



SUNADA

Music, Therapy and More...
Volumelll, March, 2017



From the Editor's Desk..

March is the month of colours and the great fun festival Holi where we play with colours. We wish all our readers a Very Happy and Colourful Holi. May this festival bring in all the beautiful colours of life. This is also the starting month of the Hindu Lunar New Year, the Chaitra, which ushers in the new year or Yugadi or Ugadi. We are presenting a very insightful article on the relationship between astrology and music. In keeping with the colourful season, we are giving a little insight into the colours of music and sounds.

Editor & Founder

*KS VasanthaLakshmi,
MA, MT, TM Specialist*

INDEX

Music and Astrology 2

Why Raga Hindolam....4

Colours & their Frequencies5

What you think: singvasantha@gmail.com..7

THE SAMANVAYA BETWEEN ASTROLOGY AND MUSIC

By



Jayashree Rao Mantripragada

MA, Jyotish Visharada

Astrology, an empirical science, is conditioned by astronomical calculations. It is an interplanetary or cosmic science that deals with the play of cosmic energy. Music is a fine art and is qualified by the imposition of rhythmic limitations. Each science has an inherent artistic or aesthetic element and every art has a scientific or mathematical base. Arts and sciences are mutually complementary. The following article is a humble attempt by me to show how these two, that is astrology and music, interface.

Earthly occurrences are predicted by planetary movements. Observation of movements of terrestrial luminaries and their effects on the cosmos is *Jyotisha* or astrology. Modern science with its limited means at its disposal is yet to discover the influence of planets on the three planes of existence viz., physical, mental and moral.

The entire cosmos is a combination of basic natural elements. Observation of movements of terrestrial luminaries and their effects on the cosmos is *Jyotisha* or astrology. Music is sound-based and rhythm oriented. Sound emanates from a fusion of two elements - wind and heat. The common factor between astrology and music is that they trace their origins to the basic elements.

The Krishna Yajur-Veda dwells at length on time-division- from *Samvatsara* (year) to *maasa* (month), *paksha* (fortnight), *dina* (day), *ghati* and *vighati*. Indian classical music also has a similar feature on time-division, based on aksharas or fractions thereof.

Rhythm is nothing but the superimposition-cum-measurement medium of sound. Ancient texts say that the rhythmic element in music can lead to self-realization and liberation - "*Talagnyascha prayaasena moksha margamniyacchati*". Sound is cosmos-oriented and rhythm time-based. Astrology and music also interface in the measurement of time.

The Vedic concept of supra-earthly atmosphere is seen in the concept of "*bhoor-bhuva-suvaha*", which we call biosphere, ionosphere and stratosphere. Carnatic music is constructed on a three-octave range - *mandra* (lower), *madhya* (medium) and *tara* (upper). Anything beyond the *tara*-range is called *atitara* and anything below *mandra* is called *anu-mandra*, duly reflective of terms like ultra and infra. The three-tier structure is another common feature between astrology and music.

Astrology charts the ethereal regions into twelve zodiac signs. Carnatic music has also twelve swaras (notes). The sun and the moon always move at a constant speed, undisturbed by acceleration and deceleration. Hence, their zodiac signs denote steadfast levels. Similarly, only two swaras, Shadjamam and Panchamam, are at constant sruti levels. The signs of Simha (Leo) and Kataka (Cancer) which represent Shadjamam and Panchamam respectively are the result of findings of recent research. The remaining ten zodiac signs are assigned to five planets - two houses each.

Similarly, the remaining ten swaras are classified in five groups of two each. These swaras are identified with zodiac signs by what is known as the *Savya - Apasavya* method. The findings are as follows:

Kanya Rasi (Virgo) - Suddha Rishabha,

Tula (Libra)- Chatusruti Rishabha,

Vrischika (Scorpio)- Sadharana Gandhara,

Dhanus (Sagittarius)- Antara Gandhara,

Mithuna (Gemini)- Kakali Nishada,

Vrishaba (Taurus)- Kaisika Nishada,

Mesha (Aries)- Chatusruti Daivata,

Meena (Pisces)- Suddha Daivata.

Makara (Capricorn) - Suddha Madhyama

Kumbha (Aquarius) - Prati Madhyama,

The last two signs represent the dual nature of Saturn.

