORE...

***India's first ever Music & Music Therapy
Magazine***

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From the Editor's Desk

It is very encouraging to receive responses from various parts of the world and from people belonging to various professions. We are happy about making a lot of progress in increasing our readership. This issue covers the versatility of Raga Shankarabharanam also known as Bilaval in Hindustani Music. It

is a matter of interest that the notes of this Raga are also a part of the western music and known as Major Notes. The western music does not have this system of complete Ragas based on notes. Happy reading....

KS Vasantha Lakshmi,

Founder & Editor,

www.sunadavinodini.com

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NECTAR TO THE MIND
CHITTABODHAMRUTAM

By

Late Bhavaraju Bapiraju

This book of poems written in chaste Telugu has been liked by the educated and erudite of Andhra Pradesh. Not only is the author my grandfather, but he also served in the British Government before India got independence. This is just a very humble attempt to translate this great work so that it reaches a larger audience.

Translated by Kalipatnam Sita Vasantha Lakshmi,
(Nee Bhavaraju)

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***Destroying the wicked ones, you uplifted all your devotees
and saints***

Took it upon yourself to save the people with such kindness

Taken away all the difficulties of life

Making life much easier, worship Him oh my heart!

RAGA- SHANKARABHARANAM

A Versatile and Universal Raga

With possibilities of Global Music Therapy Applications

By

“Surmani” KS Vasantha Lakshmi,

MA (Eng.Lit), Music Therapist & Transcendental Meditation Expert.

Part 1

Indian classical music was originally born out of one of the four Vedas known as ‘Sama Veda’. This music system is known as “Carnatic Music”. The basis of Carnatic Music is a variety of melodic formulae or modes known as ‘Ragas’. There is a system of 72 complete or Melakarta Ragas or modes. In these, a complete Raga has to have all the seven notes – ‘DO RE MI FA SO LA TI’ (Indian equivalents: ‘SA RI GA MA PA DA NI’) in both the ascending and descending order. There is also an unique numbering theorem for tracing the number and name of each one of them based on the Telugu Alphabet. To accommodate this Raga into this system of search, it is also referred to as “Dheera Shankarabharanam”. This word itself means the ornament of Lord Shiva, which is the snake. “Dheera” means brave.

Before embarking on this very special and specific Full Octave Raga called, Shankarabharanam or “Dheera Shankarabharanam”, it is necessary to explain why I should be talking about this Raga at all. There are similarities between this Raga and the modes in western music where all the major notes “DO RE ME FA SO LA TI” are used to

form some of the most beautiful, sonorous and melodious compositions that are available to us. It will be good to dwell on some of these compositions. The first one that comes to my mind is “Do a deer” from the film “The Sound of Music”. The second is Johannes Brahms’ Lullaby.

Given below is a chart which gives the equivalent notes of Shankarabharanam in the western music method:

WESTERN VERSUS CARNATIC NOTATIONS

Carnatic Music Swaras and Western Music Notes – a Comparison is presented here:

No. System	Carnatic Swara Name	Note in Western
1.	Shadjama	C (Do) Sa
2.	Shuddha Rishabha	D Flat-(Re/Re)
3.	Chatus Shruti Rishabha	D (Re/Re)
4.	Sadharana Gandhara	E Flat (Me/Ga)
5.	Antara Gandhara	E (Fa/Ga)
6.	Shuddha Madhyama	F (Ma)
7.	Prati Madhyama	F – sharp (Ma)
8.	Panchama	So Fa (Pa)- Constant
9.	Shuddha dhaivata	A Flat - La (Dha)
10.	Chatus Shruti Dhaivata	A (Dha)
11.	Kaishiki Nishada	B Flat (Ni)
12.	Kakali Nishada	B (Ni)

Similar tables are available on the internet.

Shankarabharanam consists of all the major notes. This is the most powerful raga with all notes that are equivalent to "major scale" in western music. The range of this raga is very versatile and works and penetrates all the Yogic Chakras right from "Mulaadhara (basic)" to "Sahasrara" chakras. Before going into the details of notations related to this raga, it is good to give some basic information about the use of ragas by great saint composers in Carnatic Music. The name of Shankarabharanam means God Shankara's Jewel which is "Snake". Snake is known for the breathing control and this is referred as "Kundali" related to Kundalini yoga or awakening of the inner self. Perhaps this is the reason why St. Thyagaraja chose to compose the golden krithi "Swara Raaga Sudha". This itself shows and one can really feel (if sung within the parameters of Pitch, Notes and proper pronunciation of the lyrics, how it penetrates the Mooladhara Chakra. Similar to this compositions there are other compositions which treat mind, body and soul. Other compositions in Shankarabharanam are "Emi Neramu" of Thyagaraja. Also, there are other compositions of Muthuswamy Dikshitar, Subbarama Dikshitar which give similar effects are "Akshaya Linga Vibho, Dhakshina Murthe, Shankaracharyam etc. The krithi Emineramu covers all the range, appropriate "gamaka" or Vibrato which gives a rapid, slight variation in pitch in singing or playing some musical instruments, producing a stronger or richer tone and "meend" which is more like a soft sine curve, of the raga to bring total effects to the body and the whole systems.

