



Live in Love

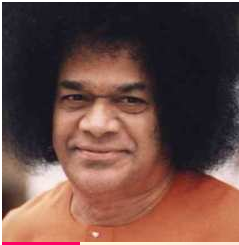


Love is God



God is Love

FEELING THE PRESENCE OF GOD... THROUGH DEVOTIONAL SINGING



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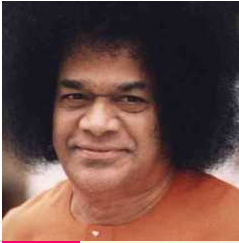


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COMMUNING WITH THE INDWELLER OF OUR HEART



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THE GOAL OF THIS RETREAT:
To explore ways of using devotional music as a means of helping each one of us connect with and experience this *true indweller of our heart* in a more effective way.



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*“Bhajana Bina Sukha Santhi Nahi....
Peace and happiness can be attained
only by singing the glory of the
Divine Name and not by wealth or
worldly possessions.”*

August 6, 2008



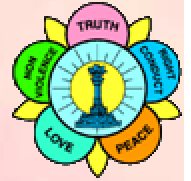
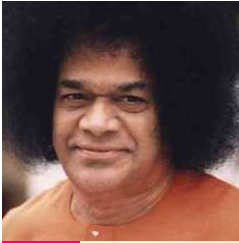
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“Bhajan has to be a thrilling experience, which must leave the participants full of pure energy and elevated enthusiasm.”

Sathya Sai Baba



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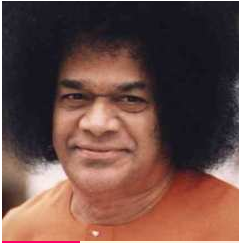


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People have told me that they enjoyed the energy of yesterday morning's session.



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**We must put full energy into
our singing.**



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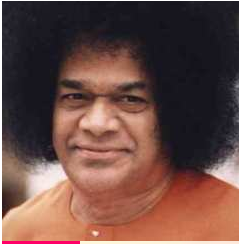


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**Swami puts His complete energy
into us.**



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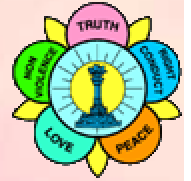


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Children in the SSE session told me: “We have to give it all your effort!”



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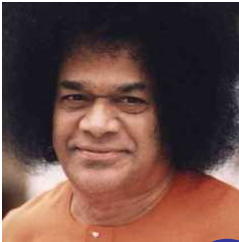


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GRACE AND EFFORT



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Our EFFORT to move closer to God through singing from HEARTS FULL OF LOVE is matched by God's Grace. God MUST respond with GRACE by moving closer to us with HIS LOVE.

We feel our love and His Love.



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The greater the intensity of our effort, the greater will be the trill.



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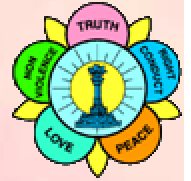
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“Bhakti (Devotion) is an ardent prayer emanating from the cave of the heart in all sincerity and flowing in the form of a flooded river toward the Lord in the form of love.”

Sathya Sai Baba, October 8, 1986



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**GANESHA SHARANAM,
SHARANAM GANESHA The
prayer of taking refuge in the
Lord. Pray to Him to remove
all our obstacles, all our
problems**



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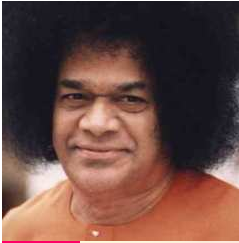


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If we come to the bhajan session with mental clutter, use this opening Ganesh bhajan as a blessed opportunity to offer all the mental clutter to the Lord.



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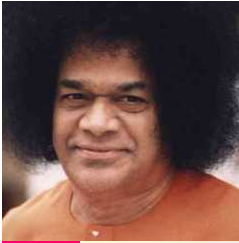


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Oh, please, you take all the clutter. Let me be free.



