

Sahaja Yoga Singapore presents

Indian Vocal Music For Holistic Health

An Evening of Indian Classical Music & Music Therapy

by *Dr. Arun Apte*

Disciple of Pt. Jitendra Abhisheki

&

Principal of Shri P.K. Salve Kala
Pratishthan Academy of Music &
Fine arts

**FREE EVENT
LIMITED SEATS**

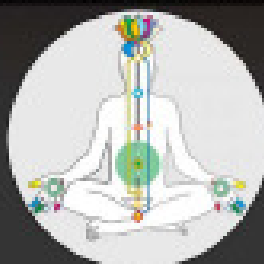
SATURDAY 25TH JULY, 5.30PM - 9.00PM

REGISTRATION FROM 5.00PM ONWARDS

Global Indian International School Auditorium

East Coast campus, 82 Cheviot Hill, East Coast, Near Siglap Centre.

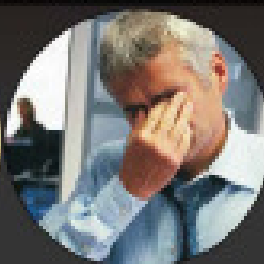
TO BOOK YOUR SEATS CONTACT: AMOL - 90057270 / BRYAN - 93367026



**HOLISTIC
HEALTH**



MEDITATION



STRESS



**BURNOUT
SYNDROME**



**WORK LIFE
BALANCE**

FOR OTHER ENQUIRIES EMAIL: ENQUIRY@SAHAJAYOGA-SG.ORG

1. Indian Vocal Music Therapy

- Music has many different aspects e.g. entertaining, devotional, emotional, religious and spiritual. When we use all these together for therapeutic use it is called music therapy.
- In therapeutic music different frequencies, moods and vibrations are mainly used.

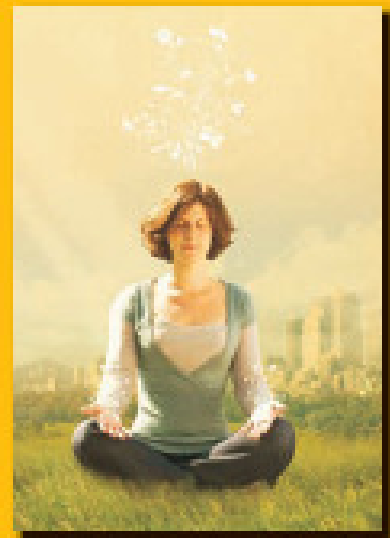


Outcomes of Music Therapy practice

Energizes our body, stimulates our brain, awakens our feelings, ignites our spirit, relaxes our body, calms our minds, unwind our emotions, motivates our actions and helps us not to think therefore saving our brain energy and expanding our thinking process towards creativity.

2. Music therapy for meditation

1. Meditation is a state of consciousness which is beyond the mind. It is a state of pure awareness, where we are alert and fully aware, but without any thoughts.
2. Meditation saves our brain energy for further creative thinking.
3. Meditation reduces our breathing rate which enhances our longevity, vitality and ionization.
4. Meditation is the core of Spirituality; Spirituality is the core of Yoga which means to yoke, to join, to connect oneself to the Cosmic Energy.
5. Meditation manages stress, burnout, anger, depression, work- life balance and maintains holistic health.



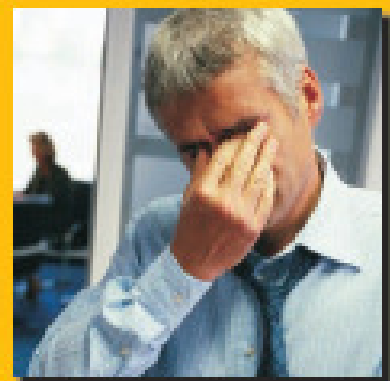
Outcomes of Music Therapy practice

Silence is the source of Sound and Sound is the source of Music. Therefore Music leads to the state of Silence and that is the state of Meditation.

- By reducing the frequency of the brain waves from Beta to Alpha and Theta which leads us easily, quickly and effortlessly to a state of meditation.

3. Music Therapy for Stress Management

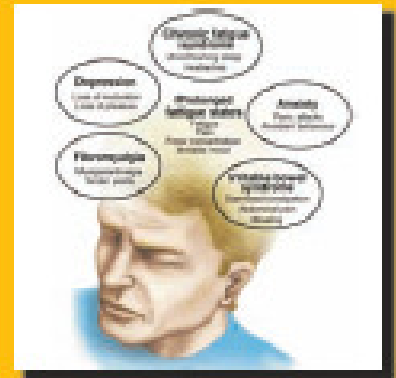
1. Stress is defined as anything that disrupts a normal persons physical, mental and emotional well being.
2. Positive stress is called eu-stress and negative stress is called distress.
3. Eu-stress triggers the body's alarm, enhances attention, performance and creativity. Distress can create a number of health problems, such as physical, mental and emotional chaos.



