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Spa Sounds Harmony

by Nikhil Raghavan (February 15, 2011)

Album: Spa Sounds Harmony

Music: B Sivaramakrishna Rao

Label: Geethanjali Audio



Harmony in life comes through action, knowledge and devotion. Aiding in this process is Geethanjali Audio's latest CD, simply titled Spa Sounds Harmony. **Composer and sitarist B Sivaramakrishna Rao** has used lots of live sounds of instruments such as sitar, sarangi, harmonium, flute, tabla in addition to keyboards. Although broadly categorised under three sections – Harmony through action – Raga Desh, Harmony through knowledge – Raga Puryadhanashree, Harmony through devotion – Raga Rageshri, there are six separate tracks, each one providing an exhilarating experience to give peace and tranquillity to the mind. Listening to the tracks in any environment – while meditating, relaxing, doing yoga, having a massage, or simply to fall asleep – is soothing to the mind. My personal experience while driving in the maddening traffic conditions helped in containing my road rage tendencies. I found that I not only let an offending motorist go by, but even gave way to irritating jaywalkers.

The blurb on the CD jacket says: "Only when there is harmony between every aspect of our lives can we feel centered...balanced...serene." The unique blend of sarangi, flute and sitar, interspersed with harmonium and tabla gives the compositions a touch of class. **Sivaramakrishna Rao** has used ragas Desh, Puryadhanashree and Rageshri to great effect.