“I am ready”



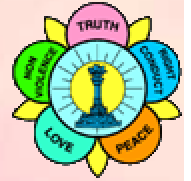
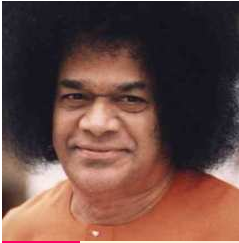
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So sing with full energy of offering our problems, with total faith that Ganesh will take respond



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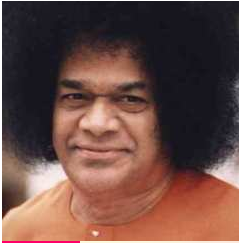
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THREE MAIN COMPONENTS OF A DEVOTIONAL SONG

- 1) WORDS
- 2) MUSIC
- 3) BHAVA (FEELING)



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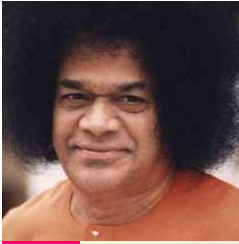


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1) **WORDS** of a song
express some kind of communication
with
the **Divine**



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**THE PURPOSE OF THE WORDS:
To focus our attention inward
to our heart,
the seat of the
spiritual dimension of life.**



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GANESHA SHARANAM, SHARANAM GANESHA

**Lord Ganesha, I bow down to thee. I
take refuge in YOU!**



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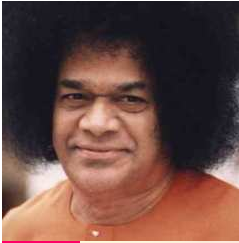
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2) MUSIC

The part of a song that is the aspect of singing.



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**THE PURPOSE OF THE MUSIC:
to amplify the power of the words
and
bring the words to life.**



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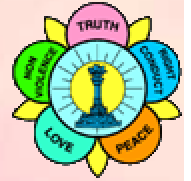


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**MELODY, the Bhajan tune, is
comprised of
PITCH (Raga: swaras)
and
RHYTHM (Tala: beats)**



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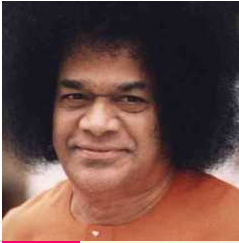


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**2.a.) PITCH:
The relative highness and lowness of
the notes
(frequency, or number of vibrations)**



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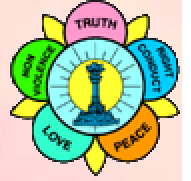
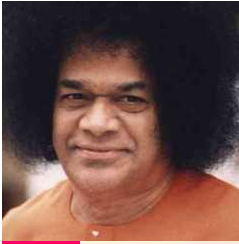
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RAGA:

The notes of a particular Bhajan are derived from one raga (scale).



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GANESHA SHARANAM:

Raga HAMSADHWANI:

sa re2 ga2 pa ni2 sa

sa ni2 pa ga2 re2 sa



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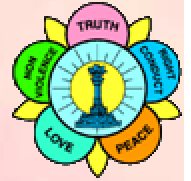


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**To sing the swaras properly,
it is necessary
to
orient every pitch to
“sa.”**



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**Sing swaras with the drone.
Good practice: hear the drone,
generate the pitch of a swara in your
head first, then sing it.**



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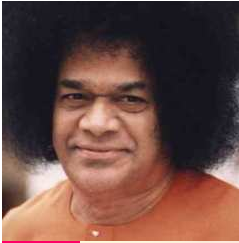
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SWARAS (notes) of the song with equal rhythm:

s' s' n s' s' p g p s' n s' s'
 n r' r' n r' r' n r' n p n r' r' s
 g' g' g' r' g' g' r' g' r' s' r' g' g'
 r' r' r' r' g' r' s' s' s' r' g' r' s' s'



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**NOTICE: The shape of the melody. It mirrors something about Ganesh:
The shape of the melodic line creates an image of bowing down.**

The first phrase also creates the shape of Ganesh's elephant trunk.

The 2nd and 3rd phrase build in intensity by going successively to higher notes.



