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Shri P.K. Chaudhari Mahila Arts College, Sector-7, Gandhiangar, Gujarat (India)

Shri Akhil Anjana Kelavani Mandal Sanchalit

## Shri P.K. Chaudhari Mahila Arts College

Sector-7, Gandhinagar, Gujarat

Music for life

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**Shri P.K. Chaudhari Mahila Arts College**

Sector-7, Gandhinagar, Gujarat

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Name: Patel Nuzhat Banoo U.

Class: T.Y.B.A Sem: 5

Roll no: 2501 (2019 - 2020)

## Music for Life [2019 - 2020]

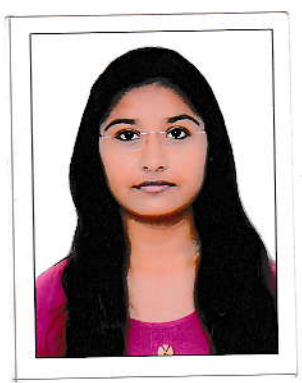
### Music Therapy in Indian Perspective as a Global theme

→ Many of the research activities of the institutions and academies have become passive and the funds that go into the research do not bring the expected results to the society. This is not only in India

but also in the United States of<sup>2</sup> America. To overcome the passiveness of this research process, the research has to be changed into an active transformative process involving the entire society rather than restricting it to one institution alone. There is limitation of studying a complex real social situation or event within the four walls of the laboratory and for overcoming this Curt Levin introduced term active research. Active research in music therapy

1. States a problem situation.
2. Establishes roles for musicians, therapists, clinicians, laboratory staff etc.
3. Declares the methodologies.
4. Describes the existing theory & practice.
5. Does a pilot project to prove.

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Roll No. :- 2503

MUSIC FOR LIFE (2019-20)

# Emotion in Music Therapy & Listening Activities

Self analysis in music and in consciousness is different from psychology. Study of consciousness after the initial stages becomes self-consciously scientific. Psychology is only one of the manifestations of a person's consciousness about which the person may or may not be conscious. By scientific, I mean that the study of consciousness is a subject matter which the mind approaches.

- 1. as empirically, quantitatively, experimentally as possible,
- 2. as evolutionary phenomenon,
- 3. developmentally as a function of maturing organism, and
- 4. as entity capable of being, mapped back to neural activity and brain states.

It is an scientific as the study of energy, and a 3D model of consciousness similar to a vision is possible. The experimental model of Godell Michelson Morley theorem is the most effective way of educating the genius design, publicity media. Gestalt thought consciousness of a genius can even move matter, which is true. Consciousness is aware of itself, is species specific for man, and as reflective nature intensify human values & culture, enrich humanity.

Awareness is a focused attentive form of consciousness. Most of the time mind is unfocused in human beings (SAMIKALPA / VIKALPAA OF PATAÑJALI).





5

College Name :- Shri P.K.  
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Name :- Patel Reeya  
Mineshkumar  
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Roll No. :- 519

## Sud :- Music For Life.

Ever since I can remember, I have been fascinated by music.

Music is a universal language. Modern science and medicine are now rediscovering the healing powers of music. Music is an age-old part of Ayurveda. Music is capable of improving happiness, peace, health and concentration. Indian music, with its many ragas, is known to be particularly therapeutic in value.

Singing develops articulation, rhythm, and breath control. Music can be an effective tool for the mentally or emotionally ill. Music used in the appropriate way can be healing. Music therapy is an ancient science.



"Music is a world within itself,  
with a language, we all understand."  
Ancient Greeks said, "Music is an art imbued with  
power to penetrate into the very depths of soul. Music in



this sense can be a powerful tool in both positive and negative ways to the listener. music therapy is a scientific method of effective cure of disease through the power of music.



"The function of music is to release us from the tyranny of conscious thought."



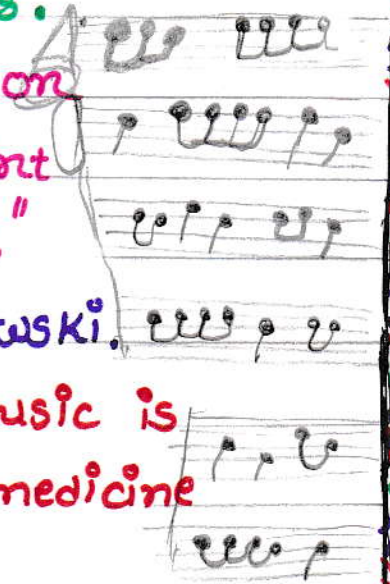
Regions are closely related to different parts of the day according to changes in nature and development of particular emotion, mood or sentiment. In Nada yoga, while all the time gently easing your mind into relaxed concentration and focus.



"Sometimes music is the only medicine the heart and soul need."

Pundit Hariprasad Chaurasia was advised to play the flute as he suffered from asthma. Jagadish Chandra Bose proved that plants respond to musical stimuli. Music therapy can be especially effective for children with learning difficulties.

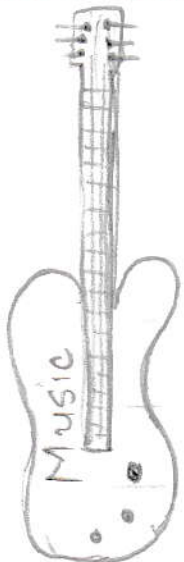
"A painter paints pictures on canvas. But musicians paint their pictures on silence."

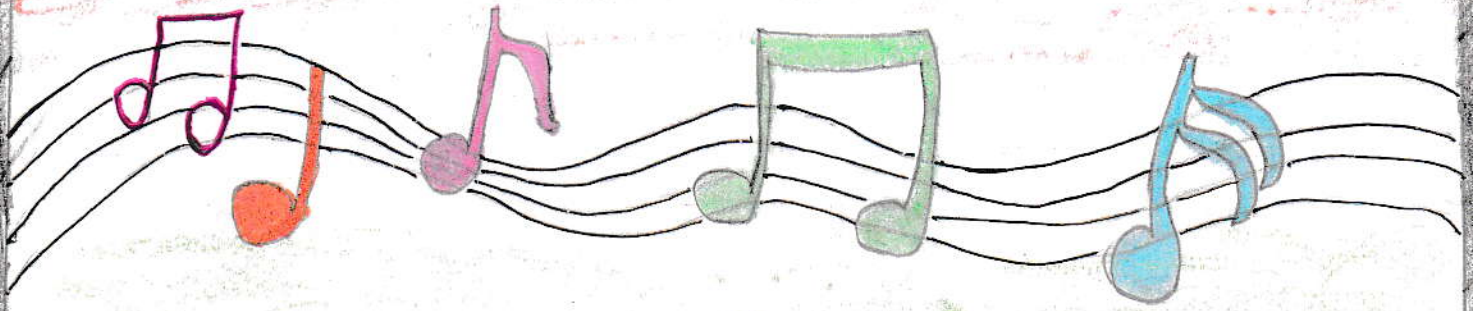


- Leopold Stokowski.

"I love music. For me, music is morning coffee. It's mood medicine. It's pure magic."

