



SUNADA

Music, Therapy and More...

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MERRY CHRISTMAS DEAR READERS...



From the Editor's Desk...

Starting this month, we have started a new series of articles on the effect of a variety of genres of music on the people. Although many Indian readers are not very familiar with western music, we thought it would be a good idea to start with the great Maestro Mozart and the famous 'Mozart Effect' as it was the first time that any music was actually used physically to influence and better a situation. While music does not alter the basic personality of an individual, it does deal with various moods and can bring about a considerable change in the behavior patterns, often for the better.

KSVasanthaLakshmi

Founder & Editor

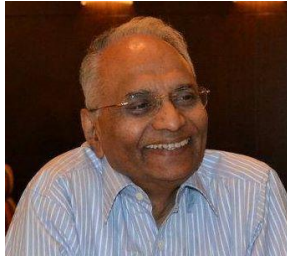
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BRAIN WAVES AND MUSCI THERAPY

By

Dr. K.V.N. Rao



Brain Waves and Music therapy.

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, are characterised by amplitude and frequency (Hz) and can be measured by EEG (electroencephalograph).

And that there are five types of Brain waves with specific bandwidths and amplitudes and characteristics –

Type	Frequency	Amplitude	Dominant positive Characteristics

Delta δ	0.1 - 3.5 Hz	Highest	Realm of your unconscious mind, where information received is otherwise unavailable at the conscious level.
Theta θ	3 - 8 Hz	DAY DREAMING	Day dreaming, the first stage of or indirect imagination/ thinking. Improves intuition and creativity
Alpha α	8 - 12 Hz	to Lowest	Present in the frontal regions of the Head on each side of the brain, it represents relaxed awareness of mind
Beta	12 -		Present in

α β	30 Hz		the Front lobes, it represents highly alert and well focused engaged mind
Gamma γ	30 - 44Hz		Present in all areas of brain, it is associated with bursts of insight, Learning, memory and information processing

How to bring it back to a balance through the use of music (synchronized sound waves) is Music therapy.

This can be done through “Brainwave Entrainment” which, simply put, is allowing your brainwaves to align and sync with an external sound frequency. There are various music tracks called ‘binaural beats’ that are designed in a way that the left and right channels are ‘off beat’ by a defined amount equal to the target frequency. For example, if you have 360 Hz in one earpiece and 370 Hz in the other earpiece, you are creating a ‘binaural beat’ of 10 Hz i.e. ‘theta frequency’ in your brain. With lower frequencies, cognitive focus and alertness can be decreased and more meditative states can make way.

Very few people are aware of the fact that our brainwaves can be modified by shifting into different states of brainwave activity and swiftly change our state of consciousness - say from one of anxiety to one of deep calm and openness. By doing so, we also transform our emotional and physical state as it corresponds to that brainwave level.

The possibilities are immense. For people suffering from diseases associated with the mind, the cognitive state based on the brain wave frequency can be determined and appropriate ‘Binaural beat treatment’ can be provided. Alternatively, the treatment can be offered to enhance the cognitive

capabilities of the persons of all ages for a better living.

Broad based Binaural beat music therapy systems are developed and in use in the western world for quite some time for specific ailments like insomnia, post traumatic/surgery, and for mitigation of Stress and anxiety.

And, this is only the beginning.

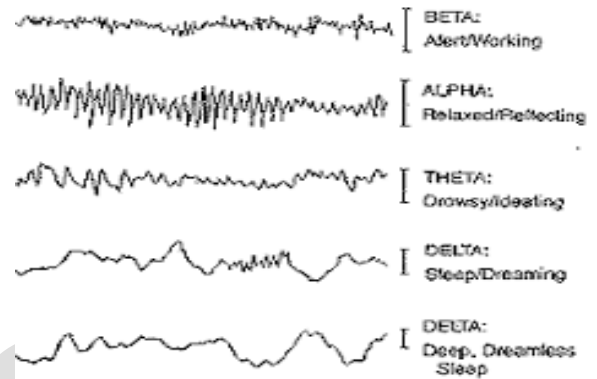


IMAGE OF BRAINWAVES

GENRES OF MUSIC & THE MOZART EFFECT

By KS Vasantha Lakshmi

India is one of those few countries of the world, which has a huge repertoire of genres of Music covering the entire country. Each region is blessed with a different genre of music although classical music has generally fallen into two main streams, Carnatic Classical and Hindustani music. It is good to be reminded that they both have the same principles of dividing the Ragas as Melakarthas and Thaats. Apart from these two major genres, we have Rabindra Sangeet from Bengal, and myriad of varieties of music in the form of Folk songs, Bhajans, Mantras, light Music or Lalita Geetas and Sugam Sangeet and last but not the least Ghazals, in Urdu. Apart from all this, we have also loads of special music like Nataka Sangeetam (AP), Yakshagaana (Karnataka), Natya