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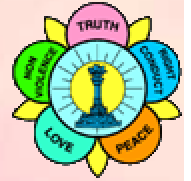


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s' s' n s' s' p g p s' n s' s'
 n r' r' n r' r' n r' n p n r' r' s
 g' g' g' r' g' g' r' g' r' s' r' g' g'
 r' r' r' r' g' r' s' s' s' r' g' r' s' s'



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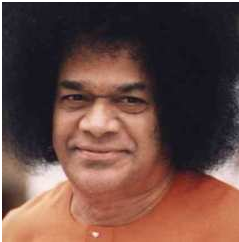


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2.b.) RHYTHM: Refers to “when” the different syllables of the song are sung in the continuum of time.



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COUNT and CLAP: 1 2 3 4 1 2 3 4 1
2 3 4 1 2 3 4



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Add the drum, sing and clap



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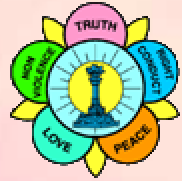


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D D . D D D D . D D D D D . D .
D D . D D D D . D D D D D D D D
, D D D _ D D D . D D D D D D D
: , D D D D D D D D D D D D D D
D .



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WORDS AND RHYTHM COMBINED



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**CLAIRTY OF THE WORDS:
Being very conscious of every
word you are singing**



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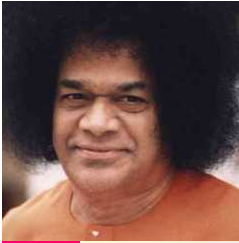


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**CLARITY OF THE WORDS:
Making the text, the lyrics,
easy to grasp
for people who are
less familiar with the bhajan.**



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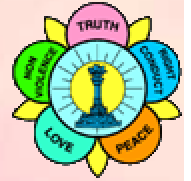


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**EXPERIENCE AND BRING OUT
THE ENERGY
OF EACH SYLLABLE OF EACH
WORD. The energy of these
words is important**



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BRINGING OUT THE CONSONANTS AND VOWELS



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PITCH AND RHYTHM COMBINED: sing and clap



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s' s'. n s' s' p. g p s' n s'. s'.



n r'. r' n r' r'. n r' n p n r' r' s

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, g' g' g' r' g' g'. r' g' r' s' r' g' g'.



God is Love

, r' r' r' r' g' r' s' s' s' r' g' r' s' s'.



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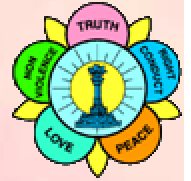


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THE POWER OF DEVOTIONAL SINGING



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“When all the participants in a bhajan (session) SING IN UNISON, what sacred vibrations are produced and what Divine energies are released! When these vibrations fill the world, what changes can they not bring about!”



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What does Swami mean by SINGING IN UNISON? Singing together as one voice. The key is knowing when to sing what notes. The WHEN is RHYTHM and the WHAT is PITCH



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In group singing, the most important element is singing what we sing at exactly the same time. This gives power of intention.

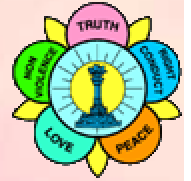


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The ABC of excellent group singing is
Always Be Counting the **RHYTHM.**

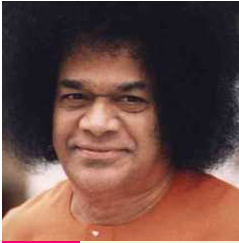


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This requires in inner counting. This inner counting brings life to the music.



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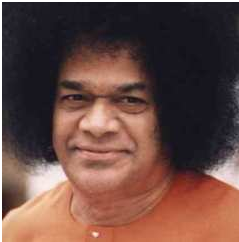
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COUNT and CLAP:

1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4



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Always Be Counting



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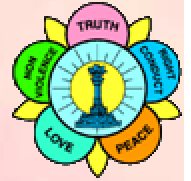


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When everybody is counting (feeling the inner rhythmic pulse) everybody can sing with confidence and power.



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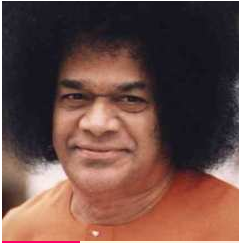


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**Everyone can move forward like a
Lion, rather than follow like sheep**



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**The Drum is our focal point toward
which we all must orient.**



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Always be listening to the drum to keep track of the beat of the music.