- Moby Dick





Name :- Agaja Smeha Navneetkumar  
 Std :- F. Y. English  
 College :- P. K. Chaudhary Arts College



## Music For Life

Did you ever think about what would life be without music? Well, I did and I think that the world would be a very quiet place. In my opinion music is something extraordinary it is what makes humans human. Music is in a number of ways the fabric to our lives and the definition of society.

Music touches us emotionally, where words alone can't.

It can be described as one of

8  
the most treasured human experiences,  
every one enjoy music and this  
becomes more apparent in every  
significant event from weddings and  
funerals to graduation ceremonies  
formal inaugurations and birthdays.

o/h  
Music is the divine way to tell  
beautiful poetic things to the heart. u/h

Music reduces stress and anxiety.  
Research has shown that listening to  
music at least music with slow tempo  
and low pitch can calm people down  
even during highly stressful and  
painful event.

o/h  
A Painter Paints Pictures on canvas,  
But musician Paint their Pictures  
on Silence. o/h

o/h  
When words fail, Music Speaks. o/h



College: Siddharth Law  
College

Sec: 16, Pawshram.  
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Class: DLP Sem: 1

Roll no: 41

## Music For life

Ye bhyo mātṛa madhumatī pinyanthā  
Payaḥ pīyusam dhyonodithirudrī barhiḥ  
Uktuḥ śhushmān vṛṣabhuṛān svapnashathām  
Ādityām anumanām svesthaye

The mother universe is rich in energy and full of mountains, rivers flowing from them. She is madhumatī - honey-minded - and gives nectar and milk to those learned people who are equal to the sun and meditates on ukta and becomes full of seeds of knowledge - vṛṣabhuṛān - like a bull. Let us follow them and get the

eternal bliss they enjoyed through learning.

Twelfth anuvāku of Nārāyanopaniṣad says: "He has 16 kulu. He is like the sun, the life-giver, giving us food, riches and our successors, being the Prajāpati. The yujñā brings bliss when performed. Oh, Rṣabha, tell us the havya done by svaha (the wife of agni) and the bliss in everything we learn and perform. The honey rich wave raise from the ocean of honey. By uttering the name of that secret ghee one gets amṛtva (eternal life), one's jihva becomes the nabhi of amṛtva of the devās. Let him, by the repetition of that name, gain ghee in our yujñā, let Brahma be seen as the white bull with 4 stringa, 3 pada, 2 sira, 7 harna, and 3 bandha. Let that great deva, Rṣabha enter into us, the human beings.

College Name :- Shri P.K. 11  
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Student Name :- Chaudhary  
Seema Vitsunghui

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Roll No :- 552

Sub :- Music For Life.

Music therapy is for anyone. Although it can be used emotional, social, or cognitive deficits, even those who are healthy can use music to relax, reduce stress, improve the mood, or to accompany exercise. There are no potentially harmful or toxic effects.

### Mental Effects

Depending on the type and style of sound, music can either sharpen mental acuity or assist in relaxation. Memory and learning can be enhanced. This has been used with good results in children.

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Better productivity is another outcome of an improved ability to concentrate. The term "Mozart effect" was coined after a study showed that college students performed better on maths problems when listening to classical music.

### Emotional Effects.

The ability of music to influence human emotion is well known and is used extensively by moviemakers. A variety of musical moods may be used to create feelings of calmness, tension, excitement, or romance. Lullabies have long been popular for soothing babies to sleep. Music can also be used to express emotion non-verbally - a very valuable therapeutic tool in some settings.

Music is used to form a relationship with the patient. The music therapist sets goals on an individual basis, depending on the reasons for treatment and selects specific activities and exercises to help the patient progress.

College Name: Shri P. K  
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# Music For Life.

Om \* Name \* Narayanaya.

Music is the art of expressing ideas and emotions in significant sound forms by using the elements of rhythm, melody and harmony. through voices, instruments or both. Music plays a great role in everyone's life. It keeps us busy in spare time and makes our life peaceful. Generally students get some task on the music topic.

Many traditions of chant from around the world are characterized by a deeply felt spirituality and a belief in the power of sacred sound to create change in everyday life. As you learn to use mantras in your own life, you

may find your personal approach to using these ancient formulas takes on these characteristics. And you may also find that you want to keep your mantra private and personal, protected from the influence of others.

Music plays an integral and essential role in our life. There are various types of music which we can enjoy according to our need and requirement. Some of us are used to of listening music during the study time, playing indoor or outdoor game and other moments.

I love music so much from my childhood. I still remember that the weekend means all the Sunday in my family was fixed as a music day. It helps us in keeping our mind strong and busy. Music is like a meditation and benefits a lot to us if we listen music on daily basis.

Music is like yoga, it make us happy and helps in keeping hormonal balance in the body, relief our body and mind and

thus keeps us physically and mentally healthy.

Sound can change our entire life's course in an instant. words spoken in anger can cause permanent problems between a husband and wife or parent and child.

Music is the powerful tool which would increase your concentration power and always help you to go ahead and get success in your life.

Om \* Nama \* Shivaya.

This Siddha mantra uses the universal elements that govern each chakra: Earth, water, fire, air and ether. This mantra leads you powerfully toward spiritual maturity.



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class: F.Y. B.A.  
Roll No: 565



Music

For

Life



What sounds can you hear right now? Change are, there many of them. Our lives are filled with sounds of all kinds and our response to those sounds help create who are from moment to moment and from year to year. At one extreme irritating or annoying, at the other pleasant or deeply satisfying, sound vibrations affect our thought, our feelings and how we experience the world.

If you have a particular issue in your life or a material you wish to accomplish, pick a seed sound that seems to represent energy you desire but have been lacking work with this days, repeating it as much as you are able. You should also consider setting aside twice a day to chant the mantrain a focused meditative way.



## "Om Nama Shivaya"

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om and salutations, may be elements of this creation abide in mein full manifestation.

## "Om Namō Bhagavate Vasudevaya"

This is the great twelve syllable mantra that widely practiced by many Hindu sects in India. It is known as to truth or realization may be widely divergent 'Mukti'. All those who use the mantra recognize the potency of this spiritual formula.

Mantra is not a cure for all skills, But Mantras can dramatically contribute to our overall health and well-being, and as with all life challenges, the more tools you have to work with the better your chances for a long and productive life.

