



February 2006

Newsletter 4

Dear Friends,

The January meeting being the first one in this new year was really edifying and enriching. Mrs.Scharadha Bail intermingled with the members and delineated as to what tarot is all about. She interestingly put forth that tarot can help to fix and build our lives by giving us advice and encouragement and also warning us of dangers.A few of our members who could make up a personal appointment with her had a wonderful experience too.They consulted the tarot and felt as though they got the advice of a wise friend or teacher.

February is going to be a month of melody. Music! It marks every event of our life, from birth, marriage and death to the phases in-between. Man has long known about the ability of music to calm, cajole and rejuvenate people. But it is only recently that science has begun to understand, study and document the effects of music in a methodical way. Music unconditionally washes away from the soul the dust of everyday life and brings in all the moral virtues to the heart it enters. Hence today it is used as a therapeutic means for various ailments to enable healthy living. Music Therapy is not just playing of the chord by a nurse but is evidence-based and is done by a professional with credentials.

So this month **Mrs.Sumathy Sundar**, an accredited music therapist is here with us to speak on the **Therapeutic uses of music**.

Date : Tuesday, February 21 , 2006

Time : 11 A.M

Venue : Hotel Sangam, Trichy.

Following this speech, there shall be a vocal recital by a few nascent singers in various languages -a combination of patriotic, folk, classical and light songs to appease your mind and soul.

Friends, an hour too soon is better than a minute too late. So from this month your punctuality is going to be monitored and acknowledged. Consistent punctuality will be specially rewarded. So please be at the venue by 10:45 A.M.

xxxxxxx, It is really surprising that you have not attended any of the meetings so far. Just be with us once and you will start looking forward to meet your Aura family again. We are awaiting your positive presence at the next meeting.

Thank You.

**Music speaks what cannot be expressed, soothes the mind and gives it rest,  
heals the heart and makes it whole, flows from heaven to the soul.**