

# Chakra Harmonising Ragas



## About Project

“Chakra Harmonising raagas” is a music presentation comprising a set of 7 Indian classical raagas that are said to correspond to the 7 chakras/energy centers of our bodies. These raagas, when performed in the right environment, are known to induce a harmonizing effect on our chakras, allowing our body organs to heal and discover an optimal balance in their functionality. This project aims to explore the same.

*Indian classical raagas are designed to activate chakras/ energy centers of our body, which allows the ‘kundalini energy’ to rise, energize and nourish our chakras.*



## Nimisha Shankar

Nimisha's musical journey began in early childhood, where a training in Indian Classical (Hindustani) music was complimented by a keener observation, learning and following of traditional folk music from Bihar, her native region. She also accompanied her mother to stage performances as part of her journey.

Having performed as a traditional folk singer in about 15 countries, she is now expanding her musical journey into electronic music and motion graphics art through collaborations with various artists across the globe. She has extended her impassioned love for art and culture by crafting novelties through her art venture "Recalling Roots".

Nimisha founded Recalling Roots with a focus on bringing a unique approach and attitude in the experiencing of art culture. She has adapted her skills in curation and creative direction and is often involved in curating for art spaces, concerts festivals. At present, she is working with an Italian jazz artist for her upcoming publication in 2020.

## Live Performance

The performance is designed to take the listener through a journey, starting from the "Mooladhara chakra" to the "Sahasrara chakra", slowly experiencing the effect of each raagas on the chakras.

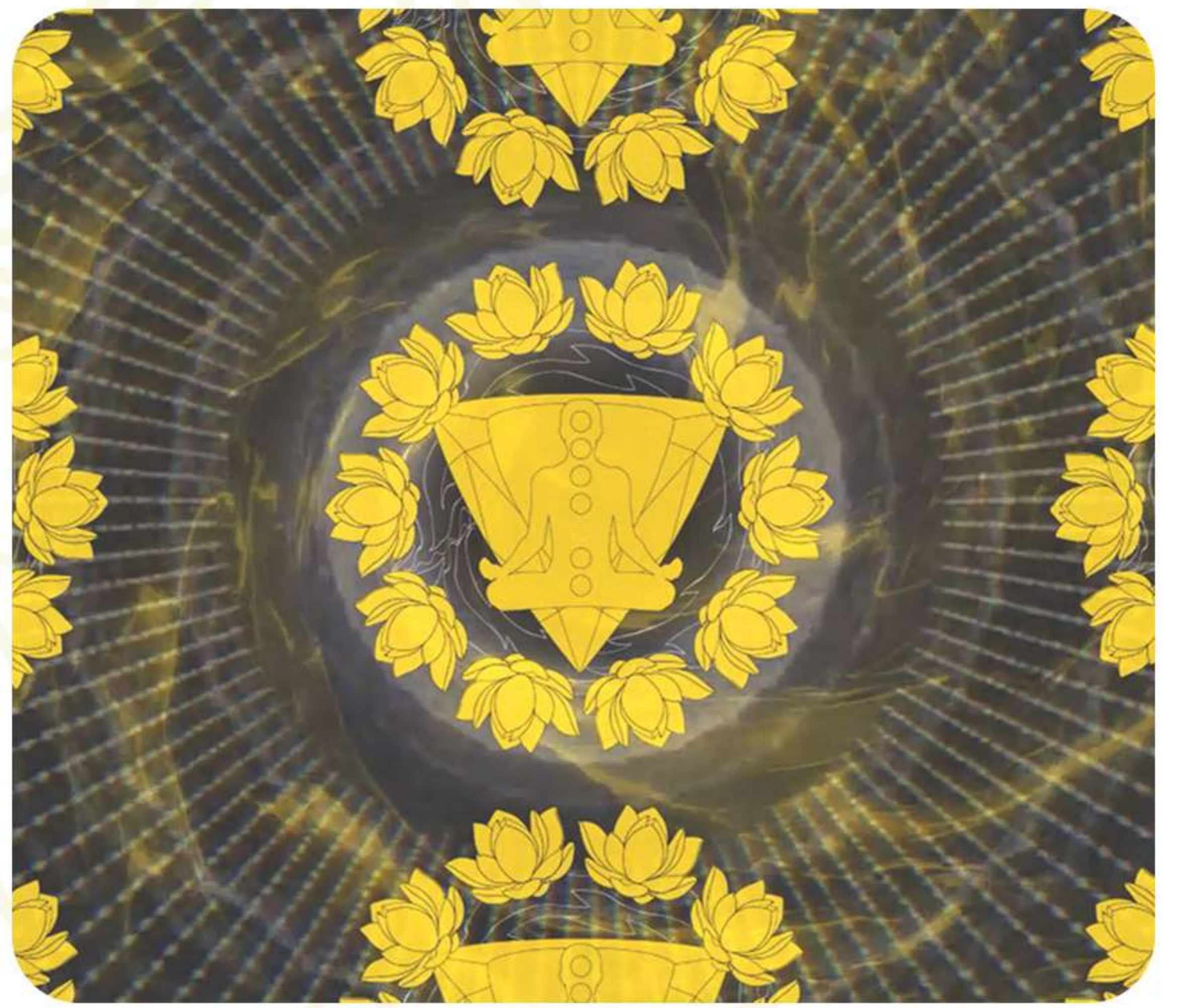
With the help of sound and visual information, the audience is guided to bring all their focus on the energy centres of their bodies and enter a meditative and transcendental state. The amalgamation of both traditional and contemporary worlds of music helps in creating an illuminatingly novel and cherish worthy experience.



