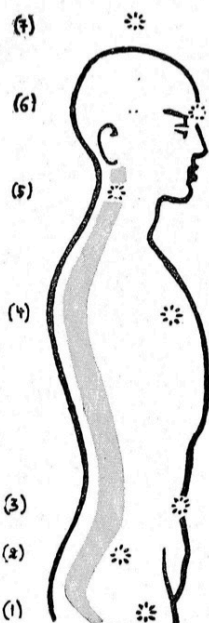


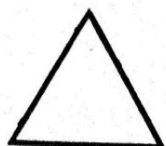
THE YOGIC APPLICATION IN INDIAN MUSIC

CHAKRA	Range-Reference in Kriti 'Sobhillu Saptasvara'
SAHASRARA (7)	
AGNAI (6)	Nasa (nose)
TARA STHAYI (high register)	
VISUDDHI (5)	-Rasana (tongue) -Kantha (neck)
MADHYA STHAYI (middle register)	
ANAHATA (4)	- Hrid (heart)
MANDRA STHAYI (low register)	
MANIPURAGA (3)	- Nabhi (navel)
SVATHISTANAM (2)	
MULADHARA (1)	ORIGIN OF NADA (Sound) and SAPTASWARAS (Seven notes)

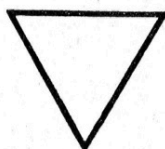


ANATOMICAL LOCATION PLACING THE TONE METHOD

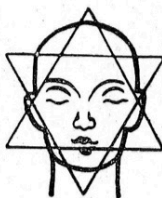
	Sound-Place Result
CROWN OF THE HEAD (7)	U, UE Above head Refinement
NOSE/EYE-BROWS (6)	O, A Modulation Velvet like "Singing into the Mask"
PALATE (hard, soft) (5)	O, A Projection into Space
TEETH, TONGUE THROAT (4)	I, E Teeth Flexibility U, O, M Neck-point of "Helmet"-Inspiration
HEART (3)	A, O Chest Volume 'Resonance Calmness' Cordiality
DIAPHRAGM (2)	Staccato (as rhythmic laughter) Rhythm; Phenomenon of TRANSMISSION; Radiance Mood
NAVEL (1)	Emotion
LOWER SPINE	(1) Rootpoint; Sensuality; Creative Energy and Force



'NA' - (Air)



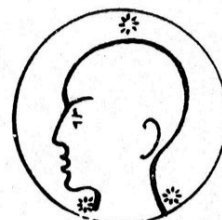
'DA' (Fire)



NADA SOUND



Refinement of placing in the MASK



Balance of Singing in the HELMET

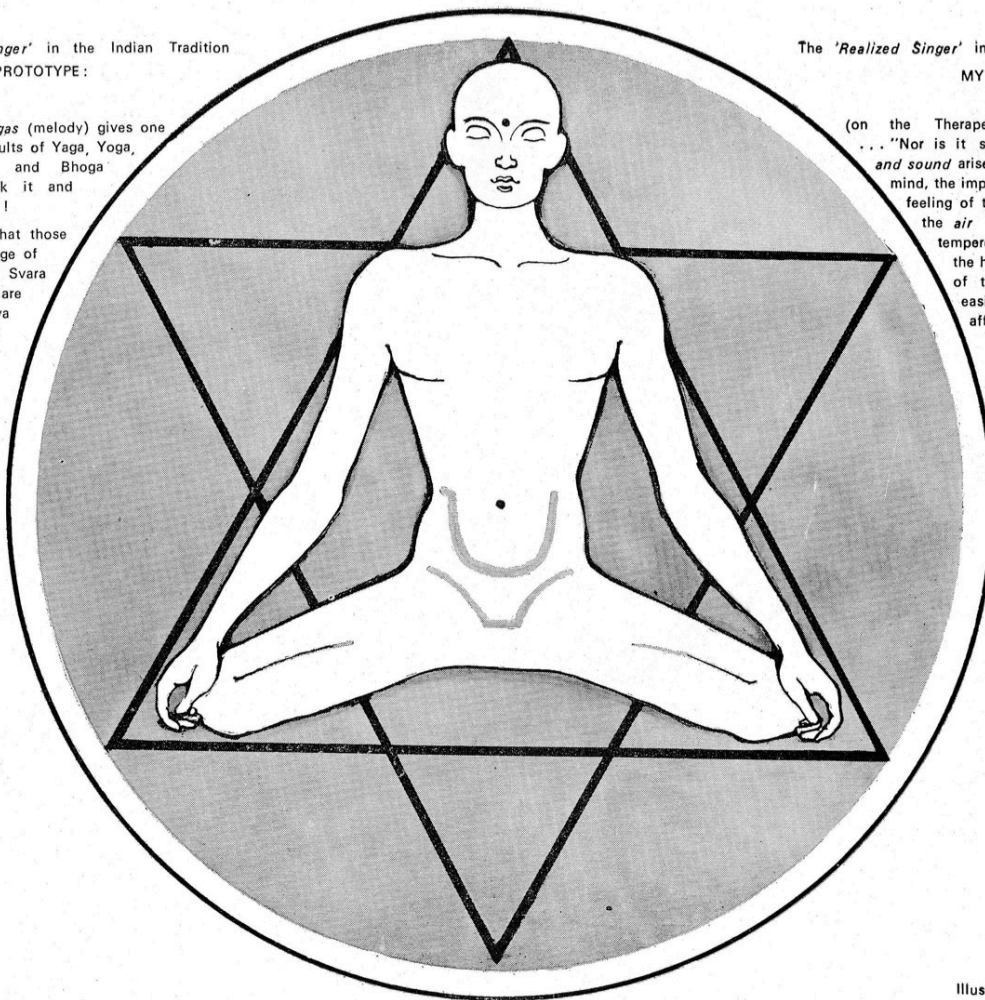
The 'Realized Singer' in the Indian Tradition MYTHOLOGICAL PROTOTYPE:

NARADA

"The nectar of Ragas (melody) gives one the beneficent results of Yaga, Yoga, Tyaga (sacrifice) and Bhoga (enjoyment). Drink it and delight, Oh mind!

Tyagaraja knows that those who have knowledge of Nada, Omkara and Svara (sounds) which are nothing but Sadasiva Himself are realized souls."

'Regasudharasa' of Sri Tyagaraja



The 'Realized Singer' in the Occidental Tradition.

MYTHOLOGICAL PROTOTYPE: ORPHEUS

(on the Therapeutic Power of Music) ... "Nor is it surprising; for since song and sound arise from the cogitation of the mind, the impetus of the Phantasy, and the feeling of the heart, and together with the air they have broken up and tempered, strike the aerial spirit of the hearer, which is the junction of the soul and body, they easily move the phantasy, affect the heart and penetrate into the deep recesses of the mind."

Marsilio Ficino (musician, philosopher of the Renaissance)