

Volume 1, Issue 1

July 2014

सौणवद (संवाद)

A DIALOG TO CONNECT SOULS



A Newsletter of Saunvad Centre for Music and Healing

Harmony of Body, Mind and Soul



SAUNVAD (संवाद)
A Dialog to connect souls

From Editor's Desk



With this first issue of *Saunvad* newsletter, we are pleased to present a channel of communication to establish a connect with souls. Saunvad - a Sanskrit word for Dialog, emphasizes on the power of expression. Expression of knowledge, thoughts, divinity beyond the boundaries of region, religion, race and culture.

This newsletter deals with subjects of spiritual, musical, medicinal, social and global interest. From Mudras coming from Yoga to recent advancements in the field of Past life regression therapy, all find a home here. Activities, research work, case studies, social connects, training workshops and conventions also are part of the *Saunvad* newsletter. Current issue comprises of a brief about ARRR's PLRC4, a two day convention to be held in Pune. I would like to share the activities of *Saunvad Centre for Music and Healing* through this platform. A monthly schedule of the events would be published in this forum.

The first step to connect with you all is taken and now the journey begins towards our mission. The idea behind this is to stimulate a thoughtful discussion among the souls. I welcome you all and wish you to continue a dialog with *Saunvad*.

- Sumant Sambrey
Editor, Saunvad Newsletter
Saunvad Centre for Music and Healing



Special points of interest:

- President Speaks, Pg.4
- Power of Mudras, Pg.5
- Bhajan - A musical journey to spirituality, Pg5
- Reiki - A Universal Life Force Energy, Pg.6
- Take some time to BREATHE, Pg.7
- PLRC4 in Pune (IN), Pg.9

President Speaks...

TRUST



Dr. Manjiree Gokhale
President, Saunvad
Centre for Music and
healing

I welcome you all in joining Saunvad Trust and this first issue of our Newsletter.

Saunvad, is a newly formed NGO. I like to use the word TRUST instead of NGO as the word trust connects us to each other. Trust is a necessity for working together. Trust is the binding and aligning force which connects people with each other to form a healthy relationship and a cultured society.

Saunvad means harmony - a harmony of Body, Mind and Soul, a harmony of relations, a harmony of nations. It is the music created by different notes. Singly every note has no life, no beauty. Together they have a potential of creating music. Though every note is unique and they never meet each other, yet if played artistically can create music. Similarly, different people, different states, different languages, different nations, if connected beautifully can make this world a happier one. Their diversity is their quality, their latent potential to create music. TRUST is the quality which binds these differences to unwind the latent potentials making our life a happy, worthy and fruitful one.

Saunvad wishes to spread this awareness of the importance of 'Trust' as a necessary quality of life, a virtue which helps us in being better individuals.

Illness is a sign that we lack Trust with nature. Illness is a sign that we lack harmony between the body, the mind and the soul. Illness may be physical, emotional, mental, intellectual and spiritual or a combination of these. There are blocks created in the channels of light and energy disconnecting their flow partially or fully. *Saunvad Centre* would like to help to clear the blocks, reconnect the flow and develop Trust through Music, Dance and Healing. *Saunvad* would like to help a person understand the worth of these virtues of life.

Our Mission is to help people in this understanding and healing process. We would like to help people to understand the Laws of Nature in the process of evolution of a soul.

We would be happy to work together with other like minded people and trusts.

I would like you to join us in this mission by active participation. This can be achieved by becoming a member, donating wholeheartedly and spreading this word.

Quote of the Month

“The real question is not whether life exists after death. The real question is whether you are alive before death.” ~Osho



Members of Saunvad Centre for Music and Healing

Board of Directors for the year 2014 (formed in April 2014)

President – Dr. Manjiree Gokhale

Secretary – Ruta Gokhale

Treasurer – Dr. Manjiree Gokhale

Other Board Members - Dr. Anita Patil, Dr. Anuradha Gawade, Suhas Kulkarni

Advisory:

