

Now, heal using music therapy

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Sure, everyone loves listening to music, but did you know that music has therapeutic properties, and that experts are now using music to lower stress levels, especially among youngsters?

Chennai is now witnessing a mushrooming in the number of music therapists. Many, like Lalita Sharma, a student of Pandit Jasraj and a Hindustani music maestro, now conduct music therapy

sessions. "It is all about sound frequencies. In classical music, there are seven *swaras* that give rise to 12 *swarasthanas*. In music, the sound comes first, then the tune and finally, the lyrics. If you are not a musician, you will connect to the sound first and then the lyrics. All of this is also related to the seven *chakras* in our body which are located along the spinal cord," says the city-based musician.



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