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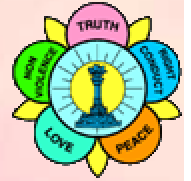
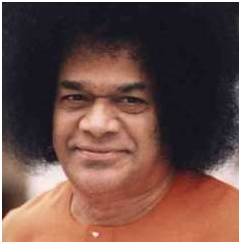


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When we sing with confidence, the doors of our heart opens automatically and we really get into the singing.



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**Sing Ganesha again: count, clap, sing
with confidence. BE TOGETHER!**



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WORDS, MUSIC & RHYTHM COMBINED



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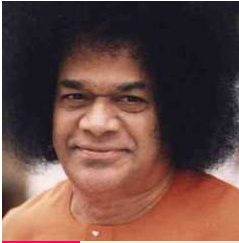


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3) BHAVA: THE EXPERIENCE OF SINGING WITH EMOTIONAL ENERGY



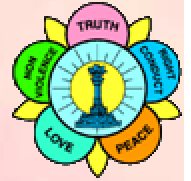
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“Man is also essentially an embodiment of love. Man’s love is becoming polluted because it is diverted towards worldly things. It is not possible to get the reflection of the beautiful divine Lord in a heart which is polluted.”

Sathya Sai Baba, October 8, 1986



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“Bhajans must be a felt experience (not a mechanical experience). Do not sing with one eye on the effect the song makes on the listeners and the other, on the effect it makes on God. Let your heart PANT for God.”



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The Bhava is our feeling of sincerely praying to the Lord to protect us and remove obstacles that stand before us. We have to make a great effort to focus and direct our attention and energy on God, to focus and direct the prayer deep into our heart.



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Singing with this intense feeling takes us within so that real devotion can happen:



PUTTING IT ALL TOGETHER:

WORDS

PITCH

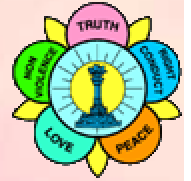
RHYTHM

BHAVA

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Sathya Sai Baba, October 8, 1986



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Intensity Of Love Intensity Of Yearning Intensity Of Adoration



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BEING CLEAR ON WHY WE ARE SINGING BHAJANS



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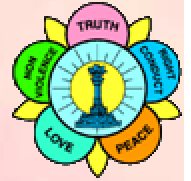


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**Be aware of singing together in Unity
with those around you.**



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THE ROLE OF THE LEAD SINGER: to make the song easy for others to follow



Words must be clearly articulated



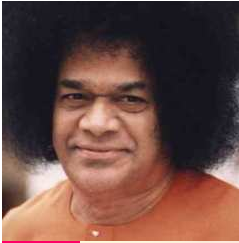
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THE ROLE OF THE INSTRUMENTS



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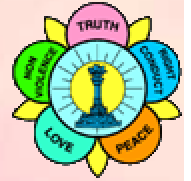


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Remember: The Drum is the focal point toward which we all must orient our singing, i.e. to keep track of the beat of the music.



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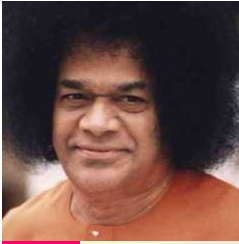


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"Musical instruments used during bhajans should not drown the voice of the singer and who follow. If there is more than one instrument used, maintain balance among instruments along with singing."



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Using our awareness of the aspects of Pitch and Rhythm, let us sing together as a unified spiritual army of love.



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Thus, while putting in the effort to sing with love, we have to also be sure put in the effort as a group to Always Be Careful (ABC) of Pitch and Rhythm.



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We have to force ourselves to sing with love, to feel that flow of the love of devotion.



Living in Love

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GANESHA SHARANAM, SHARANAM GANESHA

Lord Ganesha, I bow down to thee.



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Our intention must be clear!

**We are praying to the Lord to protect us
and remove obstacles.**

This is not a selfish prayer.

**We are praying to the Lord to protect all
humanity!**



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**SING Ganesha with heartfelt love,
adoration,
and full faith
and...**



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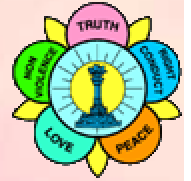
Remember!:

Always Be Careful

(ABC

of

Pitch and Rhythm



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