Advisor - Vikas Gokhale

Internal Auditor - Ruhi Gokhale

Accounts Advisor - Sanjeevani Johari

Foreign PR and Donations Advisor—Nupur Khare

Sr. No.	Committees	Members
1	Past Life Regression	Manjiree Gokhale, Sanjeevani Johari
2	Voice Culture	Dr. Manjiree Gokhale, Rishabh Gokhale
3	Reiki	Manjiree Gokhale, Sanjeevani Johari
4	Yoga, Other Alternative Therapies	Dr. Manjiree Gokhale
5	Trust Property	Rishabh Gokhale
6	Promotion and PR	Rishabh Gokhale, Sanika Chavan, Surekha Limaye
7	Research	Dr. Manjiree Gokhale
8	Publications and Newsletter	Rishabh Gokhale, Aparna Marathe, Sumant Sambrey
9	Website	Dipti Kawale
10	Library	Dr. Manjiree Gokhale, Ruta Gokhale and Ranjana Kashikar
11	Dance	Ruta Gokhale
12	Music	Dr. Manjiree Gokhale
13	Ecommerce	Kuhoo Gupta
14	Administration	Ruta Gokhale, Sanika Chavan, Reena Williams

Trustees: Dr. Manjiree Vikas Gokhale, Rishabh Vikas Gokhale, Ruta Gokhale.

Power of Mudras - Pran Mudra



Mudra - a symbolic or ritual gesture mostly used in Hinduism and Buddhism. Considering the spiritual references of Mudra, these are positions of the body that have some kind of influence on the energies of the body, or your mood.

As we all know, a human body comprise of the 5 elements, Panchatatva. It resides within us. One can experience amazing effect by using various Mudras in our day to day life. Abundant amount of correct energy force can be directed with these elements through Mudras at various suitable occasions. This sections deals with various kinds of Mudras, their gesture and usage. Firstly, Pran Mudra.



Formation of Pran Mudra

Pran Mudra

Gesture : The tips of the pinky and ring finger touch with the tip of the thumb. (See Figure)

Use : Gives Spiritual and Emotional energy. Helps in tackling breath problems. Runs bundle of Pran Shakti throughout the body.

Ref: Wikipedia

Bhajan - A musical journey to spirituality



A Bhajan is any type of Hindu devotional song. It has no fixed form: it may be as simple as a mantra or kirtan or as sophisticated as the dhrupad or kriti with music based on classical ragas and talas. It is normally lyrical, expressing love for the Divine. Bhajans by Kabir, Mirabai, Surdas, Tulsidas and a few others are considered to be classic. The language of their works is influenced by several of the dialects of Hindi. A great work is done in Marathi by famous saints like Sant Dnyaneshwar, Sant Tukaram, Sant Eknath and many more.

Bhajan performances and classes are the integral part of *Saunvad Centre's* activities. The Bhajani Mandal (as it is called in Maharashtra for a group practicing bhajan) has performed across many temples in western India, television shows and private forums and competition.

Manjiree Gokhale and her team of around 25 women is a modern day example of Stree -Shakti and Bhakti. The specialty of this mandal is the classical based approach of the divine music which mostly includes praising Almighty.

Watch out for this space in coming issues to know ore about Bhajan tradition.

Ref: Wikipedia

ALTERNATE THERAPY

Alternate therapies often prove subtle and soothing source of energy than conventional therapies.

Read out section beside.

靈氣
Reiki

Rei Ki - A Universal Life Force Energy

Reiki is an energy healing technique originating from Japan. It was developed as a spiritual practice in 1922 by Japanese Buddhist Mikao Usui (15 August 1865 – 9 March 1926).

The word 'Reiki' can be split to 2 roots – Rei and Ki. Rei has many meanings but in this system of healing the meaning 'spirit', 'soul' fits the most. Ki means Life Force Energy, energy in action.

Reiki till recent times was taught as a secret healing technique, not revealing the symbols and details to the uninitiated. But moreover, this technique has become an open secret with the advent of modern internet and digital technologies.

Key Features :

- Dissolves energy blocks and promotes natural balance between mind, body and spirit
- Creates deep relaxation and helps the body release stress and tension
- Clears the mind and improves focus
- Accelerates the body's self-healing ability

We would be discussing more on Reiki levels in coming issues.