We may infer from the above-stated linkage of swaras and rasis (zodiac signs), that five planets with Vikruta-gati (varying speeds) get two swaras each, one of which is dominant and the other docile.

Planet Kuja(Mars) gets Sadharana Gandhara and Chaturusruti Dhaivata and planet Budha(Mercury) gets Suddha Rishabha and Kakali Nishada. Guru(Jupiter) gets antara gandhara and Suddha Daivata,

Sukra(Venus) gets Chaturusruti Rishabha, Kaisiki Nishada and Sani (Saturn) is allotted Suddha Madhyama and Prati Madhyama swaras.

The next step, an axiomatic corollary, will be the astrological portrayal of Ragas. The *jeeva swara* represents the eighth house, the *raga-chhaya swaras*, the 5th and the 9th houses, the *nyasa swara*, 11th or 12th house. The *graha swara* is the indicator of the *lagna*. Each raga thus can be cast as a horoscope.

Further, astrology and music are interrelated and both are used as remedial measures for handling problems. Music is part of Sama Veda while astrology is an Upaveda and Vedanga, both ruled by Lord Siva, an embodiment of the Sun. The Sun is -described as Siva and the Moon is ruled by Parvati. Music has been used as medium for planetary afflictions since ancient times. The Universe is called the first Nada Brahma or primordial sound as it was created

from sound or sabda. According to Indian scriptures, sound or Nada is God Himself.

When the Voyager II drew close to Saturn, it picked up the whines and hisses of the planet and it was found to be very useful and effective in an magnetosphere and these were beamed back to earth. When these were speeded up and played through a synthesizer, it was found that the waves consisted of a kind of musical melody. Kepler also showed that there are

Musical harmonics between the mutual velocities of the planets. He also found that the solar system possess a harmonic structure which is quite precise. Johaan D.Titus discovered that all of the planets had an orbital distance from the innermost planet in specific ratios. This ratio is also the ratio of Octave C which is 1 and Higher C which is 2 and G is in the middle point of the two. It has also been proved that the orbital ellipses of the outer planets can be heard by the human ear as rhythm as they have lower vibrations than tones and notes.

Finally to conclude, Dikshitar's kritis have references to several astrological details like *Swakshetra*, *Uccha*, *Mitratva*, *Shatrutva* and so on. The composition in raga Paras (Faraju), *Srisukra*, makes copious references to astrological calculations of *Amsas* and their results.

WHY RAGAM HINDOLAM

By Aruna Venkatraman, Dubai



Music is divine, I can sing for a limited no of hours, but can listen & enjoy music for an infinite number o of hours. It relaxes my body & mind completely, music enables me to concentrate deeply,

immensely, remain calm and gives tremendous joy, I am completely rejuvenated after listening to music. Of the many Ragas I have learnt, I am particularly fond of Hindolam.

Hindolam is one of my favorite ragas. It is serene, gentle, soulful, very enchanting, pleasing, and very soothing to listen to. Hindolam conveys divine Bhakti and is very refreshing to the mind when sung in the mornings. A very popular and favorite Kriti in raga Hindolam is “Mamavathu Shri” composed by Mysore Vasudevachar as also “Manasuloni Marmamulu” composed by Saint Tyagaraaja.

Colours and their Sound and frequencies

Compiled by

A brief description of the different colours and their Sound and frequencies.

K.S. Vasantha Lakshmi

Scriabin's theory was that each note in the octave could be associated with a specific colour, and in *Prometheus, the Poem of Fire*, he wrote the colours and music to match. His arrangement in the western musical notes was:

C	Db	D	Eb	E	F	F#	G	Ab	A	Bb	B
Red	Violet	Yellow	Steel	Pale Blue	Dark Red	Bright Blue	Orange	Purple	Green	Steel	Pale Blue

Berlioz, Debussy and Wagner were also interested in music and colour and Rimsky-Korsakov considered C as white.

The **Rosicrucian Order** based their theories on Just intonation and suggest that note names, frequencies, and colours should be:

Note	C	C#	D	D#	E	F	F#	G	G#	A	A#	B
Colour	Yellow-	Green	Green-	Blue	Blue-	Violet	Violet-	Deep Red	Red	Red-	Orange	Yellow
	Green		Blue		Violet		Red	Red		Orange		
Hertz	256		288		320	341		192		213		240

Charles Fourier in *Theorie de l'Unite Universelle* 1846 states the connection between colours, note names and metals to be:

C	D	E	F	G	A	B
Iron	Silver	Tin	Platinum	Lead	Gold	Copper
Violet	Indigo	Azure	Green	Yellow	Orange	Red

The spectrum from a rainbow is described as: Red Orange Yellow Green Blue Indigo Violet
Frequencies in the visible spectrum are between 1014 & 1015 Hertz.