# Visual Story

By Silent Sage

Silent Sage, is a Thailand based motion graphics artist, who uses the repertoire of his visual language to explore a story that dances with each chakra and its corresponding elements through out the performance. Much like a duet.



## India Tour



India Habitat Centre  
New Delhi



Tagore Theatre  
Chandigarh



Shoonya Art Space  
Bangalore



Aaromalé  
Hyderabad

## Music Healing and Meditative Sessions in Schools



Paramita International School, Karimnagar, Telangana

# Press



## She heals with raaga

Music is an art form that can have a remarkably soothing effect on diverse groups of listeners. This is something that noted musician Nimisha Shankar is proving during the all-India tour of 'Chakra Harmonising Raagas'.



## Nimisha Shankar to host Chakra Harmonising Raagas on 26th July at India Habitat Centre

The tour is intended to throw light on the therapeutic power of Indian classical music. Raagas are designed to help activate specific chakras, which allows the Kundalini energy to rise easily and energize and nourish the chakra.

The musician Nimisha Shankar was in the Capital as a part of her Chakra Harmonising Raagas tour.

# She heals with raaga

By Antara Raghavan

MUSIC is a medium that can connect diverse groups of listeners. It is an art form that can have a remarkably soothing effect on all of them. This is something that noted musician Nimisha Shankar is proving during the all-India tour of 'Chakra Harmonising Raagas'. Shankar, who was recently in Delhi for the tour, is known for exploring and pushing the boundaries in music. Explaining this project, she says, "According to the scriptures, these ragas can balance the *chakras* (focal points of energy in the body)." She elaborates she had applied her experience in yoga and meditation to this technique.

In this project, Shankar gives the vocals for the ragas such as *Shyam Kalyan*, *Darbari*, and *Bhairav*, among others, against electronic music. She explains this fusion by saying,

bridge the gap between people across age groups and their lack of interest in Indian classical music. I hope to bring both worlds together in a small way. I also hope to make all my listeners see the vast and diverse nature of Indian classical music, and the gifts it may have to offer." Yet the open and experimental nature of her methods is apparent when she remarks, "My performances are open to any and all manner of interpretation."

Shankar is collaborating with the Delhi-based Silent Sage, also known as Anupam Singh for this project. Sage has provided arresting contemporary art visuals, displayed through a projector, which accompany Shankar, and add to the overall soothing nature of the music. Shankar and Sage's mix of jazzy instrumentation with classic ragas, have not failed to appeal and interest all audiences.

PAWS  
MUSIC

## NOTES of HARMONY

Nimisha Shankar is founder-director of Recalling Roots, a journey of 'multi-culture and multi-ethnic art forms' coming together to bring alive a 'vivid sensory experience'. She is a classically trained singer who blends classical and folk styles into her magical mix of sounds.

