
PEACE THROUGH MUSIC

(Prime reference: Indian Classical Music)

As humans, living through everyday stress as well as deeper life struggles can have a degenerative effect on our minds, bodies and spirits. This degeneration appears in myriad forms as maladies of the body, as emotional upheaval and as spiritual unrest. Nature, on the other hand, is innately regenerative. So it is surprised that things are intricately linked to nature and creation seem to have a profoundly healing effect, like a beautiful sunrise or a cool breeze, rain after huge humidity, and of MUSIC. Music can play an effective role in helping us lead better, fruitful lives. Listening to specific kinds of Music at specific times of the day has been shown to be helpful in maintaining good health, specifically mental health which ultimately leads to peace within. With peaceful state of mind and heart one could perform best actions for mankind.

As peace lover, why human is not able to attain peace?

By nature, humans are peace lover or always wish to attain peace by several efforts but most of the times due to his complex temperament, he lost or loose the quality of tranquility.

-The vast majority of human beings today live under conditions that would have seemed almost impossibly peaceful to anyone.

-Is seeking peace possible only at aloof places? Or certain ideological difference creates hurdle?

-Or because as humans, hence have negative emotions also, like hate, jealousy, pride, revenge etc. which is more powerful then positive ones like love and PEACE?!

-Man is not only a social being but also having highly cultural and dignified manners of living life, even then why there is lack of peace?

This is the hypothesis of this discussion on the relevance of Music in day to day life and in direction of building peace world-wide, these are several questions occur after giving thought to this problem and how Indian Music can be used as very special tool for Building Global Peace

Relation between Man and Music

While thinking about Global Peace, it's necessary to start from the smallest unit of mankind, Man. No theory about the concept of man can be said to be complete hence there is always something very complex about human as far as his actions and the origin of all actions are concern. But this is undoubtedly proven that the influence and impact of music on man is so profound and so vital that time and again man pauses to reflect and analyze this infinitely rich expressive art form. And through this form of expression, man has never done anything which creates disturbance. Indian artists and aestheticians have described music as that which is embodiment of NAD, which is

primordial sound immanent in all beings. Music this brings both the true musician and the attentive listeners (the Rasika) in close touch with the undivided divine aspect of SAT-CHIT-ANANDA.

In modern time too Music plays an effective role in helping us to lead better and fruitful lives. Singing, playing or just listening to specific kinds of Music at specific times of the day has been shown to be very helpful in maintaining good mental health.

It not only makes ones relax and calm but gives an immense pleasure sometimes which automatically leads to a PEACEFUL STATE of mind. Although there are different ways of approaching the problem of the concept of Man and Music, but this can be understand under either of the following:-

- Man as a being whose essence is communication.
- Man as emotive being subject to varying and subtle emotions.
- Man as being in pursuit of certain pre-defined objectives or PURUSHARTHAS.

Music as a means to express idea thus an important medium of sharing and communicating:-

According to the Indian theory of its origin music resulted when the desire for

self-expression made ANAHATA (the un-manifest or unstruck sound) into AHATA (the manifestation of struck sound). But the idea of 'self' has within it also the idea of a possible audience, the 'you' or 'they'. Similarly music as a performing art also has built into its very concept the idea of 'self' as the maker of the music and the idea of the 'other', the hearer, imaginary or real, individual or group. And what does music communicate, besides the idea of 'self'?

There are strong arguments for the theory that music expresses and thereby communicates human emotions and communicates in a peculiar way which is not traditionally proven by the norms of mankind, still works effectively. As Wagner puts it, "What music expresses is eternal, infinite and ideal; it does not express the passion, love and longing of such and such an individual on such and such an occasion, but passion, love or longing in itself, and this presents in that unlimited variety of motivations which is the exclusive and particular characteristics of music, foreign and expressible to any other language."

