

MUSIC AND SAHAJA YOGA MEDITATION

We Come To You

This is a proposal to hold sessions of meditation for you, normally incorporating music. You can find more details, music samples and some images on this website:

www.right-time.com

Babies Love Mozart

There has been much interest and some studies about the effect of music on unborn children and their pregnant mothers. Sometimes more research followed after the babies were born. There seems to be a general finding that Western Classical music, and Mozart in particular, is popular with babies. The point is not well established, however, from a scientific or statistical point of view. Further work is needed on the design of experiments in this area. Some similar studies are being made using Classical Indian music. More to the point is that babies seem to enjoy steady rhythms and pieces with well-developed but simple melodies. Complex harmonies seem to work less well. The repetition of the music that they like has a positive effect. Babies can also remember the music they heard in the womb for many months after birth, according to studies in the BBC's **Child Of Our Time** project.

The 'Mozart Effect'

Some studies of the effects of music on the brain showed improvements in a test task related to memory after the subjects had listened to music by Mozart. This finding is moderately interesting. It probably receives far more attention than it deserves, however!

Music And Meditation

We wrote elsewhere that meditation is "A state of alert mental silence". If you listen to pleasant music it may help to relax your mind and body. As a result you may have less thoughts and become more 'meditative'. On the other hand, music can also distract the mind. Listening to music and enjoying it or reacting to it may just stop you from going deeper into meditation!

The chakras and nervous system do enjoy music from time to time, no doubt. But it is a dynamic issue. What you need will not always be the same. It depends on your particular mood or nature or recent history. We do recommend listening to music and particularly Indian music for people who want to meditate but it is not an essential aspect or part of a systematic meditation technique. In essence, our **meditation technique** is to be silent.

Shri Mataji Nirmala Devi, the source of all knowledge on Sahaja Yoga does emphasise the importance of music as a positive part of our culture. She also warns not to react to music if you are listening during meditation. Our brains do too much reacting at other times and they do need some peace. That is one reason why we meditate!