Vishwamitra went into spontaneous samadhi, he sat up wrapped in an indescribable bliss, at one with the entire universe. Deep in that reverie, he heard mystical sounds:

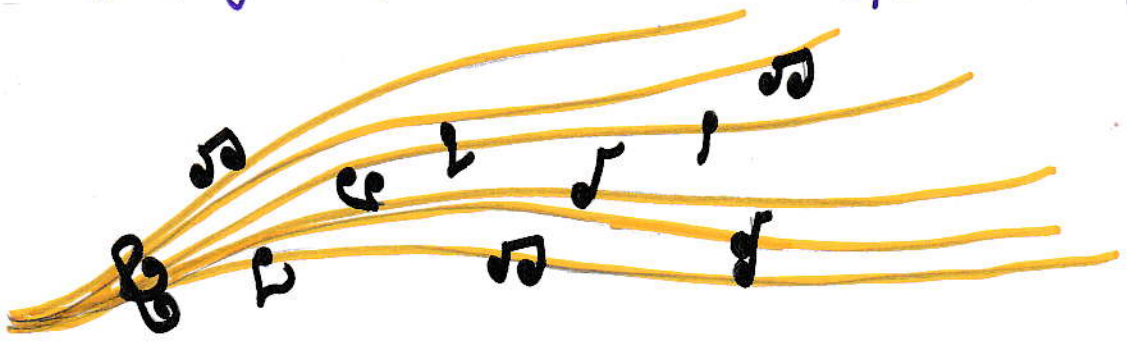
Om Bhuh... Om Bhuvaha... Om swaha....  
Om ~~sa~~ Maha.... Om Janaha.... Om Tapaha....  
Om Satyam..... Om Tat Satvitur Varenyam....

Bhargo Devsya Dhimahi Dhiyo yonaha prochodayat.  
He was hearing the sounds of 'the vibration of Seven great upper luminous levels of creation' itself.

Arthur Schopenhauer said that, 'Music is language of feeling and of passion.'

Colbie Caillat said that, 'A great song should lift your heart warm the soul and make you feel good.'

Throughout history, the power of sound has been recognized, breathed and investigated, The Greek philosopher Pythagorus who developed basic principles of mathematic was also a earliest investigators of physical, emotional and spiritual effect of sound.





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## Music FOR life

one of the cornerstones of Pythagorean philosophy is the idea that beauty and proportion - qualities commonly found in mathematics, nature and especially music.

In the several schools of philosophy guided by Pythagoras in Greece and Italy, music was actually used as a kind of spiritual medicine. certain melodies and instruments were prescribed for anger, sadness, and other so-called passions of the mind.

There are certain powerful, one-syllable mantras called seed mantras that have no explicit translation in Sanskrit, these are known as bija mantras, and Vedic literature abounds with tale and legends of being who used them and rose to greater

heights of spiritual and material <sup>20</sup>  
power.

Hum [ohm]

Seed sound for the Vishuddhichakra located at the throat center. The element is Ether. The quality is sound.

Om shanti Om :-

Om is the seed sound for the brow center, which is where the masculine and feminine energies meet. shanti means peace in a dynamic sense: not just an empty shell, but powerful and active peace that radiates outward. This mantra gives the personality an entirely new energy to work with, in tandem with the Lakshmi energy. At the energy level, the combination of these two mantras completely replaces the crystallized anger center with a new and positive vibration. Transformation of the previous condition is now complete.

Om gum ganapatyei Namaha

21

(to remove energy blockages)

Music can make us feel strong emotions, such as joy, sadness, or fear - some will agree that it has the power to move us. According to some researchers, music may even have the power to improve our health and well-being.

Though more studies are needed to confirm the potential health benefits of music, some studies suggest that listening to music can have the following positive effects on health.

There are 10 Benefits of music.

1. Improves mood
2. Reduces stress
3. Lessens anxiety
4. Improves exercise.
5. Improves memory
6. Eases pain
7. Provides comfort
8. Improves cognition.
9. Helps children with autism spectrum
10. Soothes premature babies.



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Music is a universal language.  
Music is an age-old part of Ayurveda,  
the holistic Indian science that promotes  
a happy and healthy lifestyle.

Music therapy is for anyone.  
Although it can be used therapeutically for people  
who have physical, emotional, social, or  
cognitive deficits, even those who are  
healthy can use music to relax, reduce  
stress, improve the mood, or to accompany  
exercise. There are no potentially harmful  
or toxic effects.

Music is highly motivating, yet it can also have a calming and relaxing effect. Enjoyable music activities are designed to be success-oriented and make children feel better about themselves. This "multi-modal approach" facilitates many developmental skills. Music can encourage socialisation, self-expression, communication, and motor development.

In India legend has it that Thyagaraja, the famous musician of south India, brought a dead person back to life by singing the composition *Naz Jeevan Dhara* in *Raga Bihari*. In 1129, a physician Richard Browne wrote the famous text *Medicina Musica*, which describes the use of music as medicine.



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Roll No :- 615

### \* The Mantra Toolbox \*

Mantra is a Sanskrit word with many shades of meaning "tool of the mind." divine speech and 'language of the human spiritual physical eye." are just a few of these. In the context of this book, mantra is a tool for heading problems that

we all face in life. As the mystic Sufi master Vilayat Inayat Khan states,

Mantra can help you feel more peaceful or more energized. It can help you cope with the illness and it can sometimes help effect physical healing. It can help you deal with difficult or unpleasant circumstance by helping you to see a course of action.

But mantra is not a ponce. It is not usually the only way or even the best way to solve human problems you life and your karma. the accumulated effect all.

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Name :- Chaudhary Darshana  
Bhikhabhai



Class :- F.Y B.A  
Roll No :- 609

"Without music life  
would be a mistake"

Music gives a soul to the universe,  
wings to the mind, flight to the imagination  
& life to everything. Music is the  
literature of the heart; it commences  
where speech ends.

The ability of music to influence  
human emotion is well known & is used  
extensively by filmmakers. Music can  
also be used to express emotion non-  
verbally - a very valuable therapeutic  
tool. In some settings the physically  
change in response to music.

Heart rate & blood pressure are  
also responsive to the types of music

that are listened to music can also <sup>27</sup> relieve muscle tension & improve motor skills. A great song should lift your heart, warm soul & make you feel good. Music is a language that doesn't speak in particular words. It speaks in emotions & it's in the bones. It's in the bones.

Music expresses that which cannot be said & on which it is impres-

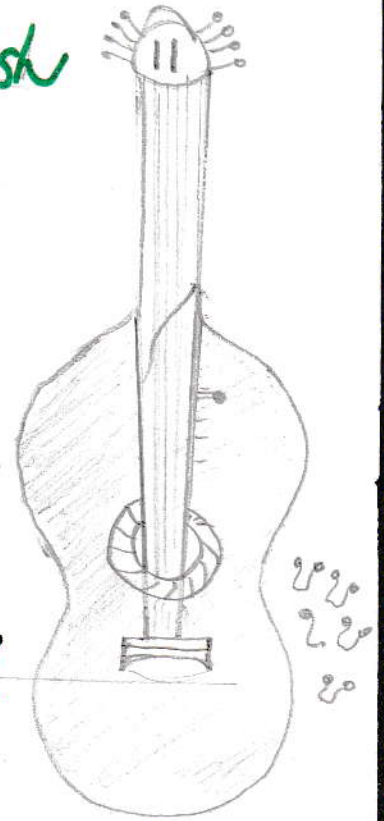


sible to be silent. Music is the strongest form of magic you have to, take a deep breath & allow the music to blow through you. Revel in it, allow yourself to be when you play allow the music to break your heart with its beauty.



