

Hello everyone!

### **CI Music Hour Recap 2/2/23**

Yesterday we welcomed Paul Livingstone to our group. Paul is an American sitarist and composer who has spent most of his life studying South Asian classical raga music under the mentorship of experts such as Pt. Ravi Shankar.

While the sitar is commonly associated with classical Indian music, Paul explained that he liked to use the term "South Asian" classical music as it is more inclusive of the various origins of the sitar. The [instrument itself](#) is made of two gourds and a wide, hollow wooden neck.

Paul explained some basic characteristics of this kind of music. The music is traditionally very improvisational and interactive (usually with other instrumentalists performing alongside the sitarist). A [tanpura](#) is an instrument that typically serves as a kind of drone while other instruments play around it. The tanpura plays one note, which Paul referred to as the "mother note." The sitar then plays a raga, or set of notes, which all relate to the mother note played on the tanpura. South Asian classical music differs from much of Western classical music as there is no harmony, but only melody and rhythm.

Paul then explained to the group that different ragas may be played for different times of day, seasons, or occasions. He played an "afternoon raga" for us, called "Gaud Sarang." He explained to the group that ragas are typically much longer than a two to three minute song that we might be used to, as they are often used to bring people into a "meditative" state. The raga he played for us during the hour was twenty minutes long. During this time, Paul instructed the group to close their eyes, listen to the music and how it evolved, and identify any feelings that surfaced during the experience.

Following this listening exercise, group members shared their various experiences. Many individuals shared that they felt very relaxed by the music and listening experience. Another member shared that the music reminded them of another musician ([Paul Horn](#)) who played the flute in the Taj Mahal. Another participant shared that although he has no hearing in one ear, he felt that the vibrations of the music across both of his ears. Paul explained that this relaxing state is helpful for many people as many times the stress from our everyday lives shuts down our creativity.

Thank you to Paul for a wonderful session! **If you'd like to be added to Paul's email list to learn about his upcoming events, please respond to this email to let me**

**know.** You can also learn more about Paul and listen to his music with the following links:

[www.paulzlivingstone.com](http://www.paulzlivingstone.com)

[www.soulforceproject.com](http://www.soulforceproject.com)

<https://linktr.ee/paulzlivingstone>

**Next Week's CI Music Hour 2/9/23**

Next week, we will welcome saxophone play, Zach Green. Zach is a former cruise ship musician and currently works in the Nashville Music Industry. You can read more about Zach here:

<https://www.zachsaxnashville.com/>.

Wishing you all a great weekend!

Julianne