Kundalini shakti is considered as the invincible power and lies at the base of one's spine. It is a Sanskrit term meaning "coiled power" and refers to the "sleeping serpent," which upon awakening, results in self-awareness and spiritual growth. This Chakra is related to Shankarabharanam directly because of the name of the Raga itself. It can be used for strengthening the spinal cord which houses the nervous system. Kundalini shakti may also be referred to as "divine energy" in Western understanding.

According to Hindu and/or Buddhist belief, chakras are at once vast and yet confined pools of energy in our bodies which govern our psychological qualities. There are said to be seven main chakras in all; four in our upper body, which govern our mental properties, and three in the lower body, which govern our instinctual properties. They are:

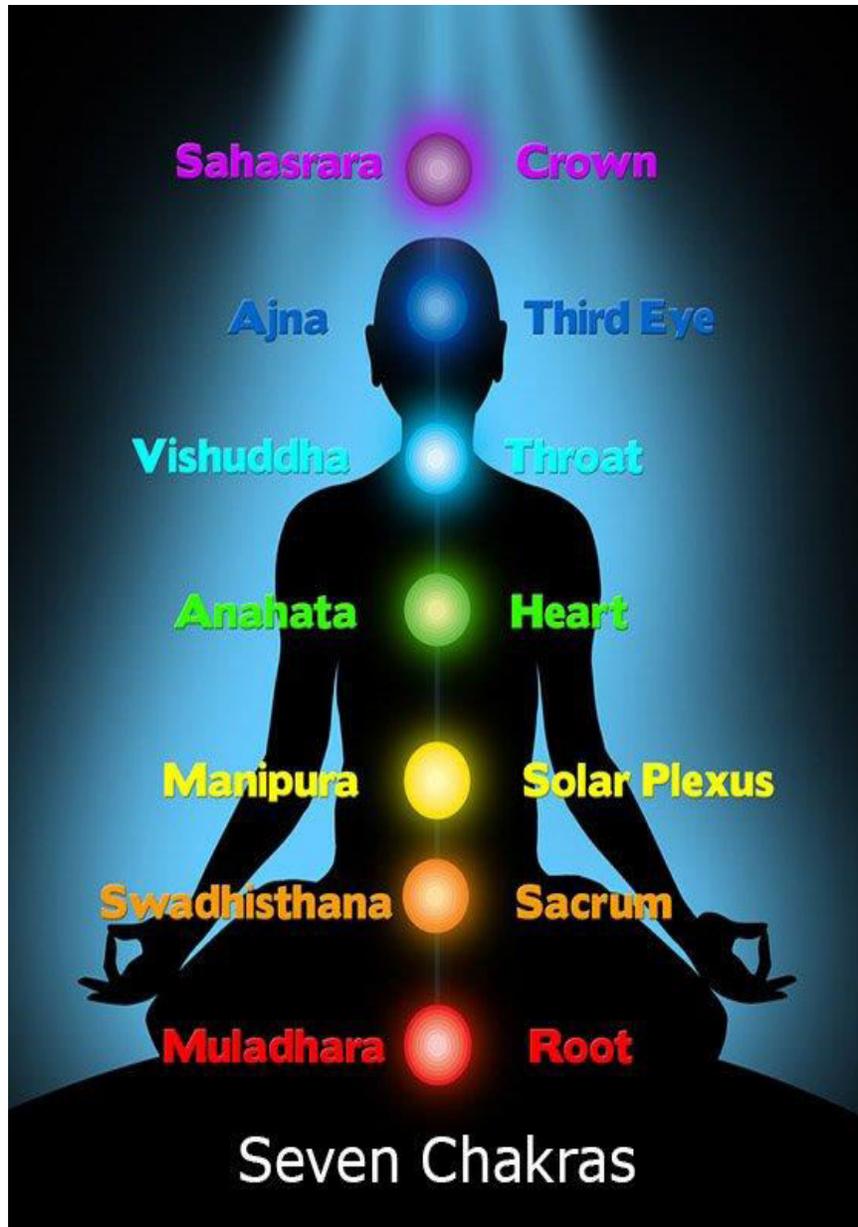
The Muladhara (root) chakra, the Svadhisthana (sacral) chakra, the Manipura (solar plexus) chakra, the Anahata(heart) chakra, the Visuddhi (throat) chakra, the Ajna (third eye) chakra, the Sahasrara (crown) chakra. According to Buddhist/Hindu teaching, all of the chakras should contribute to a human's well-being. Our instincts would join forces with our feelings and thinking. Some of our chakras are usually not open all the way (meaning, they operate just like when you were born), but some are over-active, or even near closed. If the chakras are not balanced, peace with the self cannot be achieved.