And significance of expression through music is that music does not just casually manipulate man's attention but also evokes man's communication response to it. Music is a mode of thinking in tones and rhythms. Hearing of simple music stimulates different types of emotions. Hence, music conveys some sense through non verbal notations, although are incapable of certain definition when its not organized thoroughly with fundamental principal of certain organization of sound. This is one point where music can be taken as conventional utterance, like language assuming in different periods, the forms to which it is constrained by its relation to other existing conventional regime of life. So, its has its own intrinsic laws, very well dictated by the nature of substance of Music. In this connection, folk music is said to be the unconscious expression in beautiful melodies of the ethnic

feelings, character and interests of people of specific region. This is natural form of music which is unpolished. Its created by the common people which chronicles their lives in terms of design, melody and rhythm and later on becomes part of their tradition. Therefore, the natural music of a people depends on their temperament, culture and habits. i.e. 'the music of demonstrative people is rhythmic and lively; of a satiric people-gloomy; of a melancholy and poetic-pathetic; of a matter of fact people-simple, direct and unelaborate; of lively people-merry and light.'¹ Language is 'merely a sort of levelled down music.'² Where the meaning of the syllable depends on the pitch on which it's uttered, the language naturally tends to be musical. Its clear that Man, as a being whose essence is communication and the Music, the medium through which he communicates his inner emotional states. And the greatness of music lies in how well the musician is able to communicate the extraordinary levels of being. We can understand the this that through music, strong and intense expression of the emotions are occurred and according to the weight and color of the emotion, whether its original or thought provoking the flavor and interval of music has been charged. The rigorous discipline and the grammar of a musical pattern plays a vital role in process of sharing and receiving specific emotions. The subtlest flash of creativity is articulated in recognizable form, also guarantees to some degree its retention and preservation in the mind of both Creator and Listener. It provides a generally accessible and familiar frame against which the most extraordinary images of sound, which can become intelligible and meaningful to the listener. All activities on the ground of humanity has only one path to achieve, i.e. Peace. To acquire this very need of mankind, music is a tangible medium to go along because it has direct psychological connections.

Psychological connection

While arguably any music can have a psychological connection with Human and life, as it might stimulate the sensibilities of the music maker in variety of ways. But the pure music (Classical music) though it is an intense expression of human emotions which are built by various experiences, it portrays speaks only about itself. Language which is integral part of communication and all set-ups of humans has basic foundation of sound. Therefore, while learning about various forms of language, one should always focus on the language of sound which is instinctively connected to humans and develops into the art of music as cultivated by different cultures. The spoken language is artificial is confide to man only and it cab express thoughts directly and feelings indirectly where the sign-language expresses thoughts and feelings directly but music can express feelings and emotions directly and thoughts indirectly because Music is, therefore, primarily a language of feelings and emotions, common to man. Its universally accepted that A musical note pleases the ear while noise displeases. The difference between a musical sound and a noise consists in the fact that the former arises from regular vibrations of the air. Regularity is the order of the nature. Man's birth and death, youth, old age, obedience, disobedience, when heart beat starts of a embryo in womb and propels blood throughout the body are all drilled into a discipline of regularity. The soft nervous system is so much furrowed with regular impressions. Hence a musical sound originating from regular vibrations pleases the ear and a noise displeases.

Music and the will-power and the nerve-power

¹ The Evolution of the Art of Music by C.H.H. Parry

² Primitive Music (1893, London)

Its very interesting to note that the intensity of emotion depends upon the strength of reflex action facilitated by the yielding nature of the nerve-substance. A man of nervous temperament, that is. A man of nervous constitution very readily yields to external impressions. **His heart feels instantaneously. The mind knows it and can control the effects of feeling through the will-power.** Here, when we are discussing about how to establish peace world-wide, this can be very important factor. When emotion, which a form of energy, and when it enters the body, its active power depends upon the quality of nerve-substance over which it spreads. If a substance is good conductor, the human frame thrilled with emotions and then, it requires a strong will-power to control it. Love, joy, pity, kindness, anger and hatred all these emotions find a ready response in a person of soft nerve and easily carried away by the stimulus.

