

Summergarden The Museum of Modern Art

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SOUNDS IN THE COSMIC EGG: MEDITATIONAL ATMOSPHERE IN SUMMERGARDEN

SHYAM BHATNAGAR and an associate, *Laura Hawkins*, will create a meditational environment for centering on *Nāda* (inner sound) in The Museum of Modern Art's SUMMERGARDEN at 8 PM Friday and Saturday, June 13 and 14. Entrance is through the Garden gate at 8 West 54 Street.

The meditational environment will be created by the resonant tones of the *tamboura*, an ancient four stringed drone instrument which, in Indian mythology, symbolizes the primal sound vibration of the Universe. It is used as accompaniment to chanting, in temple invocations and in all forms of Indian classical music.

The delicate drone of *tamboura* music is said to resonate in harmony with the human organism, assisting the meditator in focusing on the center of his being.

Pranava therapist and lecturer, *Shyam Bhatnagar* is President of SATYAM SHIVAM SUNDARAM, a self-research institute in Princeton, New Jersey. He uses *tamboura*, breathing principles and *mantra* in his work, which is directed toward helping individuals develop a balanced integration of spirit, mind and body. In concert and on record, he has accompanied the master musicians of India in India and abroad.

Laura Hawkins studied French horn and piano at The Manhattan Institute of Music, The Cleveland Institute of Music and as a guest student at The Marlboro Summer Music Festival. Under the tutelage of *Shyam Bhatnagar*, she is currently analysing the correlations between voice pitches and states of consciousness. She is also transcribing North Indian music.

A grant from Mobil Oil Corporation enables The Museum of Modern Art to open its world famous Sculpture Garden as SUMMERGARDEN, a free public park, from 6 PM to 10 PM every Friday, Saturday and Sunday through September 28. Informal musical performances are presented at 8 PM every Friday and Saturday.

Additional information available from Earl Hatleberg, Project Director, and Elizabeth Shaw, Director, Department of Public Information, The Museum of Modern Art, 11 West 53 St., New York, NY 10019. Phone: (212) 956-7298; 956-7501

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MUSIC FOR MEDITATION: SOUNDS IN THE COSMIC EGG

SHYAM BHATNAGAR and Laura Hawkins play tamboura music to create an atmosphere for meditation in The Museum of Modern Art's SUMMERGARDEN at 8 PM Friday and Saturday, June 13 and 14. Free admission is through the Sculpture Garden gate at 8 West 54 Street.

The delicate drone of tamboura music is said to resonate in harmony with the human organism, assisting the meditator in focusing on the center of his being. In Indian mythology the tamboura symbolizes the primal sound vibration of the Universe and the instrument is used as an accompaniment to chanting, in temple invocations and in all forms in Indian classical music.

For fuller participation...

avoid eating during three hours prior to meditation
wear loose fitting clothing
remove shoes and socks
sit comfortably

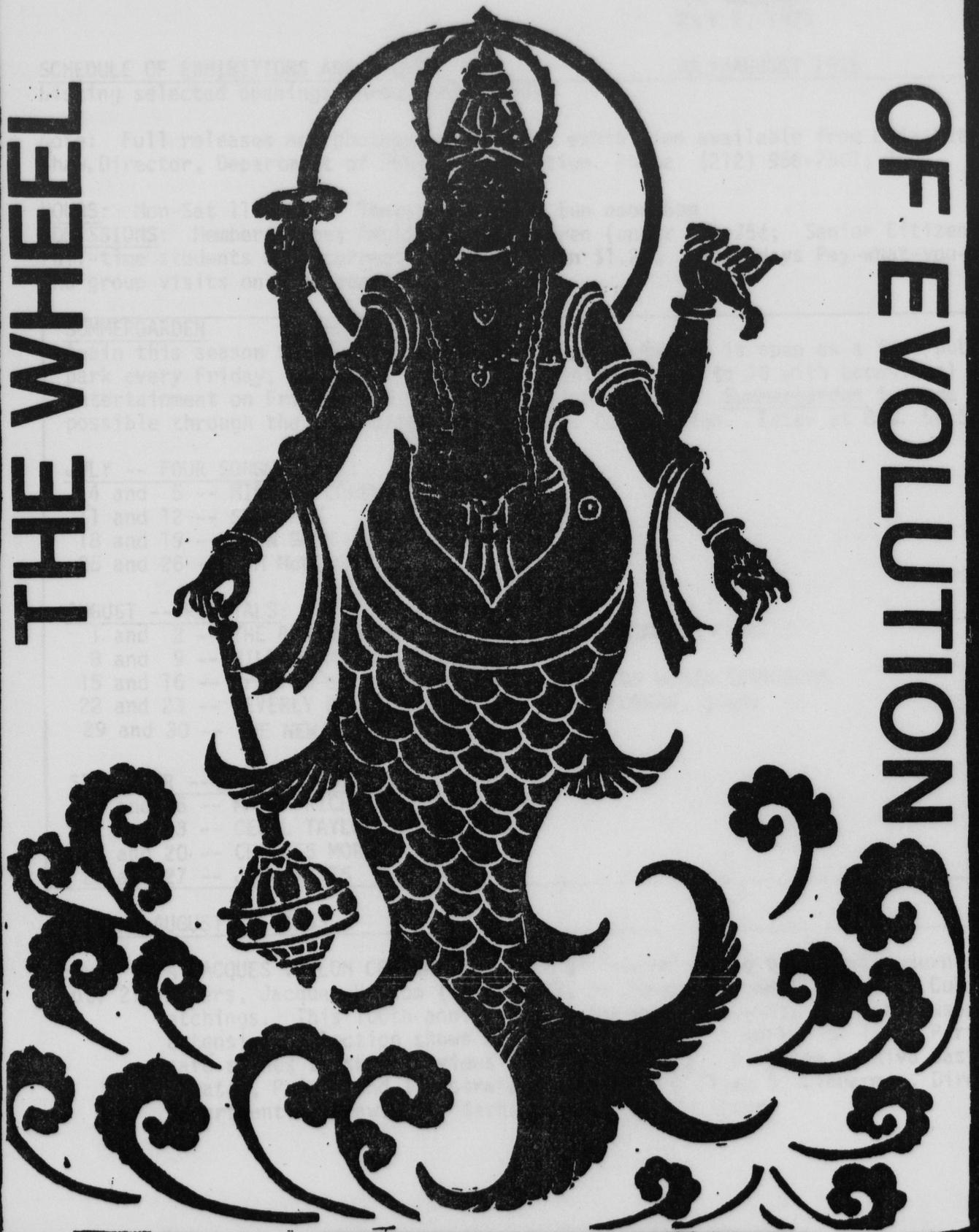
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CHAKRA

THE WHEEL

OF EVOLUTION



SOUNDS IN THE COSMIC EGG

Summergarden

8 West 54 Street
8 PM JUNE 13 and 14