



Rhythm Divine

Music is fun, surely. It makes people laugh, dance and bond... But for Enoo, a USA-based Indian composer, it has a deep spiritual implication, and he believes it is a cure to many of mankind's ills. ME followed along his journey of faith

"Like most creative people, I got under the spell of music through my family." Enoo's maternal grandpa sold harmoniums, which he played to demonstrate to customers. And his mom, being the eldest daughter, picked up very fast and started lessons in Hindustani classical music. "So while growing up, I got used to hearing her sing and play every morning." No wonder that till today, music still has a very soothing effect on him.

"Making music feels like being in meditation. Totally connecting my mind to my soul, creating tunes according to the situation in my life at that particular point and time.

The process makes me a very calm, peaceful, loving and understanding person altogether. It makes me solve issues more maturely and lets me put god first in whatever I do."

"Performing in front of a live audience gives me utmost satisfaction, pleasure and happiness. I feel like I am making people share and enjoy a gift from god. Of course, I've had different experiences. Like once, someone asked me to play more upbeat music, while I was focusing on what is my specialty — relaxing, soothing and peaceful numbers. My best experience was when I was asked for an "encore" three times during the same session, and, as I was exiting the auditorium past the audience, everyone started shouting my name."

"I would like to believe that my music reaches deep into my audience's soul, and makes people think of the great advantages and goodness of living in peace and harmony. My album *Amsalaam* portrays my vision of a peaceful universe, where harmony and love are shared between all, regardless of colour, number, or tone, like the twelve notes on my musical keyboard."

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Instruments of passion

"My favourite instruments are *sitar, sarod, sarangi* and *tabla*. I have also trained on Hawaiian guitar and now, of course, with the technology revolution, I have all the latest pieces of equipment. I see instruments as souls, and when played, it's as if they are having a human experience. I also see them as unique, neither male, nor female."

"Music is sacred to me because it has made me go beyond the horizon and see much further than an average person."

My inspiration...

"Of course, the legend Ravi Shankar. As well as the great maestro Naushad; the touching and exciting music of S D and R D Burman; the very unique Madan Mohan. I also love Elvis Presley, John Lennon, Elton John, Karen Carpenter. But my most favourite is Yanni."

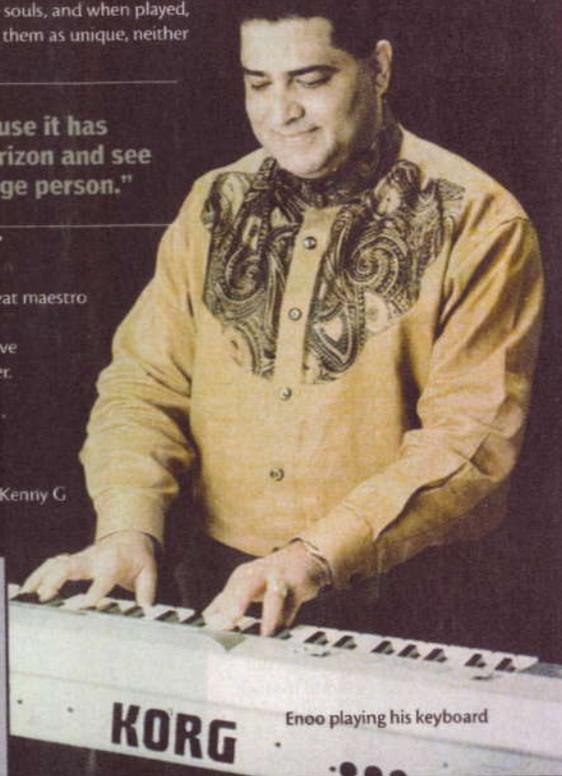
Dream Collaborations

He would give anything to work with...

Lata Mangeshkar • Asha Bhosle • Carlos Santana • Kenny G
• Ustad Zakir Hussain • Sonu Nigam • Adnan Sami

Enoo has lived in India, Pakistan, the Middle East and is currently settled in the USA. He studied music since a very young age, and at some stage was the only Hawaiian guitar player in Pakistan. His musical compositions are as inspired from ghazals, as they are from jazz.

For more information, visit www.enoomusic.com



Enoo playing his keyboard

ME found out that...

Music can move the soul. It can be a very strong influence. Some music can calm us down, some music can make us wild! It is used in a variety of ways: in the medical field, as a source of research and as therapy for seizures, high blood pressure, Attention Deficit-affected children, mental illnesses, depression, stress and insomnia. Musicologist Julius Portnoy found that music can change metabolic rates, increase or decrease blood pressure, effect energy levels and digestion. Classical music was found to have a very calming effect on the body, and cause increase of endorphins. Thirty minutes of such music was equal to the effect of a dose of valium. Conversely, music has also been documented to cause sickness. The right, or wrong music, rather, can be like poison to the body. Studies have been done on plants where loud hard rock, for instance, killed plants, and soft classical music, made them grow faster. Music is very powerful, like a drug and can even be an addiction. In his book, *'The Secret Power of Music'*, David Tame says: "Music is more than a language, it is the language of languages. It can be said that of all arts, there is none other that more powerfully moves and changes the consciousness. It... can have positive effects, is virtually life-saving, mentally and physically, when used in the right context, but has equally destructive and detrimental potential if used negatively."

Courtesy www.essortment.com