Ref: Wikipedia



MIKAO USUI

Founder of REIKI

Saunvad (@ PLRC4

Dr. Manjiree to present research paper on An eye into "Prakriti " principles for transformation at PLRC4

Saunvad Centre is branched out from this global association under the guidance of Dr. Manjiree Gokhale who has a pioneering work in this field. Transformation being the theme of ARRR's PLRC4, a research paper on *An eye into "Prakriti" principles for transformation* is to be presented by Dr. Manjiree. The research paper talks about gauging a new level of understanding for various levels of transformation by applying the principles of this philosophy. Saunvad's another representation would be done by Sanjeevani Johari as a delegate at the convention.

PLRC4 is held in the month of August, this year at Pune. We wish Dr. Manjiree all the very best for her participation at convention and would like to hear about her experience at PLRC4.

Harmony of Body, Mind and Soul

Take some time to BREATHE

by Sumant Sambrey

Breathing is the process that moves air in and out of the lungs or oxygen through other breathing organs such as gills. That's it! Is this the only work 'Pran' entering our body does? The answer is NO. There are lot many activities that our breathing takes care of. At moments of fear, danger, anger or extreme joy, it pumps oxygen with double force. Whereas at peace or containment, we breathe effortless.

There is some connect of our emotions to our breath. As our Emotions regulate our breath, in a reverse way our breath can also regulate our emotions. Breath has so much significance in a human body that pain in a particular organ can be healed with mere breath control. It's the last thing to leave human body and first to come within, but remains most ignorant in our daily chores.

Breath work is a technique that deals into healing our body, mind and soul with the help of our breath. With proper training and practice, we can be with our breath while travelling, listening music, reading book and at all emotional turbulences.

We have a tool within to fight problems we face in the outer world. So take some time to BREATHE, to sink within and heal within.



Next month....

- Saunvad Centre's Event
- Books On Wheels
- BACH Remedies
- Power of Mudra - Gyan

To Authors, Healers, Therapists and Members...

Please send your articles, case studies, book reviews and other related information to newsletter@saunvad.org and become a contributor to Saunvad e-newsletter.

Word Corner

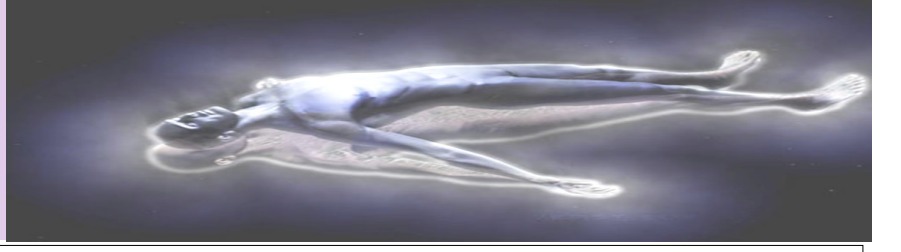
A : ANAPANSATI

It means mindfulness of breathing. It is a form of Buddhist meditation now common to other schools. Anapanasati means to feel the sensations caused by the movements of the breath in the body, as is practiced in the context of mindfulness.



An Article on Past Life Regression Therapy and Healing

By Vikas Potdar



अत्यंत अद्भुत, संपूर्ण परिणामकारक, प्रभावी उपचारपद्धतीची आज आपण ओळख करून घेणार आहोत. पास्ट म्हणजे पूर्व, लाईफ म्हणजे जन्म, आणि रिग्रेशन म्हणजे मागे जाणे, "पूर्वजन्मामध्ये मागे जाणे."

भारतीय संस्कृतीला पुर्वजन्म, पुनर्जन्म या संकल्पना नव्यानाहीत. पण आता पाश्चिमात्य देशातून सुद्धा यावर अनेक संशोधन होऊन आणि अनुभवांती हे मान्य झालेले आहे की या संकल्पना खऱ्या आहेत आणि ज्या उपचारपद्धतीची आज आपण ओळख करून घेणार आहोत त्याच्या तांत्रिक गोष्टींची उत्पत्ती ही पश्चिमेतूनच झालेली आहे.

आता पुर्वजन्मामध्ये मागे का जायचे?