Sangeet and Lavani etc in Maharashtra. Film songs have a immense reach right across the country and in many languages. This very character of being area specific makes all these genres highly suitable for use in Music Therapy, because they help in reaching out. In this article I will discuss what is known as the Mozart Effect.

Mozart Effect

The term “Mozart Effect” was first coined in 1991 by Alfred Tomatis, who used Mozart's music as the **listening** stimulus in his work attempting to cure a variety of disorders. Although the phrase “**Mozart effect**” was coined in 1991, its actual study was described two years later in the journal Nature that sparked real media and public interest about the idea that listening to classical music somehow improves the **brain**.

Likewise, in the west, the symphonies of Mozart were found to have profound effect on the listener and helped people in various ways. His symphony No 5 in E major was supposed to have calmed down the unrest among factory workers post 2nd world war. Similarly, great actors used this method to overcome many a deficiency by simply listening to Mozart's music. It at once created excitement and happiness is on the one side, the uniqueness of Mozart's music is the undercurrent of pathos that one definitely experiences after listening to it for some time. This effect is very pronounced in his "Kosi Fan Tutte". A French doctor by the name Alfred Tomatis conducted clinical research on nearly 100,000 patients to determine the curative and creative abilities of music. It took him nearly fifty years to prove that and the

"Mozart Effect" is more evident in problems related to hearing, voice and understanding. It is a well known fact that the spatial-temporal parts of the brain play a very vital role in intellectual pursuits like chess, mathematics and music. They help in imagery, micro vision of physical objects and their reproduction in the mind. It was established that irrespective of the listener's tastes or whether they are aware of such music, Mozart's music has the quality of calming, improving levels of understanding and expression. It had shown a clear rise in the IQ levels by 8 to 9 points. This has come to be termed as the "Mozart Effect



Opus Nigrum - Requiem by Mozart (Opus Nigrum Version).mp3

Although this piece is not by Mozart, "Toss the Feather" is a great mood elevator.



Toss the feather.mp3

Best way to listen to Music

Here is how to listen to any music and meditate. Sit comfortably. Just be calm. Start the music. The sound of outer music will lead to inner stillness. Your mind will be temporarily taken over by the music you are listening to. Relax. It is not invasive. Allow yourself to flow with the emotion expressed in the music either as lyric or just music. Just let go. Surrender. It is a beautiful experience.

Pay attention. To nothing in particular, but do try to follow the lyrics if the music you have chosen has lyrics to it. Just be wakeful and alert. Let the musical emotion bubble up inside your mind. You do not need to chase it. It will come to you.

Close your eyes and listen to the music. The best way to obtain optimum effect of music

for therapeutic effect is to go with the flow of music and immerse oneself in the music, lyric and rhythm and let it do its work.

Best of Music effect for all of you....

Here is a piece and try to listen to it with your heart.....

Arthivaandlaku.....



Arthivandlaku.mp3

WHAT YOU THINK



The article makes interesting and informative reading. Please keep up the good work going.

Thanks and regards.

Murthy.B.S

USA

I have read with interest your article on 'Music and Children'. I agree with you that there is no right age for exposure of a child to structured music. I am reminded of an article, I read many years ago, that attributes the Jewish intelligence to the fact that they encourage pregnant women to listen to Classical music and also indulge in solving mathematical puzzles. One is a left brained activity and the other a right brain activity and, together they nurture the brain for all round development - creative and intuitive thinking combined with logics, mathematics and rote learning. Such brains accept structured music and make creative innovations in such music. Music prodigies perhaps belong to this class.

I also draw a distinction between 'Exposing' children to music as opposed to 'teaching' music to children. Exposing/ or getting exposed - Lullabies, as you said, starts right from birth or even earlier as in Jewish case, but teaching structured music may give best results to the child after he/she has learnt some mathematics and can understand rhythm.

Dr. KVN Rao

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Therapy & Music Lessons

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