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- ★ Collage Name : Shri P. K.
  - ★ Chaudhary Mahila arts collage
  - ★ Student name : Chaudhary Varsha K.
  - ★ F. y. B. A English
  - ★ Sem : I
  - ★ Roll No : 522

Music for life



## The Indian way of Healing Sounds

Music therapy is a scientific method of effective of disease through the power of music. It restores, maintains and improved emotional, physiological and psychological wellbeing. The articulation pitch tone and specific being. The articulation

pitch, tone and specific arrangement of swars in a particular raga stimulates alleviates and cures various ailments inducing electro-magnetic change in the body.

Hindustani classical music considers ragas as depicting specific moods. Music is considered the best tranquiliser in modern times of anxiety tension and high stress blood pressure.

Matanga (9-10<sup>th</sup> century) was the earliest writer to define raga. According to him, "raga is that kind of sound composition consisting of melodic movements."

Music therapy treatments is conducted either early morning, evening or night one should avoid long music sessions on an empty stomach. music sessions should be of one-hour duration with two or three short sessions with breaks



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\* STUDENT NAME :-

MANSI NARESHBHAJ  
CHAUDHARY

\* CLASS :- F.Y.B.A.

\* SEM. :- 1

\* ROLL NO. :- 592

# Music For Life

Raising awareness of music as a tool  
for social change Engaging  
communities to bring music-driven  
experiences to life Supporting artists  
striving to become changemakers.

➔ Music to Life offers opportunities for  
songwriters in all genres trying to make a  
difference. We're seeing artists in completely  
different genres coming together to make an  
impact in the world.

- Baby Jay, Artist, Houston, TX.

→ I am proud to be part of Music<sup>31</sup> to Life's effort to connect songs with people who need to hear them, and inspire artists who need to sing them.

- Josh White, Jr., Artist, Detroit, MI

"Music to build skills  
and improve lives."

→ We use music to help build musical as well as social, emotional, cognitive, speech, language and communication and physical skills. No musical experience is necessary to benefit from music therapy. Please contact us to discuss how we might help you and your loved ones.

→ I look forward to discussing our music services with you. Please give me music therapy.

"The closest thing to a common experience of emotion is music. Music can draw you to want to change the world around you, when you come to desire what the lyrics call for."

- Noel "Paul" Stookey, Artist and Co-Founder,  
Music to Life.



Collage Name :- Shri<sup>32</sup>  
P.K. Chaudhary Mahila

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Student Name :- Druv

Janhvi Rajeshkumar

F.Y. B.A. English

Sem :- I

Roll No :- 540

## Music for Life

In our daily life music play important. Past, music can change our mood, make us emotional, happy and many more.

Always, we happy or in sad mood 90% people like to listen music in their own language. Music can make a strong emotional response and this is utilized in films / shops / advertising / gyms / shops etc. It is also usually the main cause we all listen to a specific style at a particular time we like how it increases our mood!

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Music helps me and yours to escape from reality. It is only me & u... When we listen music we want to embrace their sense peace love and music. Good music can change your life? So.... Listen Music Always.

Listening to music does wonder to alleviate stress. Everyone has different tastes in music. We should listen to the music that makes us feel comfortable. Sitting down and forcing yourself to listen to relaxation music that you don't like may create stress, not alleviate it. Music is a significant mood-changer and reliever of stress, working on many levels at once.

"Music gives us to another blend of energy, to crush the wall of negativity."

"Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything."

Music is a string that vivifies your soul and fills its emptiness. Music was found to reduce heart rates and to promote higher body

temperature - an indication of the <sup>34</sup> music onset of relaxation. Combining music with relaxation therapy was more effective than doing relaxation therapy alone.

Playing music in the background while we are working, seemingly unaware of the music itself, has been found to reduce the stress of the workplace. That's why so many retail places play music while you shop - to take your mind off the high prices!

Among the first stress-fighting changes that take place when we hear a tune is an increase in deep breathing. The body's production of serotonin also accelerates.

"Music is restores, maintains and improved emotional"

\* COLLEGE NAME :-

35

SHRI R.K. CHAUDHARI MAHILA  
ARTS COLLEGE.



\* STUDENT NAME :-

DRASHTI B. CHAUDHARI

\* F.Y. B.A English

\* Sem :- I

\* Roll No :- 608

## \* Music For Life

Mantra works with the chakras in several ways. First, it clears them of blockages so that they can function efficiently.

The five chakras located along the spine:

1> The Base Center :- Muladhara chakra  
PRINCIPLE : Earth

→ Correspond with the coccygeal plexus, the base of the spine or the anus, and governs the energy of elimination.

2> The Sexual Center :- Swadhisthana chakra  
PRINCIPLE :- Water

→ Corresponds with the sacral plexus, the sexual & reproductive organs, which govern the energy of sexual activity, fertility, & creativity.

3> The Navel Center: **Manipura Chakra**

**PRINCIPLE :- Fire**

→ Corresponds with the solar plexus, the stomach & abdominal organs, & rules the energy of digestive activities.

4> The Heart Center: **Anahata Chakra**

**PRINCIPLE :- Air**

→ Corresponds with the cardiac plexus, the heart which governs the energy for respiration, & also supports the immune system.

5> The Throat Center: **Vishuddha chakra**

**PRINCIPLE :- Ether**

→ Corresponds with the pharyngeal or laryngeal plexus, which influences the speech mechanism. This is also the "will" center.

6> The Brow Center: **Ajna chakra**

**PRINCIPLE :- Mind**

→ Corresponds with the brain & its nerve centers, & is in the middle of the brow, between & slightly above the eyebrows. Also referred to as the third eye center.



37  
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## \* Music for life

Music enters the body through the ear and the bones of the body act like a tuning fork. The neurological fields of the body are then stimulated by music. Music is a means by which all people can feel these healing vibrations even people with profound handicaps can benefit from music healing effects. Research in physiological responses to music supports the hypothesis that listening responses

to music healing effects.

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Science has proven that music focused in the higher register increases tension. Conversely, music played in the lower register reduces tension. Music played at a tempo of 80-90 beats per minute increases tension.

According to Dr Arthur Hurvey there are four distinct ways in which our brain responds to music: Cognitive, affective, physical, and transpersonal.

When we avoid our feelings or subconsciously they nonetheless tend to build up inside. They don't just go away. Music and sound are wonderful tools for helping us deal with feelings within us, whether we are aware of them or not.



