

संगीत संदेश

Sangeet Sandesh

A Monthly Newsletter

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OUR MISSION

To promote East Indian Culture and Spiritual awareness through Music, Language, and other Art Forms. We are committed to helping our students raise their level of ethical and moral consciousness so that they are better prepared to meet the challenges of the society in which they live.

Mere Man Mein Base Hai Ram



In the age of Tretayug, on the 9th day of the lunar month of Chaitra, a lotus eyed child, the color of the universe, cried on a royal bed for all of Ayodhya to listen. His melodious wails resonated through the bright blue skies, for which Ayodhya would remember till the end of time. To Maharaj Dashrath and Maharani Kausalya, a beautiful prince was born, but to the world the Lord had taken birth. The name Ram blew like a golden leaf guided by a gentle breeze around the world. Righteousness and truth were manifested to rid evil, not just from Lanka, but from the very depths our hearts.

On April 14, 2008, we celebrate Ram Naumi, the holy birth of Shri Ram, whose life depicted in Valmiki's Ramayan, serves as a guideline for which we may live every day of our lives.

Shri Ram taught us how to lead, love, and live. In the name of his father's honor, he left a kingdom of luxuries for the serenity of nature. To rescue Sita Mata and liberate a kingdom, he crossed a mighty ocean and defeated that throne, and in a time where royalty ruled with an iron fist, he ruled with a loving heart.

As we know, the Ramayan contains deep philosophy which encourages us to extract the meaning veiled behind every word that chronicles the essence of Shri Ram. He dwells within each and every one of us; it is our duty to recognize him. Do we search for a Ravan within others, or should we take a moment to look for that divine Ram? Do we avoid those whom we do not know? Or should we embrace those whom we have not had a chance to meet? There are no strangers in this world, for God is present in us all.

One such devotee of Shri Ram, whose everlasting devotion echoes through the world, is the devoted Shri Hanumanji.

On April 20, 2008, we celebrate Hanuman Jayanti, the birth of Shri Hanumanji, a *Ram bhakt* whose physical and devotional strength is penned beautifully in the Hanuman Chalisa.

The Ramayan tells us that the faithful Hanumanji was offered an extravagant pearl necklace by Sita Mata, a Devi who is regarded throughout the ages as the ideal woman and loving wife of Shri Ram. Hanumanji gracefully accepted that token of affection scrutinizing each and every pearl, for no gift was valuable if

it did not encompass Shri Ram and Sita Mata. For him, true wealth was the Lord himself. To illustrate his love for the Lord, he tore open his chest to reveal that Shri Ram and Sita Mata resided tenderly within his heart.



In today's world, how can we demonstrate our affection for Shri Ram? Our love for Shri Ram is shown through our thoughts, words, and actions. When we think, may we do so with thoughts of love. When we speak, may we do so with words of wisdom, and when we act, may our actions be performed with kindness.

Ram Naumi and Hanuman Jayanti are occasions for us to reflect and better our lives. Follow the path that Shri Ram has paved for us, and certainly our lives will become enriched with his ideals. May we rid our hearts of that Ravan with the same unwavering faith of Hanumanji and fill our hearts with that sublime being who walked this earth by the holy name of Shri Ram.

Written by Vijai Basdeo

The Need For Education in Music

All of us like music of one kind or another. However, music that conforms to true art, is not fully appreciated by all of us. How many of us really do understand Ravi Shankar's music? No art can be fully enjoyed unless some sort of effort to grasp its basic principles and techniques are made. The royal road to acquaint ourselves with this is of course to learn the music itself. But very few of us have the opportunity to learn it and we use this as an excuse not to learn it and so we depend on the recording companies to provide us with music. How many of us take time out of our leisure to educate ourselves so as to select the kind of music we listen to.

No doubt we are all aware of the tremendous influence music has on us. It stirs the emotions, awakens memory, provokes various moods and stimulates the imagination.

Today, musical therapy is a well-established practice. Researchers who have studied the responses of mental patients to musical treatment have observed that practically every bodily function is influenced by musical vibrations and harmonies. Muscular energy, pulse, respiration, blood pressure and metabolism have all responded to musical stimuli. No wonder why Shri Krishna had so much influence over his people.

There is yet another thing that music does for us that is often overlooked by many. It is that subtle and lingering effect it has upon us long after the conscious hearing of the music has passed. This delayed influence has its analogy in the unconscious effect of food upon our body long after the taste of the food has vanished.

When we are eating a good tasty meal; we are very conscious of the influence it is having on us at the time. We notice the flavor whether it is sweet or sour. The taste may be pleasant or unpleasant, depending upon our likes and dislikes. We are aware of these effects, just as we are conscious of the mood we experience while listening to a piece of music. The more remote effects of our eating we do not realize so readily, since they are removed from our awareness of flavors experienced while eating.

So it is with music. It does not give us the full treatment at the end of the concert or after the turn table has stopped. Those melodies and rhythms settle down into the subconscious areas of our minds and will in due time bring forth fruits after their kind. If the music is frivolous and degrading in character, those same qualities will be inclined to appear in one's personality. However, if the music is of high quality and is structured with purpose and order, these noble qualities will be reflected in our lives.

The task is now in front of us to make a decision on what kind of music is best suited for our all round development. Now you know how dangerous our choice can be, you are not going to accept that cheap kind of music handed down to us by people who do not understand the basic fundamentals of music. As any other rational being you are going to search and make a firm decision between what is good and what is undesirable. This task may be easy for some while it may be a bit difficult for others. Nonetheless, it is ideal to expect the ability to enjoy and appreciate a piece of art without any such capacity.

- by Bhai Ravi.

Prarthna (Prayer)

We live in a society where we are faced with many challenges, whether it is personal, health, job related, or communal, we tend to pray mostly in these times of need. While it is good to seek God's help during these rough times, it is important to realize that prayer would be most effective if it is done everyday and not just when we feel sad or depressed

In order for us to trust God, faith is required; Prayer without faith or Bhakti (devotion) is useless. Praying for material wealth and begging God for various luxuries should not be the reason we pray, but what is more important is to ask God to bless us with peace and happiness among the dualities of life.

When we pray, we should ask for God's love and guidance for those around us and the entire world at large. We must also realize that everything that happens, happens for a reason. Many times we pray for something, and when the opposite happens, we become angry. We should never be angry with God because we are here through his divine grace and He is the only one who gives us support though out our lives.

Think about it. If we were happy all the time, and never sad, how would we know the true meaning of happiness? God tests us so that we can learn from our mistakes. We become stronger by praying and having faith in Him. As Dada J.P. Vaswani states in Love Unlimited, "prayer is the health of the soul, the strength of life. It has been truly said, that if we do not pray for a day we miss something, if we do not pray for a week we become weak." So, let us make God our best friend to whom we can truly relate.

- by Padmini Persaud

DATES TO REMEMBER..

APRIL 14, 2008 - *Ramnavami*

APRIL 20, 2008 - *Hanuman Jayanti*

MAY 20, 2008 - *Buddha Purnima*

Upcoming Concerts

Festival of India (World Music Institute)

Shivkumar Sharma & Zakir Hussain

Saturday, April 26th, 2008 8:00 pm

For Tickets and Information call: 212.545.7536

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Contact us @ support@eima.us for suggestions and any other enquires.

Hindi Quotation of the Month

Sheelam Param Bhooshanam

Kshamaa Veerasya Bhooshanam

Character is the best ornament; Forgiveness
is the jewel of all brave ones

Aaj Ka Sandesh

Sundays @ 8:00 AM

ITV- Channels 77 & 563

* If you would like to contribute to this program, please contact EIMA at
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