

### 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](http://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