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Music is Life  
 ~~~~~ \* ~~~ \* ~~~~~

Music is a big part of my life because it changes your mood and it makes you feel something that you have never felt before. Every song has an effect in you. If you listen to a happy song then you're in a good mood. Listening to music is a way to reduce the stress relax and also enjoy your life.

• The Power of music To Reduce stress . The soothing power of music is well - established . it has a unique link to our emotions so can be an extremely effective stress management

tool . Listening to music can have a tremendously relaxing effect on our minds and bodies especially slow quiet classical music

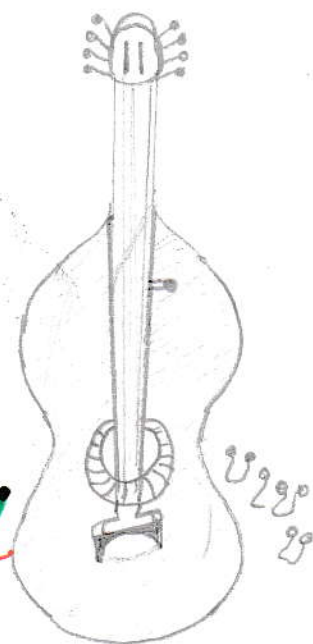
My body is damaged from music in two ways. I have a red irritation in my stomach it's psychosomatic caused by all the anger and the screaming . I have scoliosis where the curvature of your spine is bent and the weight of my guitar has made it worse. i'm always in pain and that adds to the anger in our music

Music is well said to be the speech of angels . Thomas Carlyle  
click to tweet. if music is a place - then jazz is the city. Folk is the wilderness Rock is the Road. classical is a Temple Vera Nazarian Music once admitted to the soul becomes a sort of spirit and never dies.



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Music for life



## Indian Music Therapy Practitioners

The Indian music therapy scene is fairly underdeveloped when compared to the progress made in the west after decades of serious and creative experimentation. But there are pockets of excellence saving the day for the inheritors

of AUM . the first sound ever that led to Creation according to the rig veda.

In her private consultation Dr. Devi recommends music therapy to patients. our vedic texts are the source of information on music to be used in healing.

The power of sound is that it directly affects vibration. Research has proven that mothers require less pharmaceutical pain relief during labour if they make use of music.

In india , music and its benefits have been known to every generation . But there are very few who actually cure disorders and ailments . Here , music is given the status of being sacred and has not yet reached the purist Eitelons of academia and music research centres .



43 ①  
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## Music For Life

Music is very powerful and affects the way we think, feel and act. The rhythm can effect our bodies so that our heart rate and respirations follow that same pulse. Music can relax or energise and certain pieces of music can effect us in deeply personal ways.

Music can greatly effect our mood, so we need to choose what we listen to wisely. When we feel low, it can be tempting to play music that fits with how we feel, which may

44 (2)  
make us feel worse. It can be much more helpful to choose music that is close to how we feel now, but just slightly above it, for instance a little faster or slightly upbeat. Or music that starts slow and sad but changes and influences our mood in the same way.

Music is very personal and what works for one person may be very different from what works for another.

Watch out for song lyrics. Whilst the music does the main job of affecting our mood, the lyrics also play a part. When we are happy, we enjoy the music and when we are sad we understand the lyrics.

Human consciousness exists on many levels at once. It is really an intricate collection of states of consciousness distributed throughout the physical and subtle bodies.

In fact, each organ of the body has a primitive consciousness of its own that allows it to perform specific functions.

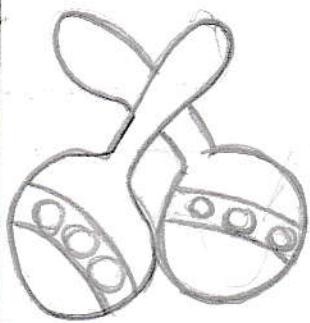
Each organ is also part of a system. <sup>45</sup> (3)  
The cardiovascular system, the reproductive system, the digestive system and the nervous system. Music cleanses and energizes the physical body. Music repetition has a similar effect on subtle body. Even speaking a mantra very softly influences the chakras that correspond to the nerve centers of the physical body. Just thinking a mantra - pronouncing it subvocally in our mind - can further the process of clearing away spiritual impurities, energizing the chakras and burning of karma.

Thus, we can say that music effects our mind, body and life positively.

— x —



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Music is life



music is the god gifted food for living healthy life to whole human fraternity. it is a key to soul which helps us in making physically and mentally healthy musical is a melody which triggers positive thoughts and good memories of past time, favorite places, persons or events.

“ without music life would be a mistake ”

Music Boosts Brain chemicals  
one of the ways music effect mood is by stimulating the formation of certain brain

47  
chemicals. Dopamine is the brain's motivation "molecule" and an integral part of the pleasure reward system.

Where words fail,  
music speaks  
it speaks of the pain,  
of the sorrow



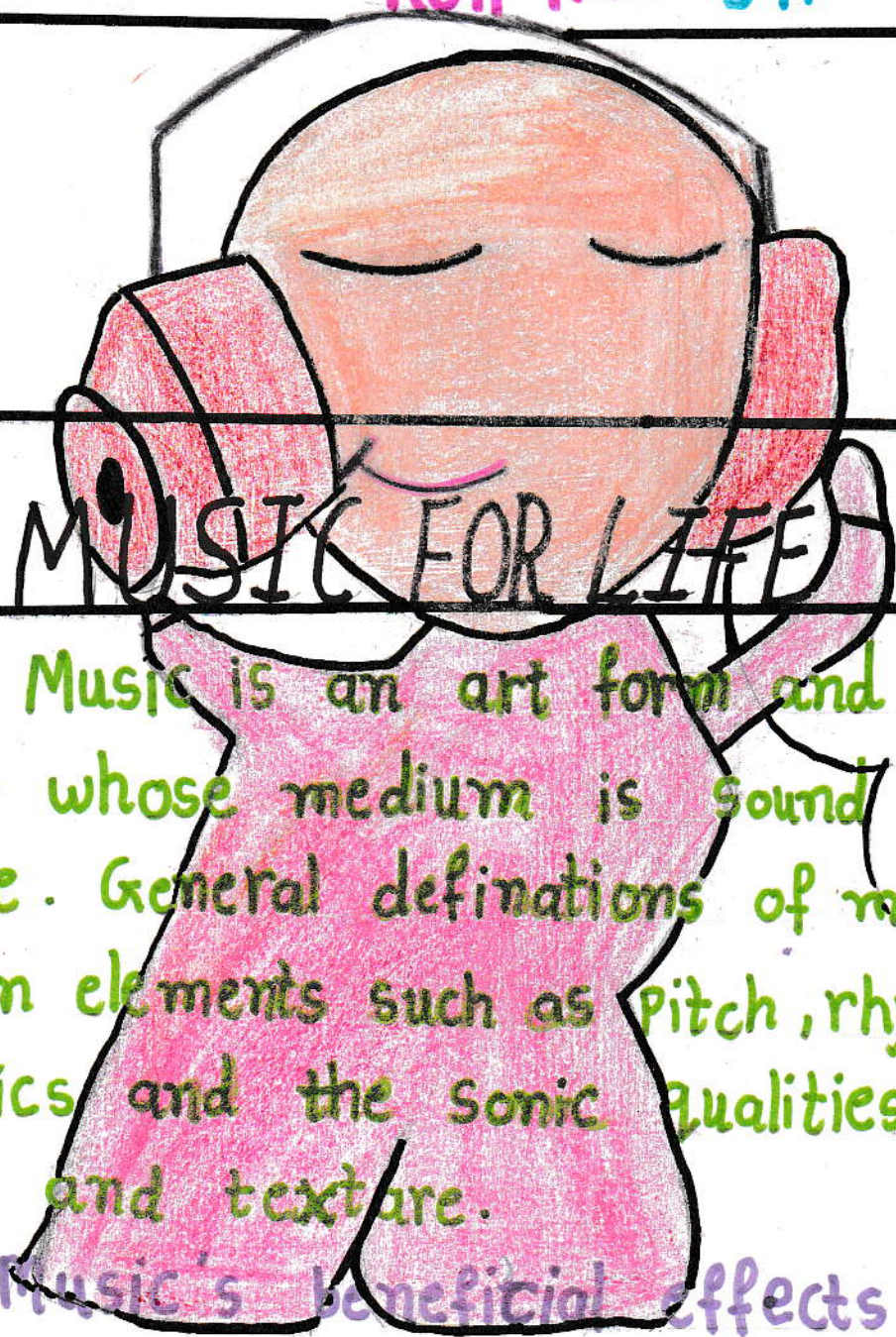
Music affects human behavior and emotions in both positive and negative ways. Also, neuroimaging studies have shown that music can activate brain areas that are typically associated with emotions.

Music is a big part of life because it changes your mood and it makes you feel something that you have never felt before. Every song has an effect in you. If you listen to a happy song then you're in a good mood.

" Music is the ocean  
that pulls me to the shore.  
Music is the rhythm  
that moves me to the core. "



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# MUSIC FOR LIFE

Music is an art form and Cultural activity whose medium is sound organized in time. General definitions of music include common elements such as pitch, rhythm dynamics and the sonic qualities of timbre and texture.

