

STAGE 6

Threat- fear -trepidation - danger
unknown - tension - war-like
bargaining -churning- mocking -
ghostly - challenging

more and more complexity,
clashing voices and harmonies, full
orchestration, vitality in rhythms
driving music forward

STAGE 5

Forceful -organised - independent -
direction -detailed - hurried-
running - busy -pressurised -
intense - complicated

complexity: contrapuntal support,
complex melodies, clean clear
textures and timbres, strong sense
of direction

STAGE 4

Gentle- caressing - child-like -
tender - maternal -sweet - playful
serene- containing -magical
uncomplicated -dreamy- lyrical
poignant -joyful -uplifting - blissful

lyrical, containing and supportive
one main (female) voice with simple
accompaniment, a lullabye

STAGE 3

Turning- twisting- winding- threading
rippling - trilling -pulsing -snaking -
moving -calling - gathering -swirling -
swaying -returning to the same point
ever changing / never changing

melodic lines which twist and turn,
simple harmonic support: drones and
sympathetic strings, buzzing sounds,
circular rhythms

STAGE 2

Ecstatic - praying - calling -
soaring - self-forgetfulness -
trance -exciting - hopeful-
mystical

Mantras and chants - lots of
repetition and layers of sound
which build to blissful ecstasy

STAGE 7

Splendour - 'here I am' - external
persona- pinnacle of success -
leadership -joyful - energetic -
aspiring - achieving - conviction -
confident compassionate -
balanced - strength

one leader, some turn-taking,
ordered and planned, bright robust
sounds, alternating and
complimentary ideas

STAGE 8

Authoritative - knowledgeable
powerful -at peace with itself - 'my
time has come' -fulfilled - stately
elegant - grounded - dancing- hints
of the ending

all instruments working towards
the same goals, themes stated by
one are taken up by another and
expanded on, very little space in
the music

STAGE 9

Fragile beauty - perfection
questioning-exquisite
languid- unhurried - savouring the
moment - sorrow or regret
knowledge of what is to come
perfectly placed- mature -swan-
song -sublime-concise
uncomplicated -inevitability
-time's up-

one main voice, less complexity in
the supporting parts, more
reflective, thinner textures

STAGE10

Pain -resignation -searching
unravelling - disintegrating
lamenting -sadness mingled
with joy- loneliness - doubt
mournful -slow inevitable
decline

one solo voice may turn-take
with others - textures thick in
places & much finer in others,
more dissonance, pulse less
distinctive, slowing

STAGE 11

Anguish -stabbing -anger -pushing
chaotic - hurrying - railing at its fate
coexists with the joy of letting go

melodic extremes, contrary motion
in inner parts, many dissonances
marching /stabbing rhythms which
sweep away the old

STAGE 12

Silvery -golden, pure light
reaching heavenwards - angelic
otherworldly -releasing -at peace
finality - triumphant- heraldic -chivalric
a last look back - inexorable move
forward -the goal is won

high, fine melodic lines, very
supportive bass and complex
chromatic harmonies, sometimes the
support drops away to reveal fine
melodic threads - slowing of the pulse

THE MUSICAL QUALITIES OF THE GREAT ROUND OF THE MANDALA

Maria Radoje
www.musictherapyreimagined.com

©

STAGE 0

Beyond time
pre-time pre-dawn
beyond mind - pre-thought
beyond self -pre-self
oneness - unity
pure being - I am

Silence: from which emanates
cohesive harmonious
overlapping tones & vibrations
with a gentle pulse wave

STAGE 1

Amorphous - unknown
sinister - disconnected
floating - hanging - suspended -
waiting - unfamiliar - ungrounded -
uncertain -mysterious - oceanic
celestial - extra-terrestrial -
elemental

very little melodic rhythmic or
harmonic structure, some
overlapping tones create harmonic
clashes: elemental and cavernous
sounds ie gongs, nature sounds,
tibetan bowls