

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 $\underline{s\bar{a}}$*
- a middle tone with no notation as in re*
- a higher tone notated by the vertical overmark in $\overset{!}{g\bar{a}}$*

$\underline{s\bar{a}}$ re $\underline{s\bar{a}}$ |

$\underline{s\bar{a}}$ re $\underline{s\bar{a}}$ re $\underline{s\bar{a}}$ |

$\underline{s\bar{a}}$ re $\overset{!}{g\bar{a}}$ $\overset{!}{g\bar{a}}$ re $\underline{s\bar{a}}$ |

$\underline{s\bar{a}}$ re $\overset{!}{g\bar{a}}$ re $\overset{!}{g\bar{a}}$ re $\underline{s\bar{a}}$ |

$\underline{s\bar{a}}$ re $\underline{s\bar{a}}$ ||