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 śa
  - a middle tone with no notation as in re
  - a higher tone notated by the vertical overmark in gā

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śa re śa |
śa re śa re śa |
śa re gā gā re śa |
śa re gā re gā re śa |
śa re śa ||
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