How music affect? A musical sound similarly moves a person of this kind and gives him/her immense pleasure. Where nerve-power preponderates, sudden outbursts of joy or sorrow are emitted and then they are easily apt to be cooled down as soon as current passes away. People having such kind of constitution, can, never harbor any type of negativity for so long in their mind, thus plays very important role in maintaining peace. But for balance action, one must have control on nerves system with the help of will power. When Emotion and Will are equipoised, the results are meaningful and beneficial. This can be understood by this, that when the nervous substance is a non-conductor of emotion, it absorbs emotions then the reflex action is so slow and mild to move for any vigorous work. Here when Strong Will is guided with a good motive, the result is only mechanical display of Good feelings. Similarly if guided by with evil designed motivation, it can develop schemes of viciousness. Then deliberations are towards success although it leads to damage. Psychologically, in human there is always fluctuating struggle between Will-power and Reflex action. When will-power and nerve-power (emotions of individuals of various constitutions and temperaments) are equal , there is well-balanced mind and when will power is stronger, softer feelings will disappear. Such person are of stern disposition grows more and hard-hearted. This person is certainly not moved by Music. When will-power decreases and the nerve-power increases, person becomes yielding to emotions and empathetic. This person is soft hearted and carried away with Music, hence becomes kinder and kinder. So, capacity to adapt Music is thoroughly depends on the degrees of will and nerve-power of the person.

The ideal musician always tries to communicate an emotional state and intensity of desires etc. And if, the listener is equally participating in this process,, then it arrives at the final perception of the portrait that is being painted together with sound. The musician works with musical interval. Each interval has an emotional weight and color of its own and the musician employs his skill and imagination to wrest from it the exact shade of meaning and tone he needs for he is trying to say.

Effect of Indian Music (Main reference: Importance of Indian Classical Music)

Man action is completely the result of the composition of the will-power and the nerve-power. Both are commanding body and mind respectively. It the action is benefit oriented and sound mind and body is essential. How this could be acquired? Through right Education. Meaning of education is to

lead out one's innate good quality. But, according to this definition not everybody hold good quality, some are born wicked too. Hence, the method of education must be very with each individual.

It's mentioned before that there are three types of languages, the most essential is sound-language i.e. Music with which the baby enters the world is the first medium of instruction in very early part of life. The nervous system regulates the muscular development. The sign language is consisting of different signs is required then leads to two fold divisions of dancing as an art and games as a science. Then comes Word language which only aims at training the intellect is the last means of instruction that should be utilized. But the problem in today's education system, that it emphasis more on Word language whereas 'music should be the first subject of instruction in the educational curriculum of every country and gymnastics the next. These two branches develop a sound body, in which sound mind finds a very comfortable home.'³ So the nature of music and words set to it for the education should have balance through which while on one hand the emotions of a person are to be softened by appropriate songs, and on other hand it is getting hardened according to the necessity. The objective is to bring an equilibrium of the nerve and the will powers. This way physical and mental education tends to create a sound body and mind by equalizing the both.

Therapeutic value of Music: connection with mind, body and soul

An unmusical person without education is worse than a brute. He is, like Shylock, a danger of society. Shakespeare says –

'The man that hath no music in himself,
Nor is not moved by the concord of sweet music,
Is fit for treasons, stratagems and spoils;
The motions of his spirit are dull as night,
And his affections dark as Erebus:
Let no such man be trusted.
Mark the music.'⁴

A strong-willed person may become a very clever musician by studying the art well. But no predisposition to soft nervous impulses, he may be like a traitor and tyrant who is always disturbing peace all around. While a sympathetic person who is always being engrossed in pursuits of life, may

³ The psychology of music: H.P. Krishna Rao, Gyan publishing House, Daryaganj, New Delhi-110002, 2nd edition-2021 p.13

⁴ Merchant of Venice, Shakespeare

don't get time or not able to praise the beauty of music, though his nerves are tender and flexible, may be a very kind hearted.

