



zeal and positive energy are the moods I develop by listening to meditaing tunes of sitar sound therapy also known as music therapy or sound healing is an automatic process of deep inner healing set in motion through the right combinations of sounds that resonate within and fill the space around us. When combined in a specific manner they have a dynamic and powerful effect in balancing the energies of the body. Certain sounds have negative and destructive effects over the body. When such sounds are received and registered by the Chakras, The Energy Centers and cells the balance or equilibrium of the energies is disturbed . Music therapy deals with problems related to the mind and its complexes, to emotional imbalances and finally to physical problems.