

## Music as a means against stress.

It is common knowledge that the universe is permeated by waves and vibrations of different velocities. The lowest vibrations are denser matter which we are able to perceive with our physical senses. That is the physical world, and the higher the vibrations, the more subtle the matter. The highest vibrations lie completely outside our physical perception. An example of how vibrations in solid matter undergo a change is, when we heat up ice until it melts into water, and when we change water into subtler matter by turning it into steam, we may then observe, how matter changes into a more subtle matter which we cannot perceive immediately.

Vibrations are regular, periodic impulses in the particles of a certain matter which in this way produces a wavelike transmission in the same way, as when a stone is thrown into the water. The slow vibrations are those which are transmitted through solid, liquid, and gaseous matters. The faster vibrations are radio waves, heat rays, light rays, colour rays and X-rays.

The unbelievably high frequencies cannot influence physical matter directly, and can't be registered by our physical senses. Down through the ages different kinds of successful experiments have been carried out with the aim of rendering visible certain phenomena which can't be grasped by the physical senses, and so prove the possibilities of movement that lie hidden in the matter in question.

Kymatics is a science related to soundwaves. We have reexamined the theories involved in this in our recording studio. By means of a so-called tonoscope producing a chosen note, we have produced vibrations on a copper plate sprinkled with salt. Leaving the instruments in the same position, we have also tried bowing the copper plate with a violin bow. In both cases the result is the same. The salt forms beautiful geometrical patterns or crystal like patterns, and we always see the same pattern related to a specific note. The experiments prove that it is possible to make vibrations or soundwaves visible in patterns and movements as has been claimed by scientists, philosophers and a lot of other people throughout history.

Moreover we are able to experience the highest vibrations by opening ourselves to a spiritual dimension, and a spiritual way of perception. This will enlarge our consciousness in a way that will allow us to experience the highest possible vibrations in matter of colours and shapes beyond physical matter, in patterns and shapes, just like the patterns we produced in the experiments. We find the same patterns in snow crystals, ice crystals and mineral crystals.

When we study the movements and the structures of figures and elements, and the way in which they are created, by systematically producing vibrations with continuing notes, we will see it happening on a basis of certain regularities which are the same, no matter which materials are chosen for the experiments.

Our own bodies are suffused with vibrations. In the muscle fibres chemical and bioelectrical processes take place in a continuous series of vibrations, etc. In the centres of the body we find seven main areas in which the psychic energy and the bodily functions are connected. In the whole body one force influences the other incessantly, and all the physical forces rise to the brain. It then adjusts and evaluates all the movements of the forces in question.

When the relationship between thought/feeling being one of the powers, and body/tensions/energy being the other power, are thrown off their inner balance, stress and psychosomatic illnesses arise. These energies can be influenced by the force of thought and mental concentration, and by using meditation and music as its tools in the same way as was shown with the forces in the experiments with the vibrations. In this way peace and harmony can be created in the centres, and so stress and psychosomatic diseases can be neutralized.

Music for meditation has to be composed in complete accordance with the cosmic laws, to ensure that the right kind of influence is created. When Metatone composes music for meditation, great importance is attached to the consequence of using the cosmic laws as a basis for the compositions.

The chief aim of Metatone is to compose music for deep meditation. This music, however, is also very well-suited as a means against stress, simply because this music is composed in agreement with the cosmic, universal laws. Good examples of this are the cd's with the following titles: "Sirius", "Urlyset" (meaning: the first light), and "Den Gyldne Sol" (meaning: the golden sun).