



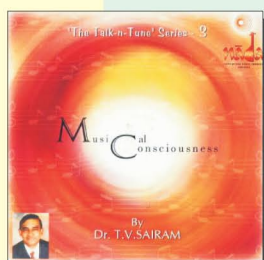
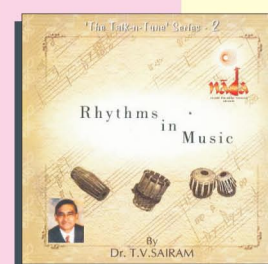
## **FEELINGS IN MUSIC**

This audio-CD expresses through talk and musical demonstrations, how the musical structure can touch our heart and result in the experience of various shades of emotion. Different ingredients in music such as resonance, rhythm, tempo, graces etc contribute towards a wide-range of feelings, viz., joy, pathos, anger, fear, compassion etc which have not only aesthetic but also therapeutic impact on listeners. The talk also suggests how music can be prudently used to fight negative emotions.

## **RHYTHMS IN MUSIC**

This audio-CD features the dynamics of nature and music, lucidly depicting how rhythm, which infuses life to music has also infused life to us.

The rhythmic intricacies involved in different systems of music (viz., Indian, Western and African) provide new dimensions to our musical understanding and appreciation. The immense scope offered by the Indian tala system with its trikala possibilities and their impact on the highs and lows of our moods and their role in achieving the desired level of consciousness and attitude are also made transparent through selected musical pieces.

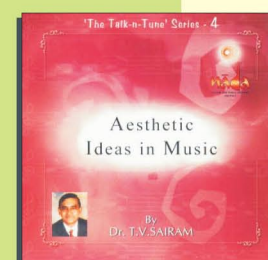


## **MUSICAL CONSCIOUSNESS**

This audio-CD helps in understanding and appreciating the subtle nexus that exists between music and our consciousness. It clearly spells out how our mind gets intertwined with music – a feature that was elaborated in the ancient system of Nada Yoga- and how the flow of nada and a deliberate attempt on the part of a musician towards improvisation (alapana) of a raga can expand the reaches of our consciousness. The use of different kinds of music for relaxation has also been discussed with demonstrations of rare musical instruments such as damaru, Himalayan bowl etc and through the recordings that ranges from vedic chants to Western classical master-pieces.

## **AESTHETIC IDEAS IN MUSIC**

This audio-CD features through talk and demonstrations, the aesthetic aspects of music and contributes towards their understanding and appreciation. Illustrations have been drawn from various cultures: folk, western, and Indian, indicating thereby the vein of unity of peoples through music.



Those interested in buying the publications of the Centre may please send a DD or cheque for “**Nada Centre for Music Therapy**” payable in Chennai along with courier charges of Rs. 100/- and address the request to the following address.

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