4. The human mind is a web of thoughts, 60,000 thoughts a day. Thinking is a continuous process, our minds switches from one thought to another constantly. The constant process of thinking (both conscious and unconscious) lead's to stress. Meditation is a technique to achieve thoughtless or mindless state. In this state a person has less or no thoughts; this kind of state thus acts as stress relief and is a great rejuvenator.

4. Music Therapy for Burnout Syndrome

1. Burnout is the result of rigorous stress over a period of time.
2. Stress occurs in the short-term where as the burnout syndrome is long-term.



Outcomes of Music Therapy practice

- Broadens stress threshold which leads us to making the right decisions, controls anxiety, triggers the body's energy, enhances attention, performance and creativity.
- Reduces the frequency of the brain waves from Beta to Alpha and Theta which leads us easily, quickly and effortlessly to a state of meditation. A transformation takes place and a person becomes stress free, relaxed, healthy, happy and creative. It is by far the most effective method of dealing with burnout syndrome.

5. Music Therapy for Anger management

1. Anger is a completely normal, usually healthy, human emotion.
2. When it gets out of control and it turns destructive, it becomes a problem.
3. The three main approaches of anger are expressing, suppressing and calming it down.

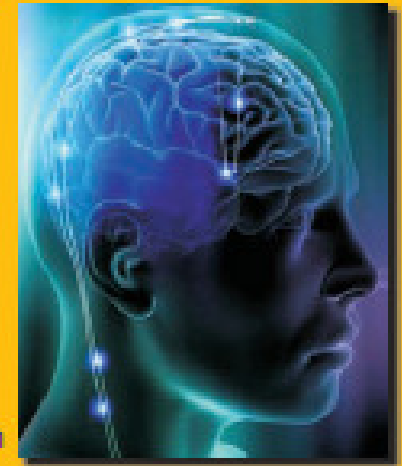


Outcomes of Music Therapy practice

- Changes the bad emotions and frequencies like anger, guilt and resentment to good emotions and frequencies like joy, excitement, love and gratitude to make us feel great.
- Stirs our emotions and feelings to help us to deal with grief, anger and other symptoms.

6. Music Therapy for depression management

1. Chemicals in the human brain are responsible for our emotional state.
2. Depression happens when these chemical messages are not correctly sent or received between the brain cells, which affect the communication.



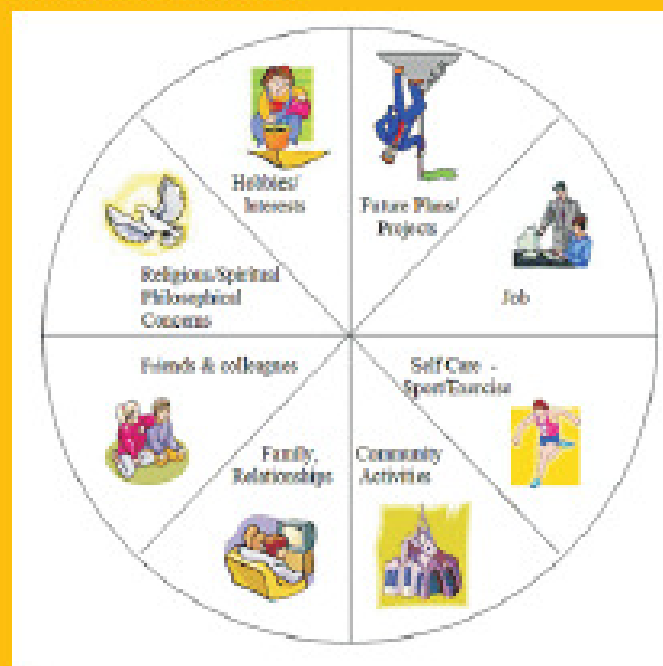
Outcomes of Music Therapy practice

- Balances hormonal secretions of the glandular systems and makes a person feel fantastic, energetic, expressive, depression & stress free, achieving a relaxed state of health, happiness and creativity.
- Stirs our emotions and feelings to help us to deal with grief, anger, depression and other symptoms.
- It stimulates good frequencies creating positive charge in every area of life.

7. Music Therapy for work- life balance

The expression "**work-life balance**" was first used in the late 1970s to describe the balance between an individual's work and personal life.

- Our life is the physical manifestation of the thoughts.
- Our thoughts and feelings create our lives.
- When we visualise then we materialise.