इथे अनेकविध प्रश्न आ वासून उभे असताना पुर्वजन्म बघून आणखी डोकेदुखी का वाढवून घ्यायची? याचं कारण, आताची आपली संपूर्ण जडण घडण, व्यक्तिमत्व [personality आणि character], विचार, भावना, आपली आतापर्यंतची यशअपयश, आजार हे मागील अनेक पुर्वजन्मातील संचितातून आलेले आहे. त्या सर्व पूर्वसंचिताचा परिणाम म्हणजेच आताचे आपले जीवन आहे. इथल्या सगळ्या सुख:दुखांची, अपयशांची, त्रासांची, शारिरीक-

मानसिक आजारांची बीजे ही मागील अनेकजन्मात पेरली गेलेली आहेत. मग कुठलाही प्रश्न सोडवायचा असेल तर त्याच्या मुळाशी जाऊन त्याची बीजे काढून टाकणे हाच एकमेव पर्याय आपल्याकडे राहतो, आणि म्हणून ही थेरपी मग परिणामकारक काम करते कारण आपण प्रत्येक त्रासाच्या मुळाशी जाऊन काम करतो.

हीलिंग कसे होते?

आपल्या पुर्वजन्मातील कर्माचा ठसा आपल्या या आताच्या देहात, मनात, विचारात, भावनेत उमटलेला असतो. अगदी आपल्या शरीरातील प्रत्येक पेशीमध्ये या कर्माचा ठसा "स्मृतीच्या" रूपात असतो. नकारात्मक स्मृती जेव्हा जेव्हा जागृत होतात, तेव्हा आपले त्रास वाढतात. ही कल्पना समजावून घ्यायची असेल तर साधे उदाहरण म्हणजे या जन्मामध्ये मागे घडलेली एखादी कटू घटना, धक्कादायक प्रसंग आठवला तरी त्या पद्धतीच्या प्रतिक्रिया आपल्या शरीरात, मनात निर्माण होतात.

पुर्वजन्मामध्येदेखील असे अनेकविध प्रसंग, घटना घडलेल्या असतात ज्यांच्या स्मृती (त्यांचे निराकरण न केल्याने) शिल्लक असतात. उदाहरण म्हणून घ्यायचे तर प्रत्येक व्यक्तीला अनेक प्रकारच्या भीती सतावत असतात जसे की पाण्याची, उंचाची, आगीची, वेगाची, जवळच्या व्यक्ती गमावण्याची, स्टेजवर बोलण्याची, अरुंद जागेची, अगदी माणसांची देखील भीती असतात. यातल्या आत्यंतिक भीती या पुर्वजन्मातील मृत्युमुळे निर्माण झालेल्या असतात. जेव्हा रिग्रेशन केले जाते, आणि अशा भीतीच्या मूळ असलेला जन्म आपण बघतो आणि त्या जन्मातील मृत्यू अनुभवतो तेव्हा अनेक साक्षात्कारी गोष्टी एकावेळी होतात. एक म्हणजे मृत्यूची भीती नष्ट होते कारण मृत्यू होतो म्हणजे काय होते ते कळते. त्याचबरोबर त्या भीतीचे कारण कळते आणि ती भीती "पुन्हा जगून" [relive] करून ती आपण सोडून [relieve] देतो. त्यामुळे ती स्मृती आपल्या संपूर्ण जाणीवेतून [शरीर, मन, बुद्धी, आणि आत्मा] निघून जाते आणि पुन्हा जेव्हा आपण या भीती संदर्भातील गोष्टीच्या सामोरे जातो, जसे की पाण्याची भीती असेल आणि हीलिंग नंतर नदी, विहीर अशा ठिकाणी जाण्याचा प्रसंग आला तर, पूर्वस्मृती काढून टाकल्याने, जागृत होण्यासाठी स्मृती नसल्याने ती व्यक्ती सहजपणे पाण्यात उतरू शकेल. हीलिंग या पद्धतीने काम करते.

