

RHYTHM, MELODY, AND HARMONY

Music transcends differences in language, tradition, and geography. Indigenous musical styles connect the world by bringing cultures together in the shared vocabulary of sound.

Through the kaleidoscope of unfamiliar voices and instruments as well as of recognizable beats and melodies, we truly listen to our emotions and welcome inspiration into our souls.

MUSICAL INSTRUMENT CATEGORIES

- ∞ Aerophone: Sound is created by the vibration of air and breathing.
- ∞ Membranophone: Sound is created by the vibration of a stretched membrane.
- ∞ Chordophone: Sound is created by the vibration of a string or a set of strings.
- ∞ Idiophone: Sound is created by the vibration of a surface or material.

MIND, BODY, AND SPIRIT

Music has the power to heal by connecting with our body rhythms, harmonic frequencies, and chakra energy centers.

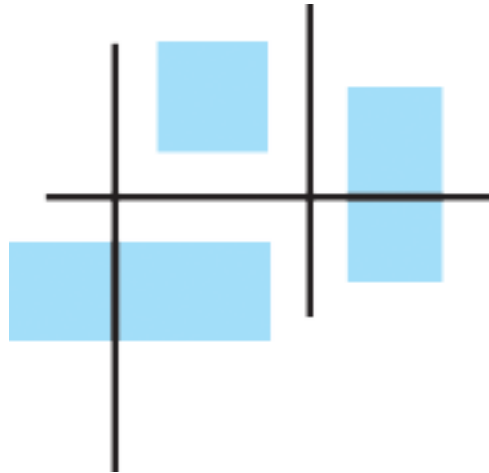
In meditation and mindfulness exercises, sound can help soothe and remove stress by clearing the mind of toxic thoughts, lowering blood pressure, lowering the heart rate, and strengthening the immune system.

CHAKRAS, KEYS, AND COLORS

- ∞ Top of the Head (B, Violet)
- ∞ Forehead (A, Indigo)
- ∞ Throat (G, Blue)
- ∞ Heart (F, Green)
- ∞ Solar Plexus (E Yellow)
- ∞ Abdomen, Lower Back (D, Orange)
- ∞ Base of the Spine (C, Red)

JAMES T. BURGER is a versatile musician known for his atmospheric and meditative performances. His distinctive sound combines acoustic instruments such as autoharp, bulbul tarang, kalimba, metallophone, shruti box, and singing bowls with electronics and a wide variety of percussion.

His recordings include: *Rhythmystic*, compositions featuring acoustic and electronic percussion instruments; *Four Peaces*, a compilation of solo instrumental performances; and *Resonating Twilight*, an innovative series of ambient percussion pieces representing the cyclical moods of time and nature.



JAMES T. BURGER



Parallels and Reflections

*Musical Instruments From Around the World:
Africa, the Americas, Asia, and Europe*

SINGING BOWL



Historically from Tibet, the singing bowl has been used to enhance meditation. It is played in a number of ways: by striking the bowl with a fabric-headed stick, by striking it with a wooden stick, or by rubbing a stick around the bowl's rim. Bowls are made from a variety of metals and resonate with seemingly endless harmonic overtones.

HARMONIUM



The harmonium is similar to a reed organ and to an accordion. It has piano-style keys, pull-stops to augment the overtones, and a bellows to pump the air that powers the sound.

SHRUTI BOX



Like the harmonium, the shruti box is a bellows instrument that is usually played in support of vocal music. Rather than having a keyboard, the shruti box has small levers that cover or uncover reed-holes on one side of the instrument. Holes that are uncovered produce notes; covered holes are silent.

ECHO HARMONICA



The echo harmonica has two sets of reeds, aligned next to each other. The double sets are played simultaneously, giving the instrument a sound like a concertina or a bandoneon.

EKTARA



The ektara, with an open gourd-like base, is a single-stringed instrument used throughout Asia and the Middle East. Two flexible slats connect from the top of the neck to the base. There are no frets, fretboard, or bridge. Changes in pitch are created by squeezing the slats.

TALKING DRUM



The talking drum is an hourglass-shaped instrument from Africa (principally, Ghana). It has two heads, with laces that run from one to the other. Traditionally, the player holds the drum under one arm while striking the top head with a J-shaped stick. Squeezing the laces changes the pitch and melody.

MRIDANGAM



The mridangam is a two-headed drum, primarily used in music from India and Pakistan. The heads (the smaller one is high-pitched; the other is low-pitched) have black resonator circles (made from a paste mixture) in their centers.

UDU



The udu resembles a pottery jug or urn, with a body made from clay. In addition to the top opening, there is a sound hole in the middle of the instrument's side. Striking the holes with cupped palms produces deep, low tones. Playing the solid part of the body creates high notes.

BULBUL TARANG



The bulbul tarang (literally, "waves of nightingales") has melody strings as well as sympathetic strings (which are not played but, rather, resonate with drones). It is strummed and has keys or typewriter-style buttons that are used to change the pitches of the strings.

AUTOHARP



The autoharp, developed in Germany, is also a central instrument in American Appalachian folk music. Pressing down on a button creates a chord by muting certain strings.

KALIMBA



Also known as a mbira and as a thumb piano, the kalimba has metal tines that are plucked by the thumbnails. The instrument's body is made of wood or of a gourd. A sound hole enables the player to add a shimmering, water-vibrato effect to the tone.

METALLIC TONGUE DRUM



Played either with the hands or with mallets, this instrument is a metal version of a tongue drum. It has slit sections that form bars, or "tongues", with different lengths, widths, and pitches. Its sound is wonderfully joyous and energetic, with delightful positive tones.

METALLOPHONE



The metallophone is similar to other mallet instruments such as the marimba or the xylophone. Beneath the metal bars are tube-like aluminum resonators that extend and slightly echo the tones. This instrument is in a major pentatonic tuning.

NATIVE AMERICAN FLUTE



The wood flute is an ethereal force in Native American tradition. Its haunting, almost heartbreaking tones reflect the reverence of earth and nature in connection to the higher spiritual power. Strips of leather near the mouthpiece may be adjusted to fine tuning the flute's pitch and intonation. Types of wood particularly beautiful in tonality and resonance include birch, cherry, cedar, rosewood, and walnut.

GONG



Transcendent in its ocean of sound, the gong is capable of sustained overtones, multiple layers of microtones, and volume ranging from soft, peaceful calmness to loud, overpowering harshness.