

MUSIC



“Often, we imagine that music is created by man. I experience that music is not created, it exists. It is an energy and not a material form. It is the same as colour, it is not created, it exists. When we listen, we must understand that the music is already there. We have to just tune into it”

Dr Rajan Sankaran

Music is a powerful tool in healing. At the retreat, it is applied in various ways. We use a melody of a Raag from Indian classical music to focus the mind and make it one pointed before meditation. A feeling of community and oneness arises with daily group singing. Individual singing is a form of expression of oneself. Rhythm is used as an interactive and meditative tool in the form of drumming and movement.

Our saints had the amazing knack of bringing together poetry, music & the truth. Their words and songs give us a glimpse of our larger identity and put us in touch with our true awareness and bliss. These songs take us on a journey inward and show us what should be our true priorities in life. We call this Satsangeet, it combines satsang and sangeet. Satsang literally means ‘in the company of the truth.’ Sangeet is melodious music. Geet also means poetry.