Music's beneficial effects on mental health have been known for

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thousands of music years. Ancient philosophers from Plato to Confucius and the King of Israel sang the praises of music and used it to help soothe stress. Military bands use music to build confidence and courage.

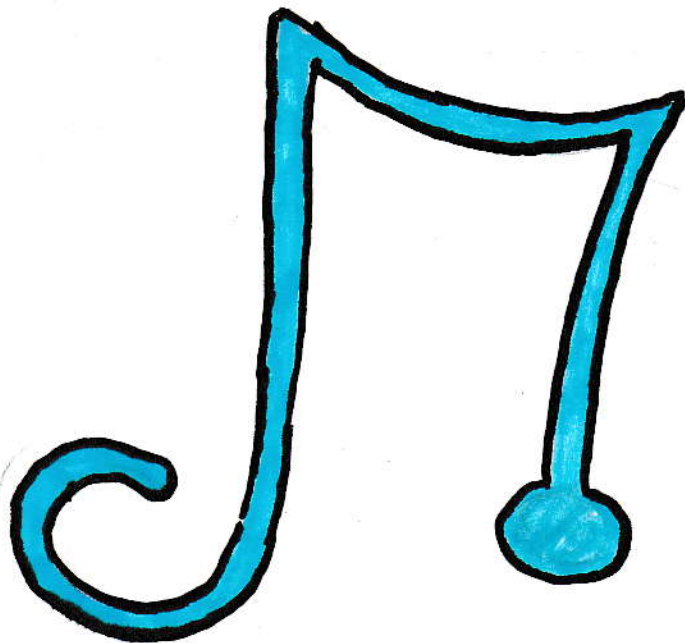
"Whenever I feel afraid, I hold my head erect  
And whistle a happy tune, so no one will suspect I'm afraid  
And every single time the happiness in the tune convince me that I'm not afraid."

Music has proven useful in helping patients with serious medical illness such as cancer, burns and multiple sclerosis who are also depressed. A part from that many people listen to soothing music to help them fall asleep. Since ancient time, it has been known that certain kinds of music can help soothe

away stress.

50

After, recapulating the article, we take a closer look at some of the potential health benefits of music and look at whether for some conditions, music could be used to improve or even replace current treatment strategies.



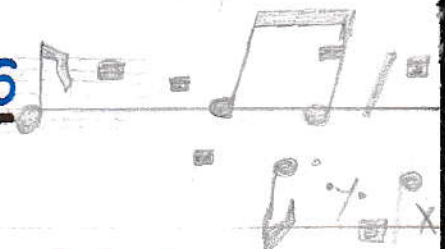


51  
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Topic :- How music affects 25 

How does music affect our well-being? It seems there is no definitive answer to this question. However, experts in the field of music and sound therapy feel there are two major ways in which music and sound can affect our lives.

The first is the principal of

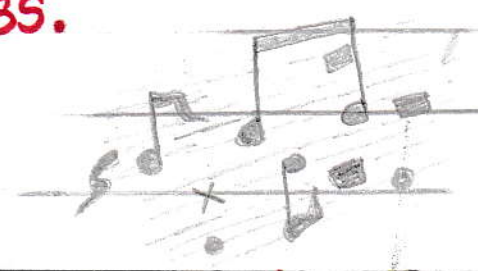
entrainment. This refers to the phenomena of being in sync. In other words, our bodies automatically adjust to the pace, rhythm, or pulse of the music.

Entrainment is a powerful tool in behaviour modification. In effect, the principle of entrainment directly relates to the Greek word isomorphic.

Music in this sense can be a powerful tool in both positive and negative ways to the listener. Music entrainment is more than just a tool to be used for behaviour modification, however.

music is one of the few experiences that can touch a person on all levels of consciousness.

For centuries shamans have used drums and vocal sounds as an integral part of healing practices in indigenous cultures. They often went into a trance themselves through the power of music, which they used as a tool in assisting the healing process.





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Seminar on Therapy  
of Music

34

# The Goddess of Music and Nature

Music is divine and nature is divine. Music is nature, and is divine and it is natural heritage of all living and non-living organic and inorganic things, and is within every cell and atom of us. The secret of it has to be unraveled by the ecstasy we derive from a piece of music and then explored logically to understand how we are part of this experience which I call God. Since music, God and nature are one the advaita of the Indian philosopher and the

Samavedic and musician is easily understood with one's own experience of it but to explain it is difficult, yet for the sake of potency we have to unravel the secrets of it. Try to explain it - logically and scientifically - Hence let us explore the - Secret Seven and the famous five of music and the beauty and bliss - within it mathematically - biologically and logically.



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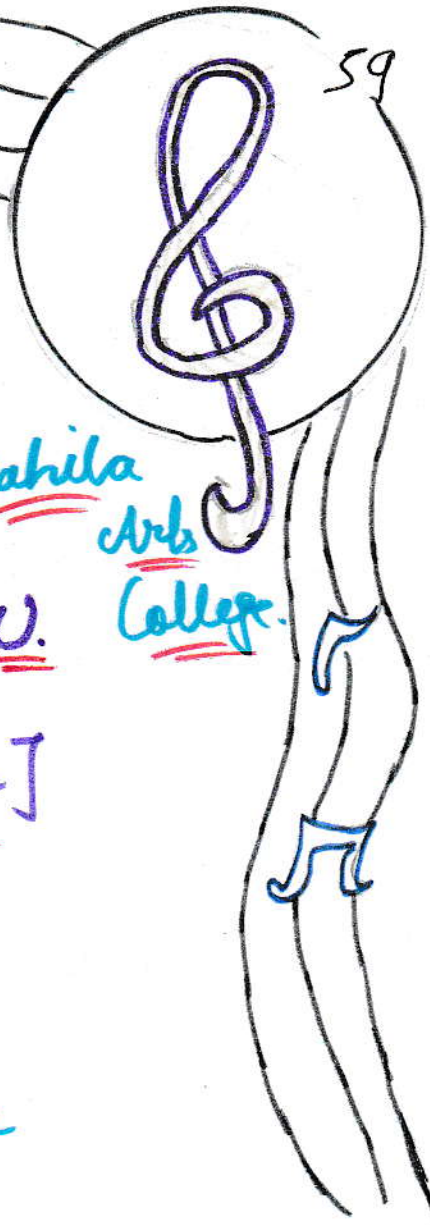
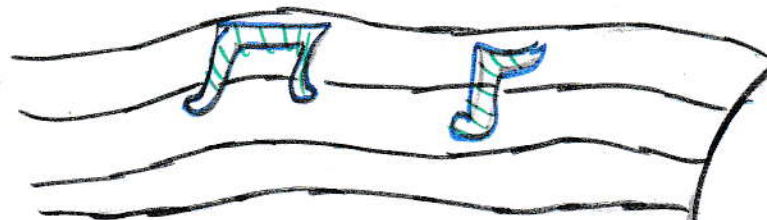
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on Therapy of music 2019

## Reference to Musical Instrument in India

Krishna had his flute, Saraswati her veena, Nandi his maddanga and so on. Flute was used by prehistoric people about 50000 years<sup>30</sup> back, according to ~~archaeological~~ archaeological evidences. The Flute of Krishna is as old as human culture and civilizations. Quoting the Kathopanisad (Ch 1, section 1, 51-25), we find Yama (god of death) asking Nachiketa to ask for boons, including beautiful celestial women, occupying divine chariots (Rathas with wheels) and playing Santas (the word used is Santaraju - pointing out

The antiquity of surya) which the  
boy denred. In Chandogya (Ithanda  
6, 51.6), surya is controller of  
earth and it's associated with worlds  
the solar system and of all the  
living things on it. and hence  
people sing on him in praise to  
attain all desired prosperity / ecstasy  
etc. Those who play the vena also do  
the same for the very purpose. Both  
vocal and instrumental music is for  
this purpose during vedantic times.



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parmas Jinnari U.

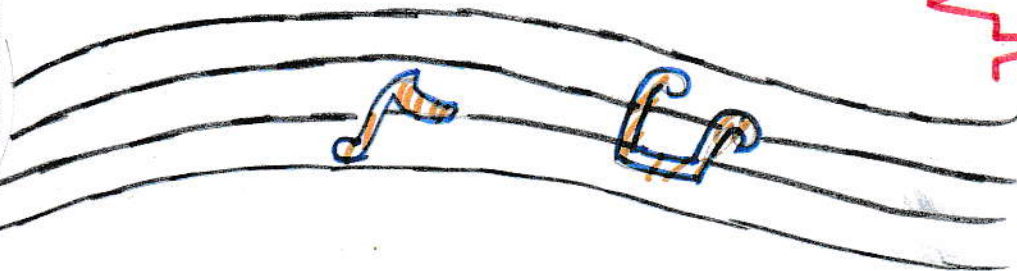
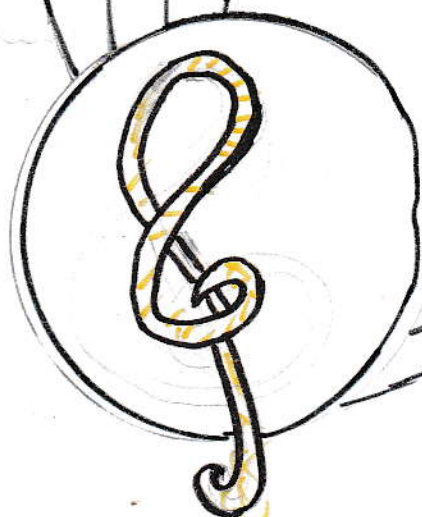
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# Therapy of music.

60

→ Analytical Music Therapy Session for an individual usually consists of several procedural phases, first, the client and therapist identify an issue through verbal discussion. After the roles of the two participants are defined this issue serves as a title for a musical improvisation. During the improvisation the therapist plays different percussion instruments. The improvisation is recorded on audio tape, to which therapist and client listen together, discussing the feelings and thoughts that have arisen through the improvisation and through the ensuing listening experience.

→ In such discussions, the therapist participates with some predefined ideas. The meaning of music Priestley suggests that translation between these languages is difficult: "... and the interpreters are few and far between." Music Therapist should make efforts to build bridges

between these two languages. The 61  
Cathartic release of tension through  
the music, without the knowledge of  
what the feelings are about, gives  
th temporary relief, but without  
understanding in words.