The best part of the rainbow isn't the pot of gold...
...It's the rainbow itself

RED -Activates, vitalizes, intensifies, releases blocked energy, produces collagen- It is the longest wavelength and penetrates the deepest. It is used for rheumatics; arthritic pain; liver stimulant; LBP; pigmentation; stretch marks and circulation. 650-780nm - root chakra

ORANGE - It restores, animates, warms, stimulates, works more gently than red, building up energy step by step, unlocks deadlocked processes, cheers up. Those who love orange are said to be extroverts who often love cooking and are often creative. It helps puffy skin; spleen; hernia; muscle prolapse; sinus; It represents the spleen, gut energy centre and eating. 570-650nm - sacral chakra

YELLOW - It fortifies, tones, opens, brightens, stimulates without exciting, extends energy, reinforces weak processes, loosens overly rigid structures, strengthens the nerves; stimulates connective tissue; eczema; flatulence; lymph drainage; skin troubles; nervous exhaustion. It represents the central nervous system 510-700nm - solar plexus chakra.

GREEN - It Equalizes, relaxes, calms down, keeps physical and mental energy dynamically balanced, releases tensed-up, painful processes, brings profound serenity. Recent studies have shown it to be good for acne lesions. It helps heart problems; HBP; burns; cuts; bruises; pigmentation 475-510nm - heart chakra.

BLUE - . It reduces inflammation (as in acne). Recent studies into the use of blue light suggests that it may be useful in preventing or controlling suggests that it may be useful in preventing or controlling periodontal conditions, which can result in the loss of bone and teeth It has also been discovered that blue produces restful sleep. insomnia; sunburn; toothache; rashes; laryngitis; It also soothes, focuses, cools down, collects and structures energy, re-regulates hyperactive, inflammatory and derailing processes, brings serenity and clarity. 445-475nm - throat chakra

INDIGO - Raises concentration; Detoxing and cooling; It strengthens lymphatics; muscle toning; reduces bleeding; astringent; has high level of vibration; is known for its effect on eyes, ear ,nose, throat and sinuses; lungs; migraine; sinuses. 400-445nm - brow chakra.

VIOLET - It inspires, attenuates, transforms energy on a higher level, supports mental processes, relaxes the nerves, soothes nervous irritations and relieves pain. It aids HBP; acne blemishes; lymph drainage; neuralgia; muscle relaxer; rheumatics; rosacea; sciatica; anti inflammatory.

	Characteristic	Gland	Qualities	Imbalance	Resonance Frequency
Red	Physical	Gonads	courage, action, grounding, stability, survival	violence, greed, self, centeredness	194.18Hz
Orange	Social	Spleen	passion, trust, emotions, health, pleasure, let go	Jealousy, envy, aimlessness, obsessiveness	210.42Hz
Yellow	Intellectual	Adrenals	personal power, self esteem	fear, anger, hate, power	126.22Hz
Green	Self assertive	Lymph	Acceptance, forgiveness,	Instability, repressed, love	136.10HZ

			love, radiance		
Dark Blue	Conceptual	Thyroid	Communication, truth, creative/arts	Depression, ignorance	141.27Hz
Indigo	Intuitive	Hypothalmus, Pituatry	Perception, realisation, intuition, clairvoyance..	Fear, tension, headaches	221.23Hz
Violet	Imaginative	Pineal	Fulfilment, inspiration	Confusion	172.06Hz

What you think: singvasantha@gmail.com

Articles related to Music and Music Therapy, not exceeding 500 words may be sent to:singvasantha@gmail.com. No remuneration will be paid.

© 2012 K.S. Vasantha Lakshmi, Sunada Vinodini Music Gurukulam, Gurgaon, Haryana, India. Please note that any reproduction of any or all of the content of this material for any reason, without the prior written approval of the Author/Sunada Vinodini Music Gurukulam, Gurgaon and without proper acknowledgement will amount to gross violation of the Copyright Law, inviting the proceedings under the law.

SUNADA