All the Ragas are capable of helping activate specific **chakras**, which allows the Kundalini energy to rise easily and energize and nourish the **chakra**. The **raga** also influences the **chakra** to maintain its optimum spin and balance, ensuring a balanced energy supply to different organs that are connected to the specific **chakra**.

In the ancient science of Yoga, which is now patented by India, the human body consists of Seven Chakras. Since I am not a Yoga expert, I am referring to these in as much as the swaras in music are also seven and it is believed that each of these chakras represents a swara.

The seven fundamental chakras are known as:

1. *Muladhara*, which is located at the perineum, the space between the anal outlet and the genital organ; is Saa
2. *Swadhisthana*, which is just above the genital organ; Re
3. *Manipuraka*, which is just below the navel; Ga
Aanahata, which is just beneath where the rib cage meets; Ma
Vvishuddhi, which is at the pit of the throat; Pa
4. *Ajna*, which is between the eyebrows; Dha
5. *Sahasrara*, also known as *brahmarandra*, which is at the top of the head, where when a child is born, there is a soft spot. Ni



To be continued,,,,,,,,,

WHY KUNDALINI? Some vague thoughts!

During one's life time we definitely get to talk about Yoga and more especially about Kundalini Yoga, even without knowing too much about it except that it awakens some power at the base of the spine, in a vague manner. The practice of Yoga has brought about a change in the very way a human being thinks.

Until now, Yoga was considered as an attribute of a particular religion. With Yoga being patented by India and a World Yoga day also being celebrated, the Yoga practice has transcended from the highly spiritual to the average human beings. People have become aware of the need to cleanse the mind as well as the body together. And what better way than to practice Yoga for a few minutes every day. Knowingly or unknowingly this will lead to the personality development.

One's desires are the reasons for dreams. Dreams are the seat of creativity. That is why fine arts always satisfy one of all desire to indulge in creative activities. They cleanse the conscience. Listening to music is a sweet experience. Practicing music purges one's mind. Whether one can sing or just listen to music, the experience of music is always retained by the human mind. All of

us have the capability to enjoy the sight of a beautiful painting. This only means that a human mind has a natural artistic ability to appreciate arts.

Although for some decades people have become aware of the good effects of practicing Yoga, it is only recently, we have come to realize that the mind and body need to be aligned. It is not just enough that one has a great body. It has to be synced into a rhythm with the mind. Yoga helps in this alignment of this physical and mental rhythm. It helps in simplifying the thought process along with good physical health.

There are many stages of Yoga. Some are given below.

1. Hatha Yoga.
2. Karma Yoga
3. Bhakti Yoga
4. Gnana Yoga
5. Raja Yoga
6. Kundalini Yoga

One can start with any of these and discover a marked change in one's attitude, demeanor even become more giving and charitable. Yoga need not be limited to personality development or physical exercise alone as is being incorporated in schools these days. It helps in controlling wild thoughts and emotions and

when one is able to achieve this stage and experience a kind of inner peace, one can call it the awakening of Kundalini, which is a typical finale in the practice of Tantra.

Kundalini Yoga with Music

A vast selection of inspiring music with chants, Kirtans, bhajans and songs are widely used in while doing Yogic meditation and relaxation.

Any more ideas on Yoga with music are most welcome!

Events, May, 2019





Receiving the Top Grade in Vocals from
Smt. Sailaja Suman, Station Director,
AIR, New Delhi

WHAT YOU THINK....



I am so very happy from the core of my heart towards this initiative of yours. Being a small student of music myself, I earned my PhD.

In Music Therapy but strongly feel there is still a vast scope of its awareness in India. I am also trying my bit to connect all with this beautiful and Devine gift from our heritage, Indian Classical Music through piano and will be happy to collaborate with genuine and wonderful souls like yourself. Just let me know how.

Dr. Aman Bathla

Gurgaon,

For Online and Class room Lessons, Music Therapy & Standards for Music Therapy Practitioners (SMTP-INDIA)

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Read earlier editions of Sunada on: www.sunadavinodini.com.
Articles not exceeding 500 words along with a passport size photograph can be sent to: singvasantha@gmail.com.

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