Music Elevates Consciousness

Classical Indian music has, to a mathematical precision, recognized which sound can do what. If you know how, a proper arrangement of sounds can do incredible things to people and to the situation, by JAGGI VASUDEV, SADHGURU, Isha Foundation

Music and Spirituality

First let’s understand what’s music. Music is a certain arrangement of sounds. If you arrange sounds in a certain way, it will become noise. If you arrange sounds in a different way, it will become music. There’s whole lot of noise passing as music right now, okay? If you know something about classical music, you would see classical music involves an enormous amount of mathematic behind it. There’s a structure... A mathematical structure is been built. As far as I am concerned, when I see somebody really good singing, for me a whole geometry emerges out of that. So in some way you are trying to recreate Creation in a sound form. How profoundly a particular musician, how far he can go into it is questionable, but that’s what you’re trying to do. You’re trying to explore the geometrical patterns, all the complex patterns that are possible in the form of Creation, because Creation is just a complex amalgamation of sounds or reverberations.

So you definitely know... Leave the words... I mean, if there are sappy words and people get, you know, a little sappy with it that’s different – they’re giving meanings to it. Without any words, music can bring tears, music can bring joy, music can bring love, music can set moods and emotions and experiences in people. Just by sheer sound, not using words. Words means it’s a psychological pattern. Sound means it’s an existent... existential pattern. So this is why a music without words is very significant, and most of the

Indian music is largely sound. Here and there some words, but largely sound because sound is an existential structure.

Word... The meaning of the word is a psychological structure. If I sing a song in Tamil, means nothing to you because you may not understand the language. If you sing in some other language that I do not know, means nothing to me because I do not understand the meaning. But the nature of the sound is not like that. If the sound is arranged in a... a particular geometry of things, it doesn’t matter who you are, it doesn’t get you in your emotion but it gets you in the very being of who you are, in the basic way this... this Creation has happened here. So it is an attempt to touch life. It’s an attempt to imitate life in a different form, which is a phenomenal thing and will people will get healthy and well by this? Definitely if you hit the right pitch.
India's Musical Heritage

Today, modern science sees the whole existence as a vibration. Where there is a vibration, there is bound to be a sound. So the whole existence is a complex amalgamation of sounds. For one who does not perceive the wholeness of the sound, it is noise because he hears in bits and pieces. For one who listens the right way, everything is music.

In one dimension of yoga, it is dialectically expressed that the human body is Shiva’s damaru (drum). Shiva always carried a drum because it is symbolic of the rhythm of life. When you run a race or when you are excited or scared, you hear “dhun, dhun, dhun” in your head. This is the rhythm of the body. This rhythm is not just in the beat of the heart. Every fiber and pranic nadi in the body has its own tune. Every chakra has its own sound. What is sound and what is your form are not two different things. There is a whole science about sound and the body, which looks at what uttering different sounds or being under the influence of different sounds does to the system.

Every little sound has a certain impact. If you listen to a certain kind of sound, you become loving. Some other sound can make you joyous. Some other sound makes you aggressive. Sounds change the very chemistry of your system. So the kind of sounds you are exposed to, and the kind of sounds you generate, do various things to you.

In Indian classical music, the way sound is used— the ragas, the tunes, everything—is such that if you get deeply involved in this, it will bring meditativeness. This is the way this culture was created. Every single act that you perform was aimed only at elevating your consciousness.

For a very long time, when people looked to this land, they always saw it as a possibility because India has been the greatest experiment on the planet in terms of making a whole culture into a spiritual process. Once you are born in this land, you may do many things—you may pursue your careers, you may build your families and many other aspects of life, but essentially, your life is basically about you attaining to the highest liberation. Mukti is the only goal.

So in this culture, music, dance or whatever else you did was not entertainment, it was also a spiritual process. In Indian classical dance, if you use the postures and the mudras properly, it will lead to meditativeness. Similarly, if you see a person who is very deeply involved in classical music, he will be saint-like. Entertainment was not the attitude in life. Everything—even sitting, standing, and eating—was a sadhana to reach a higher level of consciousness.

Sadhguru is a yogi, mystic and visionary, and a prominent spiritual leader. An author, poet, and internationally-renowned speaker, Sadhguru’s wit and piercing logic provoke and widen our perception of life. www.ishafoundation.org