

# Music for Peace



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## Abstract

Music is an eloquent language that allows us to express what is happening around us in many senses, and to reflect the times and the situation in which we live. It is inseparable from our social, political, economic and cultural reality. At an individual level, it also permits sentiments and life experiences etc . It has a relevant role in our process of socialization.

Music is a form of communication differently from words, though there are many songs whose lyrics strengthen the message that author wants to express emphasizing the sense of the song. On the other hand, in instrumental music, some additional reference is necessary, because the music alone isn't able to offer a unique and unambiguous meaning for what is being expressed.

Art is that means of expression coming from people who wants to produce, consciously or unconsciously (or sometimes even unwillingly because of an obligation), some creations to try to describe the world around them or anything at all they might feel like characterizing. Artists make their creations known to us, converting their individuality into a social identity and thus sharing their ideas and experience.

Arts can be a means of resistance for confronting the cruelty of the world, generating the values of solidarity, non-violence and dialogues. It's a living process of creation and dynamism, of dreams, of utopia and of emotions, becoming at times the only possible language available. It not only describes the world, but reinvents and transforms it, opening doors to reflection and posing questions about life itself.

Music is sometimes a means of communication which sensitizes people who are facing the challenges of the world.

**Keywords:** Devotional Music, Relation of Ragas with peace, Relation of Music and Peace, Health Benefits, Raga Ahir Bharav and Marva, Style of singing.

## Introduction

We all are so occupied in our work that we don't get time for ourselves. Sometimes we are so stressed that we desperately want to take a break from all. I personally find Music as my medicine for relaxing the mind. When we hear soft and soothing music, we feel more relaxed.

Music is one of life's simple joys. It helps to calm the mind. Whether we hear the music of our choice or sing if we get satisfaction, we will feel that music is priceless.

## Aims of the Study

The theme and aim of this article is to spread peace through music.

As far as peace is concerned, we should keep in mind that many different approaches have been made to it throughout history and it has been interpreted in many ways. Having introduced "The concept of Music and Peace", I would now like to focus my attention on the relationship between them. As we see that there are many ragas in classical music that retain peace in our environment. It unites, strengthens the humanity. e.g. Raga Bharavi, Yaman, Bhupali and many more.

The "Power of Music" to affect the brain can make you feel more relaxed, but in some cultures, it is actually used to ease pain.

Music affects in different groups of people and it could play a role in health care.

## Review of Literature

A Francesca Military August 14th, 2017 comments that it's a well known fact that "music can make a Change in this world"

On Jan. 14, 2017 "Indian Raga music therapy" by Shambhavi Dass introducing dhrupad one of the singing style of music. He comments that Indian music is melodic and classical music which is based on notes versus the melodic mode (raga). Music in India has great potential because Indian music is melodic.

"A raga is a musical mode in the indian classical tradition used in an improvised performance ( raga in music :defination <https://study.com>)

On 6th June 2016 "Music mends relationship" by Shambhavi Das comments that the rhapsodie tunes of music reverberates our soul to an extent that it can change our attitude towards life and people around us. The sonic currents of musical tunes penetrate our body and pleasure Harmones called dopamine and estrogen balance them.

On 2017 /08 "study of emotion perception for indian classical raga music "by Makarant Velankar, Parag kulkarni "he has given theirviews that listeners also provided information about the enjoyable parameters as what they like, Many, Musical dimensions such as timbre, tempo, rhythm etc influence the listener perception and gave them peace and lesson their stress.

### **Style of Singing**

We are having different styles of singing that impacts the human body in different ways that are as follows:-

#### **Devotional Music**

It has tremendous power over the heart and mind of the human. It frees them from a state of sorrow & depression, and shakes off anxiety and lends enormous peace of mind. The singing of divine music is of great importance. A devotee who listens to the Kirtan with pure heart and mind casts off jealousy, ill-will and enmity. The Kirtan removes all the dirt and fills in ones thinking and shakes off the ego.

A devotional song is a human hymn which accompanies religious observances and rituals. Traditionally, devotional music has been a part of Christian, Sufi music, Buddhist music, Islamia music and Punjabi music.