HP: Music and healing?

NS: Music is an integral part of human lifestyle. There is much evidence to suggest that it helps to maintain our emotional and psychological health. Music is alternative medicine as it helps release feel-good hormones, neurotransmitters in our bodies.

HP: A bit of your background.

NS: I grew up in Bihar. Music was at the centre of our house. Saw my mother learn classical music and we practically picked it up on the way.

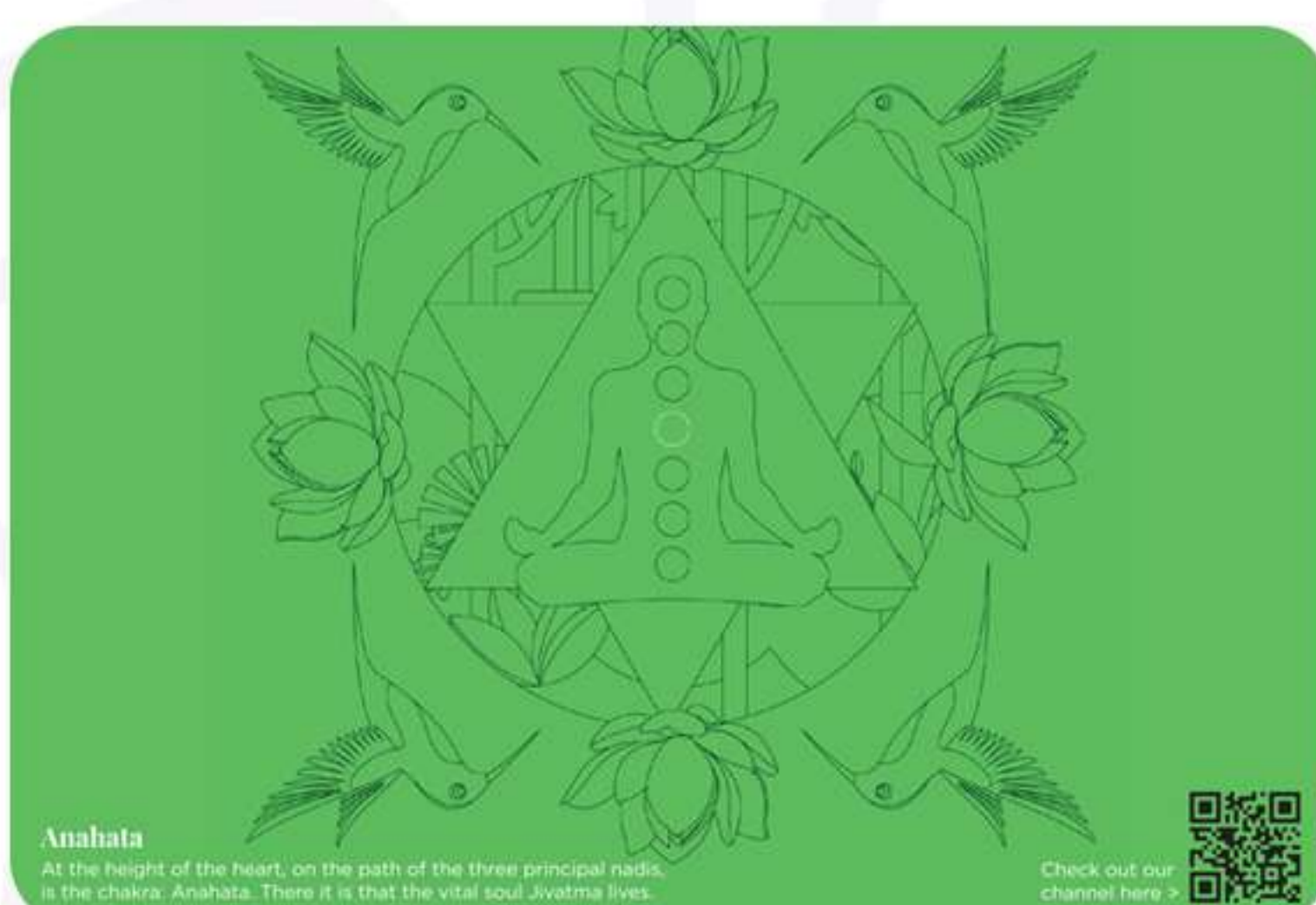
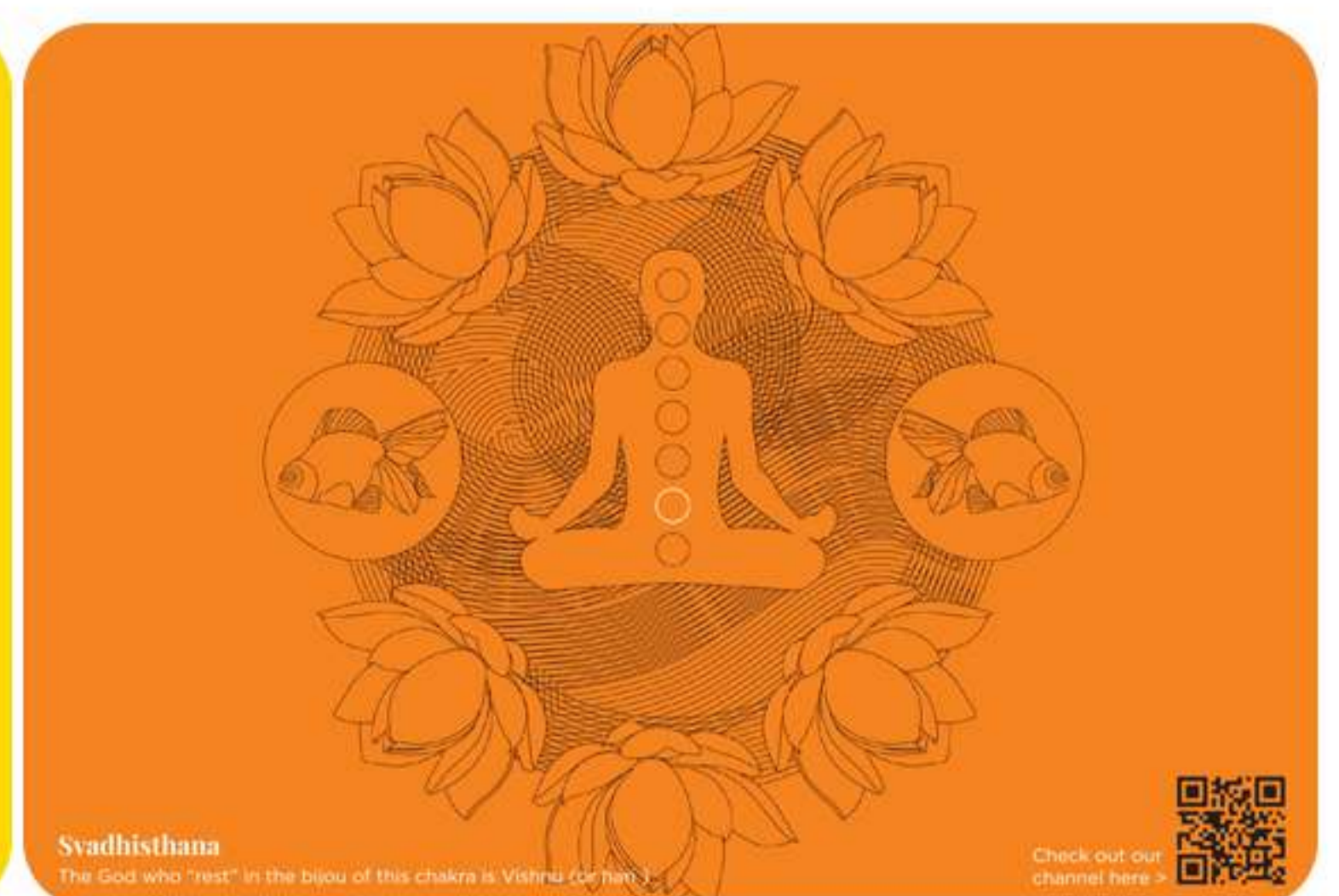
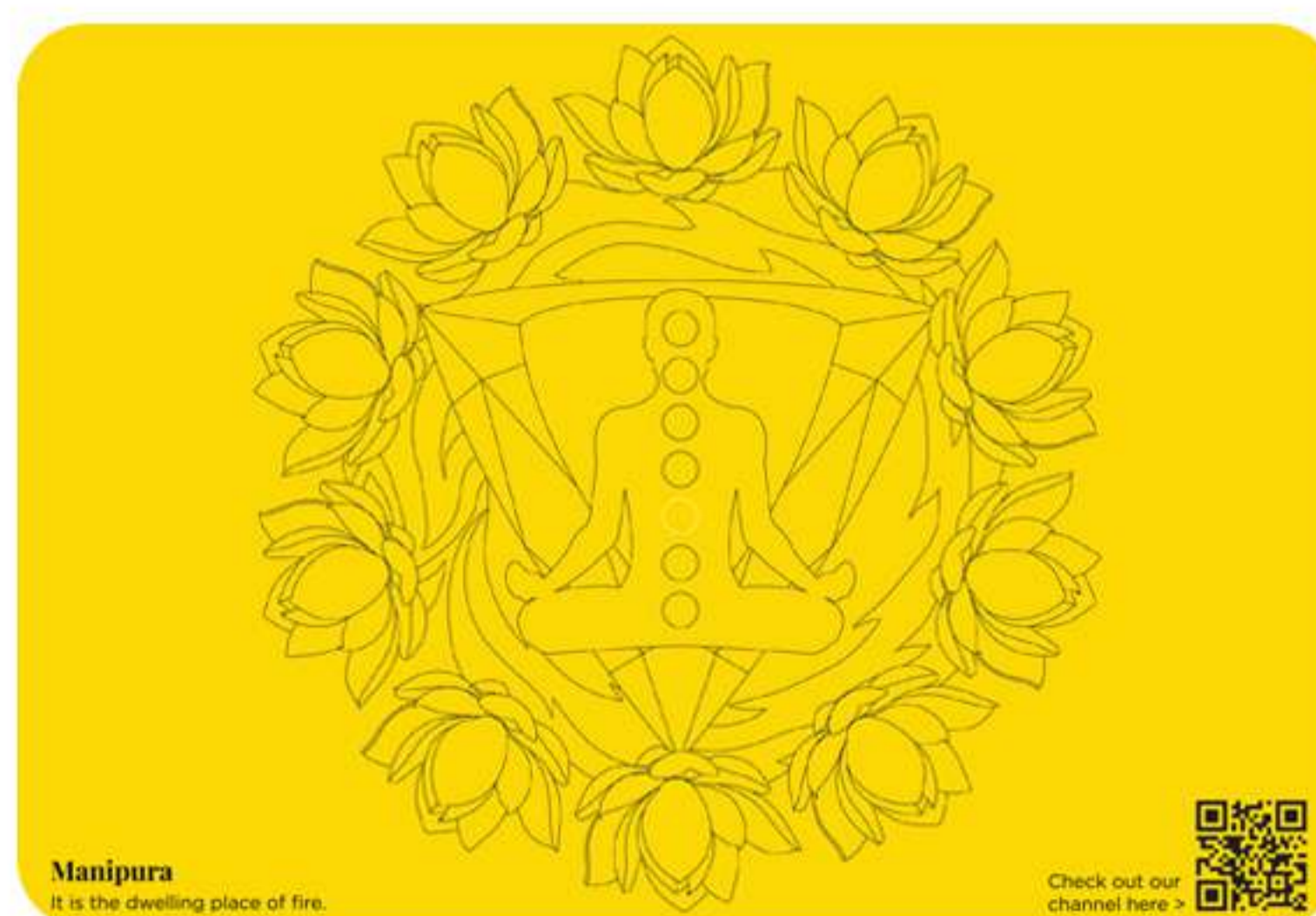
for the chakras. These notes come in certain combinations in the ragas that make the healing possible. According to the texts, the frequency of the

HP: Has enough research has been done.

NS: Plenty of work has been done in this field, and so far, my ambition is concerned; it has just



## Takeaways Postcards Set of 7 Chakras





## Connect with us



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