‘The human condition enters into this idealized process of music making only as a catalyst insofar as it might stimulate the sensibilities of the music maker in a variety of ways...It is an insight, a vision which, though rooted in the human soul, seeks to transcend the world of man and at the same time to be shared by the world it transcends.’⁵ Thus classical music is articulate only in its own language. Yet, the harmonious co-existence between poetic expression and music runs through the tradition of Indian music and life. And with this the musician and the listeners (the receivers) reflects the inner world of an artist, their longings, joy, sadness about a universe which never was and through music this essential freedom of expressing can be felt. Music indeed a celebration of man's freedom, that's why it's a great source of peace. ‘Let the artist show his universe, which never was and will ever be.’ By Romain Rolland's biography of a musician Jean Christophe. Man is very much related to nature and when he embraced it, various melodies flows in specific rhythm and tune. Initially he gazed at sea, earth, thunder, cloud, ocean with awe and felt himself very small. Still he wanted to embrace those energies and through music he almost get connected. He had created many musical patterns which were closest to his nerve-power and with proper combination of will-power managed to feel exactly like these energies effectively. This pure music touches the soul, then one sings with soul, something positive grows. As it is said that ‘Music is the only language in which you cannot say a mean or sarcastic thing’, by John Erskine. Role of music in building peace world-wide is very vast topic. In this direction, let's try to understand the role of Indian Classical Music. Concept of Indian Classical music is based on certain humane attributes which is very much related to the nature itself and human psychology and co-relation between them. So, when Alphonse de Lamartine says, Music is the literature of the heart; it commences where speech end.

INDIA-A rich source of classical music

Classical Music of India has its own significance in terms of day-to-day life and this represents very unique and auspicious realm in world music. There is definitely a magnetic charm towards our music system which has magnanimous effect all over world. The roots of Indian classical music can be traced back nearly two thousand years to its origin in the Vedic hymns are the fundamental source of all Indian Music. The very heart of Indian music is the Raga - which refers to the melody and Taal - which refers to the rhythm. Vedic lore says ‘Samaveda' paved the way for music. Perfect chant with apt stress on each syllable of ‘Mantra' emanates its own power. Experiments with sound and its effects proved that the ‘Omkara Nadam’ in a particular frequency sounds as though lifting mortal soul to celestial heights.⁶

⁵ Man and Music in India, Edited by Roshmi Goswami, Indian institute of advance study, Shimla, 1992,p.37

⁶ “Gudipodi Srihari” (thehindu.com)

The ancient medical science of India, known as Ayurveda, has a branch that details how music can heal a variety of ailments of the body and mind. This process of specific application is called Raga-chikitsa or Raga-vidya which was mentioned in a manuscript by Dr. Burnell in the collections of the Saraswati Mahal Library in Tanjore which deals with the various Ragas that can be used for curing mind and body complex anticipates that the music will speed up and this restored vital energy gives a deep relaxation to the body and mind.

Today Classical Indian music is a genre of South Asian music, the other being film, various varieties of pop, regional folk, religious and devotional music.

In Indian classical music, the Raga and the Taal are two foundational elements. The Raga forms the fabric of a melodic structure, and the Taal keeps the time cycle. Both have very unique quality of keeping the mental and emotional tranquility in humans. This way through Music of India peace for the entire world can be acquired.

Scientific research has shown that a person's mind significantly influences physical health and the ability to contract or fight disease. Also the decisions becomes more authentic and peaceful. So, anything that impacts the mind will have a deep impact on the body as well. A key mechanism through which Indian classical music heals is through establishing a connection with a person's emotional being. Indian Ragas connect with a person's emotions through two processes, identification and transformation.

