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It has been a while since my last post. Went to Perth in mid October for a week.

We visited Dr Sadanand Mankar at the ICMRAA-Indian Classical Music Therapy Research Centre in Fremantle. He was in Singapore in April for a concert. He teaches traditional Indian classical music and also Indian music therapy in the style of Sahaja Yoga. We were given a crash course like our stay was quite short except in the 4 days we were capable to go deeply within ourselves through the medium of music. I have been learning Indian classical music for few years in Singapore but often felt my growth was stagnant. There were many questions marks which I had which just couldn't seem to be answered. What I was told always is since I don't practice that's why I cannot progress. Well that is correct in a way but also on the other hand I wasn't truly seeing where I was going with it and not feeling inspired. However in those 4 days we really gained an appreciation for what Indian classical music is. It is music for meditation to bring us into the Silence within us. Also because of Sahaja Yoga we do not have to study for years to understand the subtlety behind the music as explained and demonstrated by Dr Sadanand but we just understand a little and click the point. It was a really fruitful trip for me and inspired me to go deeper and further in my own study of Indian classical music. Email Subscription submitted by -**Huihua Yong-Singapore**.

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