

# The Magic of Music.

The magic of music and sound vibrations are known by most people. Beyond the delight and the artistic experience of music, we come across tunes, composed with the specific purpose of speaking to our psychic energies. These may be used meditatively and for therapeutic treatments. Music has always been important in the lives of mankind. When we are playing, singing or dancing, we get the possibility of feeling united with the forces of nature, and experience a contact with those hidden forces.

In creating music with certain sounds based on the universal rhythms, it is possible, by means of harmonies, to create the special spirit of this music. The right kind of music in this case is spiritually inspired by the melodic element echoing our inner harmonic element. Together they create a rhythmic element that leads to a physical expression. This may give us a musical experience with the sense of a spiritual energy transfer taking place. The enjoyment of this very clean and uniquely sounding music may cause a physical reaction with a feeling of a quiet shiver running down one's neck and spine. This is nourishment for the soul.

As a matter of fact our physical body is the best musical instrument available. The words we speak or sing have a certain effect. We are able to make rhythmical sounds with vowels and consonants. The vowels are creative sounds while the consonants are channels of communications of these forces. The music influences the rhythms of our thoughts, the melody influences our feelings, the harmonies influence the body as a unity. In this way both body and mind enter into concord with the rules of nature.

During a span of 24 hours the brain works with four types of brain waves, called Beta, Alfa, Theta and Delta. Those different types are

described more in detail in the chapter “We are a product of our thoughts. Usually we are employing Beta and Alfa waves while being awake. When we are listening to music the brain moves into the Beta state because we get activated. If we go on listening to loud music, the brain moves on to the creative Alfa state and becomes reflective. The more attention we pay to the music, the more the brain changes to the creative alfa state. When we are listening to music, the autonomic nervous system lowers its speed, which is more healthy for the body, and makes the mind more relaxed and awake. This is an ideal state that may be used every time, we are feeling wound up or run down.

Music assists us in getting deeper into our minds to reach the transcendent sound in our inner universe, and helps us to reach the deep delta state. Here we get the possibility of having a deep inner musical experience, very eventful with a calming, distressing effect, and containing the possibility of being led into a trancelike state.

When we use meditation to keep our minds on the contemplative course, the brain will enter the deep Delta-state, and the mind will be tuned so subtly that we are able to hear the frequencies of the levels of the inner mind. Through meditation it becomes possible, on each of these levels, to distinguish sounds that have no outer source. When we hear this inner sound we have to stay concentrated and let the mind rest in this sound. In this state it then becomes possible to focus on the sound behind the first sound, and in this way get into contact with the deeper levels of consciousness.

We have all an inner creative sound that can't be heard by the outer ear, but when we use the inner ear there is the possibility of hearing our own quiet note, representing the expression of the

soul.. When we turn our attention to this inner note and let ourselves get absorbed in the music, the sense of time and space disappear for a while, and we are filled by the sense of drifting into eternity and there meet the harmony of peace. A musical experience can move us to tears and impart the most extraordinary feelings. Music is a fantastic tool for bringing harmony and peace in one's mind.

We do have the possibility of pursuing a particular musical experience, if we listen to physical and non-physical notes by focusing on them in turn, and by visualizing the size of the single layers that are being described further on. The music we choose must be suitable, as is classical music or music specially designed for meditation, as for example the music composed by Metatone.

Even if we haven't practiced listening to music in the way, described in the following, there is no reason to be deterred from trying. The vibrations from the music will stream through the body in any case, and influence the soul for the benefit of the whole chakrasystem, and for one's health.

The following is an example of a musical experience:

### **Introduction:**

Start by sitting down comfortably,-----Close your eyes, relax-----,let peace fill your body, -----feel tension disappear from the body to the point where it relaxes completely,-----experience the body breathing,----feel how the air passes through the nose deeply into the body, and out through the mouth. When your breathing is deep, calm and relaxed,- a completely natural way of breathing,- you leave your breathing alone.

### **Meditation on the external music:**

Start by focusing on the external music and experience the musical harmony. Immerse yourself in the chosen music, feel the stimulation of the whole body, keep your concentration, and notice how parts of the music disappears to the physical ear, and feel the wonderful harmony that may be picked up by the extrasensory hearing.

### **Meditation on an inner note:**

Moving from your musical universe , you may then direct your hearing towards the inner note, - your own personal note. You may hear different sounds, but try to concentrate on the best sound and let everything else move past your consciousness, and listen to your own special note,-----listen carefully when you hear a weak sound inside your mind, and try tuning into this sound with a feeling of openness, surrender and devotion.-----Be patient and persistent, then you get the chance of experiencing your internal note.

### **Meditation on the external and the internal sound:**

From your inner universe you start listening to the music from your external hearing, along with concentrating on your own internal note. Notice how the external sounds disappear and continue in your internal hearing in a wonderful sound,-----experience the whole body receiving the vibrations from the music, you are listening to with your external hearing. Notice the benefit the body is drawing from these vibrations to the point where a state of consonance arises with the inner sound you are listening to with your inner ear.-----Experience how the body's state of peace and relaxation continues along with the music, awakening the most subtle and distinguished feelings in you, and lifts your consciousness to a level with an ocean of peace, love and harmony. Feel how this inner tone leads you towards your inner universe, towards a very strong experience of concentration. This

will give you a good basis for moving mentally into the music.

**Finishing the meditation:**

You finish the meditation by turning back to your ordinary level of consciousness. Pay attention to your body by moving hands and feet. Turn your attention towards the physical world, and return to your ordinary level of consciousness.