Indian classical music, due to its organic origins, has potential to bring us closer to our inner being. While arguably, any music that pleases the heart has potential to heal, Indian classical music is unique. Because of its organic roots the alignment of the Ragas with the time of day, and its association with a gamut of emotions or "Rasas", Indian classical music sets the stage for spiritual and physical healing. Our indigenous spiritual wisdom speaks of the multidimensional nature of our being, the body being the outer most gross manifestation of existence. The layers of mind being at a subtler level and the spirit constituting the most subtle plane. Truly durable wellness and health, therefore, can spring only from a holistic pursuit across these planes of existence.

If we analyze the effect of Indian classical music, we find very impressive facts about its concepts and its execution by artists. There is no wonder if we heard live examples like some Indian Ragas when sung or played well said to have caused rains, eased disturbed persons, and even led to crops and cattle giving a better yield. Apparently some ragas are earmarked for the nine emotions or Nava Rasa. Some Ragas, claimed by the musicians, have healing effects as these nine emotions rule our body and mind and our decision making which leads to actions. Let's understand its connection with mind, body and soul.

The mind and Music

The first thing happens with the connection of music is identification when a person in a somber mood, heard a Raga that brings out the sadness through its 'Flat'(komal) notes like Raga 'Malkauns' or 'Bhairav'. In that case, the emotions are identified with something powerful, which is outside of the person, then sense of belongingness appears. And therefore, find release through 'CATHERTIC' crying or other outburst. So, this way transformation happens when the mood of a Raga influences the listener's emotional state. For instance, listening to a 'happy' Raga like 'Bhoopali' or 'Vrindavani Sarang' may transform his/her mood from sad to happy because of its 'Major'(shuddh) notes and upbeat moods of these Ragas creates. Since emotional states greatly dertermine mental health and wellness, Indian Classical music has enormous potential to create a state of mental wellbeing in a person.

The body and Music

While the influence of music on mental state indirectly causes a positive effect on the body, it is also becoming increasingly evident that engaging in music has direct impact on physiological conditions. Like, singing can improve breathing and lungs functions. Playing instruments strengthens the motor functions of the brain and rhythm helps organize our thoughts and actions in a better way. Many academic researchers have dwelt on the efficiency of using Indian Ragas for many kinds of treatment. There is potential to use Ragas a supportive therapy in ailments ranging from dementia, Alzheimer and ADHD. Through this one can easily get rid of following disorders :-

- ✓ Impulsiveness
- ✓ Disorganization and problems prioritizing
- ✓ Poor time-management
- ✓ Problem focusing on a task
- ✓ Trouble multitasking
- ✓ Excessive activity or restlessness
- ✓ Poor planning
- ✓ Low frustration tolerance

And many more such complications cud get treated with help of Classical Music, which are actually creating disturbance in day-to-day life. These Rgas really helps to cure some metabolic diseases like diabetes and hypertension and anxiety.

The soul/spirit and Music

Besides mood transformation, Indian Classical music has powerful effect on a person's ability to be mindful as it makes us more emotionally aware. Sur-Riyaz (pursuits of perfect key) playing an instrument or trying to sing Ragas or even listening to the drone of the TAANPURA (A four strings instrument to play with any classical music performance), allows us to easily slip into meditative state. All these aspects of engaging with Indian Classical Music powerfully processes. Although, the manner of engaging with Indian Classical music can be varied, there is always undoubtedly a profound impact, resulting in a better emotional, mental and physical state. Through which one can easily acquire peace. 'The idea of the search for the divine has been constant theme and an integral part of Indian Thinking. Music was deemed the finest and most efficacious of SADHNAS for the discovery of the Inner-Self.'⁷ Now we will understand how exactly seven notes and there various combinations in form of numerous Ragas affects human mind and body.