Specially, the effect of classical music in any religion is same. It will retain the peace to everyone and relaxation to their minds. There are different ragas like Raga yaman, Bihag, Tori, Baghshri and many others, which relaxes our body and gives mental peace.

Let's begin with some examples of Six-note, Seven-note and Eight-note ragas.

#### **Relation of Ragas with Peace**

#### **Different Kinds of Ragas**

Ragas is an effort to show how you could get different melodies from different sets of five notes. In the following section, we will see how many other ways are there to group notes to form ragas again. I have provided a small description of each raga mainly based on the mood and time, different rasa and bhava, we can see in each raga relating with different talas and laya.

#### **Raga Bhairav (Heptatonic)**

Raga Bhairav is another very important raga in the Hindustani classical tradition. It is a morning Raga and solemn peacefulness is its ideal mood. It is very easy, however, for this scale to deteriorate from majestically peaceful.

I think it was Pandit Vilayat Khan who once described "Raga BHairav" as the music in the mind of "Lord Shiva" as he meditated in the Himalayas, that made an impression on me. Picture Shiva-the-terrible,

absorbed in the deepest meditation in a dark cave in the Himalayas.

Everything is still except for the occasional dripping of a stalagmite. Then dawn breaks and first rays of sunlight penetrate into the cave. Imagine the music in the mind of this man of terrifying passions at that time in his state of perfect peacefulness.

Raga Bhairav, Re, dha Komal swaras, one of the famous morning ragas.

Bandish that has the words like-

#### **Sathai**

"Abh to jago kuvar knahi, Bhor Bhai angha lana" etc.

#### **Sathai**

"Jago Mohan Pyare Re Tum, Savari surat more mann Bhave" etc.

#### **Raga Ahir Bhairav**

It is also a morning raga (Re Komal Nikomal Swara) combination of different ragas like- Khamaj, Bhairav, Kafi that I personally like which makes me relaxed at the time of morning. The words touches my mind and gives me peace like-

#### **Sathai**

"Albela Sajan Aayo re, Mora Ali man Sukh Payo Re"

#### **Antra**

"Chok Puravomugal gavo sakal Jagik Anand Shayo Re"

#### **Raga Marwa (Hexatonic)**

Raga Marwa is sung during the late afternoon hours upto the sunset. It is one of the major ragas in Hindustani classical music. Marwa is also the name of that a itself "Marwa"- Marwa is also characterized as quiet, contemplative, representing gentle love. It approaches "a feeling of anxiety and solemn expectation".

In this raga, 'Re' Komal and 'Ma' Tivaratara and there are many more Ragas which plays a vital role in maintaining peace in the world.

In Indian classical music, Ragas constitutes specific combinations of tonic intervals potentially capable of evoking distinct emotions. A raga composition is typically presented in two modes namely – Alaap and (Gat) Khayal.

Alaap is the note by declination of a raga bounded by a slow tempo, but not bounded by rhythmic style.

(Gat) Khayal on the other hand, is rendered at a faster tempo and follows rhythmic style.

#### **Relation between Music and Peace**

We know that how the above mentioned ragas are related with peace. Harmony and peace is a meditative music which relaxes human body and give positive energy. It relieves stress and anxiety, gives contribution to relaxation, rest and as a result of improving mood and raising vitality.

People adopt music as for meditation for healing relaxation. It also benefits in different therapies. Generally, music related with therapy. It uses music for emotional and psychological release. It provides following health benefits:-

1. Reduces anxiety and stress.
2. Promoter in wellness.
3. Improves communication.

4. Supports the non-pharmacological management of pain.
5. Supports positive changes in mood and emotional states.
6. Allows the active and positive participation of the client in treatment
7. Enhances awareness of self and environment.
8. Enhances the development of copying and relaxation of skills.
9. Improves emotional intimacy with family and caregivers.
10. Increases relaxation for the entire family.
11. Enhances memory.
12. Promotes physical rehabilitation and movements.

**Conclusion**

In conclusion, I want to suggest that without Music, there is no life. Sound and Music involves a variety of therapeutic modalities intended to release you from emotional blockages and relieved from

physical, emotional or spiritual problems and provides mental peace and relief.

Generally, listening to good music like devotional, classical music helps us to relief from physical pains. Music is an ointment for peace, leisure and entertainment.

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