→ Falling is serious medical problem,  
particularly for people over 65. In fact  
one of every three senior citizens suffers  
at least one fall during the course of  
years. Can music help? A 2011 study  
says it can. people are born with the  
ability to tell the difference between  
music and noise. studies show that  
listening to music can benefit overall  
well-being, help regulate emotions and  
create happiness and relaxation in  
every life.

→ The best music is always scared  
as Coleridge remarked.



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2019  
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# \* Therapy of music

IF the music does not evoke a sense of the specific quality emotion associated with "tears of joy" the performer is either seized by a bad state of musical mind, or that the performance lacks the quality of "rightness". We are capable of two general qualities of emotional state. On the one side, there is the nobler condition typified by "tears of joy" opposite is the exotic emotion, which we associate with the First, and the Romantic and modernist approach to music with the second. In Plato, the First quality of higher emotional state is associated with the notion of the Good and the Beautiful - agathos, as in the woman's name, Agathy. In the original Greek of the New Testament, a related notion is identified by the verb-rooted term agape, as directly opposite to the lower quality of emotional state eros. In Western European Christian culture, agape is rendered as caritas in the Latin, and the charity of the King James' Authorized Version of the New Testament. It signifies, for Western European culture the quality of love of God, love of mankind, love of truth, and love of beauty and controlling emotional state with which

We approach life's challenges.

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Quality of *agape* occurs in a special way in connection with valid forms of creative mental activity. It occurs as the prize secured when we effect a valid discovery. Yet, without the same emotional quality as a driving force, we are unable to sustain the qualities of concentration needed to effect such discoveries. In Indian aesthetics it is called 'sādhā', and the spirit of enquiry is *mīmāṃsā*, which follows an experience of bliss or *ānanda* which I have dealt with exhaustively in the first chapter. In the effort to find a solution to an inherently soluble problem, we observe a student or craftsman, hammering away in a state of more or less thinly disguised rage, and perhaps his tools when he or she fails to obtain success in that way. In contrast, we observe the happier, relatively calm state of mind, blended with great concentration and energy, quietly, proceeding to attack the problem on a flank, working stubbornly, confidently towards a solution.



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Therapy of Music

The secret seven and the 66 famous five, the phi of Tripurasundari - the goddess of music and nature:-

Music is divine and nature is divine. Music is nature, and is divine and it is natural heritage of all living and non-living, organic and inorganic things, and is within every cell and atom of us. The secret of it has to be unveiled by the ecstasy we derive from a piece of music and then explored logically to understand how we are part of this experience which I call God. Since music, God and nature (Nadabrahma, and param, and the jiva or soul of man / beast / bird / plant) are one, the advaita of the Indian philosopher and the Samavedic rsi and musician is easily understood with one's own experience of it but

to explain it is difficult, yet for the sake of posterity we have to unravel the secrets of it, try to explain it logically and scientifically. Hence let us expose the secret seven and the famous five of music, and the beauty and bliss within it, mathematically, biologically and logically. If this relationship was not there between the structure of music and our biological and cosmic processes, we would not have experienced the bliss of music and we would not have achieved anything in the science and art of music therapy. Therefore, for music therapists the world over, this exploration is essential. Without a strong base-foundation, no discipline can have a long life. Hence, here I try to compare the structure of eastern and western music, the base of all music, and the history of human thoughts.

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Therapy of Music

## Rsabha / Rsi / Ra.

Music and arts being the main stream of the life of the Indian people, one who takes up the protection of the culture of India cannot stay away from it and ignore it. By writing the logical commentaries, read only by a few intellectuals and the learned, one cannot unite the entire nation as one. This was known to great teachers of our nation, right from Rsabha, down to Elangadikal, Anamasambandhar and Sankara. Sankara was putting into practice this great duty. Hence, he wrote commentaries on Prasthanatraya for the learned, and hymns for the masses, and had an aesthetic musical sense which he displays in his masterpieces like Soundarya-lahari, Sravananalahari and the like.

This tradition was kept up in Singery with mundanamisai living with his wife Saraswani, and taken up by

Vidhyasastrya Vidhyasastrya was the advisor of the great Vijayanagara Empire at Hampi and is believed as the father of the modern Karnataka culture. Hence, he embodies the original ideology of the Rsubha / Navayagi / Bhagavata tradition. And I, being an ardent follower of music and literature from my infancy naturally fell in line with this oldest traditional gunparumpura, without any effort on my part.

RK is sung as samam. Anuraku & of Taittiriya says: everything is Brahma. Everything is pranava, "Om." Everyone utter this word, "Om." we hear. Everyone sing same as "Om." All sciences teach "Om". Adharya chint pratihara as "Om". Agonohotra is done as "Om". vedu is pronounced as "Om." whoever wants to reach Brahma reaches him throughout singing pranava : Om.



