

## INDIAN SCALES

*Simple sounds are useful as warm ups and for building confidence in using your voice and as a preparation for using mantra sound shapes and tones.*

*Mantra sounds generally work with three levels of sound or tone:-*

- a lower tone notated by the horizontal underline in sā
- a middle tone with no notation as in re
- a higher tone notated by the vertical overmark in gā<sup>1</sup>

sā re sā |

sā re sā re sā |

sā re gā<sup>1</sup> gā<sup>1</sup> re sā |

sā re gā<sup>1</sup> re gā<sup>1</sup> re sā |

sā re sā ||