- विकास पोतदार - ९९७०२२२०४७

PLRC4 : Global Meet on Past Life Regression



Past Life Regression Convention by ARRR (Association For Regression And Reincarnation Research) is in fourth year now. ARRR, founded by Dr. Newton Kondaveti, M.D., one of the pioneers in this field, have arranged such global conventions since 2011. These conventions are global platform for a broad spectrum of people ranging from pioneers of Past Life Regression, Future Progression and Reincarnation research.

Transformation being the theme of PLRC4, the activities held includes several presentation on it, mini workshops, research paper presentation and keynotes by the various speakers. A two day convention at Pune is an excellent opportunity to share, learn, interact and network in the area Past Life Regression. It's a must visit event round the corner to know self leading to evolution of self.

Do share your spiritual experience at PLRC4 with Saunvad.

Date: 9th and 10th August, 2014

Venue : Hotel Radisson Blue, Pune

For more details, visit www.rrrglobal.org/



FAQ

Q : Does YOGA means only physical exercises?

A : No, YOGA mean physical, mental, and spiritual practices or disciplines which aim at transforming body and mind. Physical exercises are various Asanas that are a part of Yoga.

Q: Once I regress and connect to my past life, is it possible to come back? Am I going to stay there ?

A: Regression or connecting to a past life is journey of our memories that happens at our subconscious mind. The person is aware and awake in the process of regression with the surrounding and gets grounded to the memory in past with help of our five senses and intuition. It is like experiencing a short trip to our soul journey and coming back in present with an understanding of our karma.

Q: Does music have any impact on human life?

A: Yes, listening to music, playing an instrument, singing, talking or chanting all affects the vibrational field of our body, emotions, mind and spirit. Even science shows us how sound affects matter.

Do write your queries at newsletter@saunvad.org. We will definitely try to throw some light in upcoming issues.

Memory Collage



Saunvad arranged an awareness program on Past Life Regression in Apr'2013.



Dr. Manjiree Gokhale felicitated with Adarsha Sangeet Bhushan Puraskar by SSNS Trust, Audumber, Maharashtra (IN) in Sept'2012.



Participants at 2nd PLR Therapist training program held in April'14



A Regression Session Demo during Therapist training program



Participants at 4th PLR Therapist training program held in April'14



Bhajan performance at Pandharpur



Saunvad Centre



Classical Dance Workshops @ Saunvad Centre

Harmony of Body, Mind and Soul

Mass Appeal

Membership Details :

We invite one and all to become a member of *Saunvad Centre for Music and Healing*. Be a member and help this organization to work towards fulfilling its Mission. Membership Fees (2014-2015):

For 1 year – Rs. 1200/-

For 2 years – Rs. 2200/-

For 3 years – Rs. 3200/-

Membership Privileges:

- Free e-newsletter of *Saunvad Centre for Music and Healing*
- Eligible to be in the Board of Directors.
- Eligible to be a Volunteer for any of our Events and Programs.
- Eligible to send articles, book reviews, news and other related information for the e-newsletter of *Saunvad Centre for Music and Healing*.
- Special benefits while arranging our workshops and events.
- Free Member Listing in the referrals sections of our official Website.
- Admission for Free and/or Discounted healing and meditation based programs and workshops especially for members.
- Exclusive access to a lot of Reference Material and Resources like Videos, Research Papers, Articles, etc., would be made available.

Donation Details :

LETS GROW TOGETHER

Donate Generously and Wholeheartedly

Donate for a Cause - For financial assistance for those who wish to take healing sessions from us

- Towards Individual Healing Sessions Fees
- Towards Workshop Fees
- Towards Library Expenses
- Towards Awareness Program
- Towards Training Program Fees
- Towards Saunvad Trust Property, Products and Activities (like projector, books, audios, videos, programs, seminars)
- Towards our social service activities - you may mention your choice (like for children, for women, rehabilitation, police, jail, etc)

News, Schedule and Reviews

NEWS

Voice Culture Workshop

Saunvad Centre conducted a two day voice culture workshop on 17th and 18th June, 2014 at Mumbai University Music department. The workshop was attended by 35-40 attendees including the teachers of the music department.