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Music for Life [2019-20]

# Listening : Cognitive & Affective

72

A temporary result of emotion shift is an effect whereas a permanent effect is a cognition or behaviour. If the client is annoyed, enraged, angry, screaming, hating, anxious, scared, timid, lonesome, surprised, sad, depressed, melancholic, ashamed, empty after a music piece, the negative object relationship shift has occurred and that music is not good for the client. If the client is interested, affection, joyful, listening, relish music, satisfied, relieved and happy, that music is good. The activity of listening within the context of music therapy is a complex and personal matter. It is not the same as hearing music which relates to our ability to perceive sound by organ of hearing. Listening is connected with attention, concentration, focusing on something/somebody.

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on Therapy of music  
2019

... means ...  
... ..

## \* Music for therapy ÷

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Music therapy support groups for children, and for the relatives of patients also is useful. The former for personality development of the new generation of citizens, the latter for relieving the stressful experience of having a beloved one at home / or in the hospital. Techniques of music relaxation and stress reduction have to be provided in a confidential. If both the patient and the caregiver attend the session together it will enhance the communication between them and give them relaxation.

Processing of musical information by the brain is very complex. Music affects our neurological, physiological, and motor responses. The left brain has a division of labour in musical activity. Left brain is for general musical ability, - perception and production of speech, perception and rhythm of prosody, lyric, temporal -

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sequences of reading ability. Right brain - processes the pitch, control sound intensity, voice modulations, identify musical chords, melody perceptions, etc. Actual singing, visual pattern recognition, auditory pattern recognitions - expressive rhythmic and melodic behaviours - are taking place in the right brain centres.

Therefore, excessive stimulation of music centres in the right brain can cause stimulation of the visual centres also and if one does not close the eyes during excessive musical stimulation, the right eye may lose its vision by the action on the overlapping visual centre. Nature gives us the habit of closing our eyes while we listen to a melodious piece of music because of this.





76

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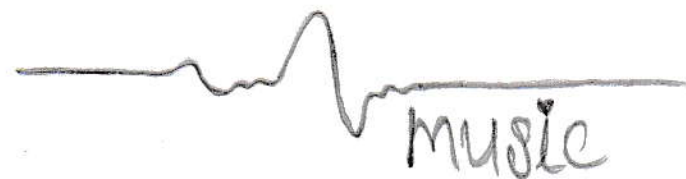
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Therapy of music. - 2019



# Therapy of music

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Music and musical references are many in the Vedas and vedanta. Sankara's commentary on 10 major Upanisads bears testimony to the fact that ~~Shri~~ Sankara was aware of this. The 12<sup>th</sup> Guru from Sankara in Sringeri Vidyapitham, Vidyaranya, was an adept in vedanta and music and it was this 14<sup>th</sup> Century disciple of Sankara who first introduced the term melakarta raga to the hitherto jati of Bharata. Following this tradition of India, in this chapter, I am trying to bring out the references to music and musical terms in 12 major Upanisads, on which I have done commentaries.

The structure of the universe, the structure of Indian classical music, the structure of human body, of the cells, atoms, of cosmos - everything

Follow the same natural law. This <sup>78</sup>  
common universal law is the God or  
divine Brahma / Shakti of the Indian  
philosophy / whatever is the ~~name~~ name  
by which we call it. The law controls  
and exists in the cosmos, in our  
body and in the art we enjoy.  
Therefore, by experiencing the beauty  
of either one of these, we  
experience the beauty and natural  
virtue of the others as well. This  
is the principle of advaita. Thus,  
life is equal to the positive  
emotional energy giving health, mental,  
physical, intellectual and spiritual.  
And music is the most aesthetic  
of arts to give this experience  
effortlessly.

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# Music For life

music can be the most important and powerful thing of anyone's life. who lives to listen or play music and know its importance in their life. one who listens or plays music never gets fed up of any problems in the life. It helps in distressing and relaxing the mind as well as motivates to do something

better in the life.

music is the art of expressing ideas and emotions to do in significant sound from by using the elements of rhythm, melody and harmony through voices. instrument or both. music plays a great role in everyone's life It's keeps up busy in spare time and makes our life peaceful.

The compiling a list of kind. I had one rule the music comes first I have always resisted the idea of expecting music

to feed or prompt an emotional state.

so I tried to ask questions. no one needs musical knowledge to read this book.

All the music is easy to simple online

81  
So you can hear and read together apart  
before, after, suggested recordings appear  
at the end.

when better to start a book about  
music's importance for life than with a  
nativity his birth is uncertain.

In today's 21<sup>st</sup> century world. opera  
often takes a backseat to other types of  
music. In fact classical music in general  
is rarely the position that many people  
especially young people choose to listen  
to music.....