Brief note on musical healing through Indian Classical Music

Ultimate goal: To attain Peace

We have already understand that Indian classical music, due to its organic origins, has potential to bring us closer to our inner being. And Musical Healing

is an evidence-based healing process of musical interventions to improve quality of life. Indian music with its many Ragas is known to be particularly therapeutic value. The curative power of music emanates from the resonance of certain Ragas on hormonal and glandular functions which produce secretions that keep the body balanced and infection free. Now days it's an established fact that music therapy or healing music if based on Raga has a magical effect on the person who is listening or singing. The word 'Raga' in Sanskrit means 'to please.'

Music therapy is a scientific method of effective cures of disease through the power of music. It restores, maintains and improves emotional, physiological and psychological arrangement of SWARA (NOTES) in a particular Raga, stimulates, alleviates and cures various ailments inducing electro-magnetic change in the body.

Each Raga is beautiful combination and arrangement of seven notes. So, each note and Raga work on to tune certain energies in our body. These energies occurs through optimum spins at certain points. Our body system has main 7 chakra each with its own sound frequency. Through musical healing, balanced form of energy flows through different organs of body that are connected to the specific chakra.

One interesting fact is that each of our chakras has a specific vibration as well and we tune them with Raga or melodies based on Classical Raga. We are aware that everything around us is energy

⁷ The search for the divinity In Khayal, Lalita Ubhayaker, Man and the Music in India, p.10

and vibrations, we call it vibes sometimes. Also the entire Universe is made of energy. The main seven chakras are a great way to understand the inter-connection between physical and spiritual body and they play an important role in balancing the health of body and mind.

Any disturbance or blockage in these chakra, causes various Emotional Disorders and mood swings. How one should know or realize that there is some problem or disturbance in some of energy circles and it needs attention? Well, by identifying certain disorders in functioning of mind and body, one should understand that there is some imbalance in one or more chakras. Then it is easier to address the energetic source of physical or emotional ailments and get activated with the help of Music. Specifically various Classical Ragas help to tune the chakra in its optimum spin.

One more important fact about Classical Ragas is that these Ragas are closely related to different parts of the day and according to the changes in nature and time, there is new kind of emotions develops in human mind. Music affects one person according to the time, environment, weather etc. This is very unique characteristic of Indian Music is the assignment of definite times of the day and night for performing Raga and melodies based on it. It is believed that Raga appears to be at the height of its melodic beauty and majestic splendor.

Also many Ragas has connection with climate/seasonal conditions too. There are Ragas associated with various seasons like rainy season (Megh, Miyan Malhaar), autumn (Basant) spring (Bahar). Although seasonal Ragas can be sung or played any time of the day or night but they have mesmerizing effect, when performed during the seasons allotted. Through different groups of notes and their impact on human mind according to the season, creates very positive energy.

Now I precisely sum up with some examples of Ragas and their effects according the their allotted time and how one Raga or melodies based on it cures mental, emotional and physical ailments. Ragas Bhairavi, Bhairav, Jogia use to sung or play early morning and they really work on emotional strength, Peace and Devotion. Many Bhajans and other devotional compositions are generally based on these Ragas. If we look at effect of one late evening Raga Puriya, it works on human thought-process very positively which leads to harmonized and rejuvenated state of mind. Similarly there are many Ragas, which immediately makes the mind tension free like Tilak-kamod , Durga, Hansdhwani etc. like this Music helps to become more in tuned with the natural energy cycles of the body, like the Heart Chakra has the most profound influence on our professional and personal relationships and if its balanced then most of our actions becomes mindful and peaceful.

Explaining about ‘Peace through Music’ and musical healing and importance of Indian Classical Music is like huge ocean and in this work, I have tried to put some points to dealt with the problem, how to attain peace universally. Many research work and their findings on Music as healer or tranquilizer has been used for this work. With help of these references, this is thoroughly understood that India has rich resources like great Indian Classical Music which is very auspicious treasure for humanity. The ultimate goal of human is to attain Peace and Indian Classical Music is a strongest medium of this journey.

“The Man that hath music in himself,
And moves others by concord of sweet music,
Is not fit for treasons, stratagems and spoils;
Let only such men be trusted.”

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