Outcomes of Music Therapy practice

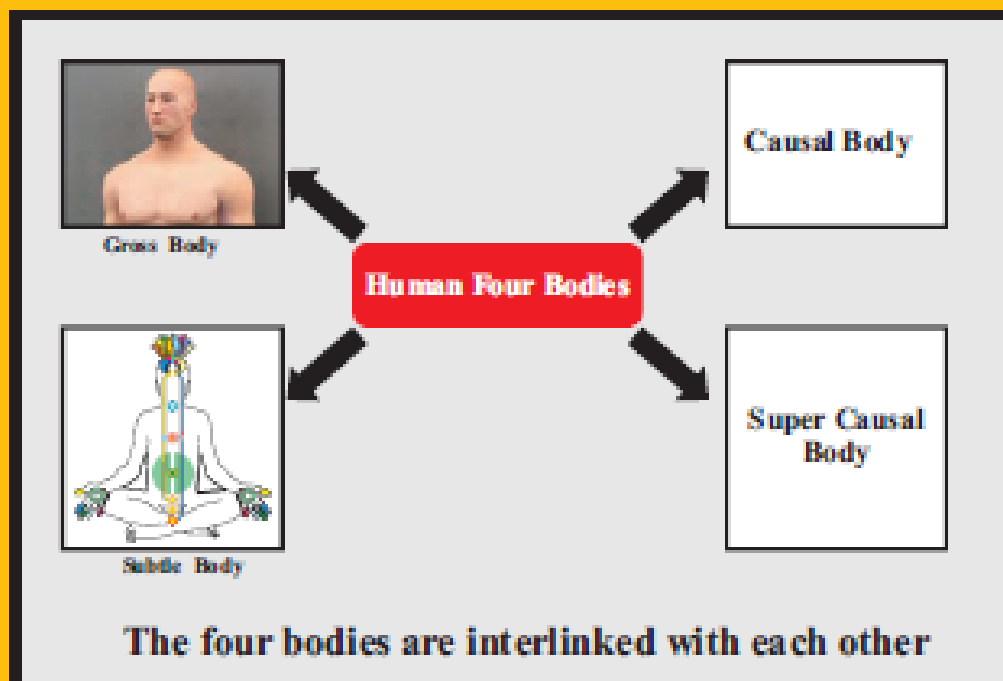
- Increases holistic energy makes a person feel fantastic, energetic, appreciative, expressive, depression & stress free, achieving a relaxed state of health and happiness.
- Enriches productivity and creativity.
- Enriches Positive thinking directed towards life for interpersonal relations.
- Establishes harmonious balance between work and domestic life.

8. Music Therapy for holistic health

Holistic health means a person's physical, mental, emotional and spiritual ascent and a healthy social life style.

Outcomes of Music Therapy practice

- Rejuvenates our four bodies (gross, subtle, causal and super causal) by matching individual Sound frequency with the frequency of the cosmic Sound through singing and listening.
- Enhances physical, mental, emotional and spiritual health and ascent. Where the journey starts from disability to ability, imbalance to balance, suppression to expression, illness to wellness and disease to ease.



About the Music Therapist



Dr. Arun Shridhar Apte is a Registered Medical Practitioner in Music Therapy Certified by **INDIAN BOARD OF ALTERNATIVE MEDICINES**. He is Internationally recognized as an expert in the field of Music Therapy. He was born to musical parents, his mother Late Mrs. Mangala Apte gave him the classical vocal training who was the disciple of Pt. D.V. Paluskar of Gwalior Gharana. Later on he got a chance to learn from Pt. Jitendra Abhisheki for 10 yrs. Dr. Arun's wife Surekha, is a highly acclaimed professional singer.

In 1993 Arun met an unparalleled master of Yoga, **H.H. Shri Mataji Nirmala Devi**. He received Self Realization from her and was initiated into her teachings of Sahaja Yoga.

Dr. Apte gave lectures and demonstrations explaining therapeutic and curative powers of sound in several parts of India and also in Italy, France, Austria, Russia and various parts in UK i.e. London, York, Leeds, Cardiff, Bath, Bristol and Scotland. The Times of India spoke of his music as a "Journey Sublime". Several newspapers wrote about Arun's performance in UK. The University of York invited Dr. Arun for lecture and demonstration. He gave short performance on BBC. program Music Live. Evening Press York gave an article about their performance as a "Musical Message".

Dr. Apte's "**Indian Vocal Music Therapy**" is a culmination of Ten years research on the effects of Indian Music based on a combination of multiple sciences. It is not only therapeutic for physical, mental and emotional disorders, but it also elevates the participant to a new spiritual dimension effortlessly.

