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RAGA THERAPY: THE INDIAN MUSIC THERAPY, TREATMENT WITH RAGAS

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ABSTRACT

Learn about the evolution of the Indian Classical system of music, *ragas* and their importance in various healing traditions. The potential of vibrational energy and its channelization through the body will be discussed and demonstrated through evidence based practices with an emphasis on *nadanusandhana* and the Mind-sound resonance technique (MSRT). Vedic and Gregorian chants will be demonstrated with application of how they are used for rehabilitation. [The author can be reached at maheshyogi25@gmail.com]