Saunvad

(Center for Music and Healing)

Bharata Natyam Classes

(group and personal tuitions and choreography)

On Tuesdays and Fridays

From 6-30 to 7-30

At

Saunvad, Bungalow no. 34, Pushpanjali Residency, Opposite Puranik City, Ghodbunder Road, Ovala, Thane West

SCHEDULE

Inauguration of “Book On Wheels” and Official Launch of Website “www.saunvad.org” of *Saunvad Centre for Music and Healing*

Chief Guest : *Shubhangi Gokhale* (a well known artist and TV actress)

Inauguration ceremony will be followed by:

1. Presentation on Saunvad Centre
2. A Healing Session
3. *Bhakti Saunvad* (A Bhajan program of Music, Dance & Drama)

On 8pm to 11pm - Wednesday 9th July 2014 at Khasinath Ghanekar Mini Theatre, Thane, Maharashtra (IN)

CLASSES

Swara Sadhana

Free classes at Ratnamanjusha Office

Timings: 7.00 am to 8.00 am on every Tuesday & Thursday.

Confirm your attendance via sms or email before coming

By Dr. Manjiree Gokhale

Past Life Regression (PLR) Workshop

Date : 12 - 13 Jul 2014

Time : 9:00 am - 7:00 pm

Venue : Pune, Maharashtra (IN)

For more details on the upcoming events, visit [saun-](http://saunvad.org/wsSchedule.html)

[vad.org/wsSchedule.html](http://saunvad.org/wsSchedule.html)

Harmony of Body, Mind and Soul

From the bookshelf...

Natyashashtra about Voice

The most ancient and authoritative Indian text which talks about good voice is 'Natyashaashtra' (around 200B.C.) by Bharata Muni, also called as 'Natyaveda'. Bharata Muni has stated following six qualities of good voice for singers and actors, which are applicable to all of us.

Eaavakao|qa Gana: isnaGQaao maQaurao(vaQaanavaana\ È È
i~asqaanaXaaoBaI%yaovaM tu YaT\kaMgasya gauNaa: smarta: È È 32.33.11 È È

*shraavako-tha ghanah snigdho madhuro hyavadhaanavaan
tristaanashobhItiyevam tu shatkangasya guNaah smarataah || 32.33.11 ||*

Meaning: Voice which can be well heard (loud enough), well tuned and richly textured, smooth and that which is not harsh, is sweet and harmonious, a voice well tuned and a voice which is balanced in all the three octaves and registers – remember these are the six limbs or qualities of good voice.

An important factor to be understood is that a good voice is assumed to have 'all' these qualities together.

i. *Shravaka* – Loud enough voice, which can be well heard by the audience, even at a long distance, when necessary, is called as *shravaka*. (Till recent times, as there was no sound projection technology this quality was a necessity. Today, though its importance is not less, it can be managed by technological advances.)

ii. *Ghana* – Ghana voice is a pleasing and tuned voice. This voice has a rich texture (especially which has a 'bass' effect).

iii. *Snigdha* – The voice which sounds smooth, soft and sweet, that which is not harsh is *snigdha*.

iv. *Madhura* – A voice that is melodious and harmonious is called as *madhura*.

v. *Avadhanavan* – A voice that is sweet and harmonious, a voice which knows how to tune itself perfectly is termed as *avadhanavan*.

vi. *Tristhanashobhi* – This voice is properly balanced in all the octaves and registers. The texture of this voice has consistency in all three registers.

SAUNVAD CENTRE FOR MUSIC AND HEALING



Center for Music and Healing

Regd.Trust: E - 8545/Thane
C/o Dr. Manjiree VikasGokhale
13, Anupam CHS, Ravi Industries Compound,
Panchpakbadi, Thane - 400602
Contact : +(91)-9987764609
E-mail: newletter@saunvad.org

We r on web!

Website : www.saunvad.org

Fb : www.facebook.com/groups/saunvad/

To subscribe or unsubscribe please mail us at:
newletter@saunvad.org

Activities at Saunvad Centre :

Workshops, training programs, Individual Healing, group revival sessions on the subject related to Reiki, Past Life Regression, Breath work, Yoga, Voice Culture, Music.....

Disclaimer : The opinions and interpretations expressed within are those of the author only and may not represent or reflect the views and opinions of Saunvad Centre for Music and Healing or their affiliates.