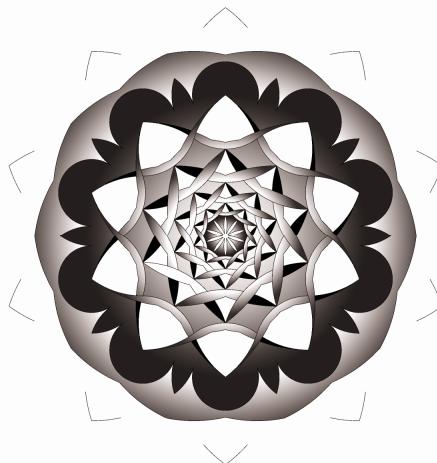


- ***The receiver writes what they perceived.***
- ***The transmitter goes through the stack of cards keeping them in order.***
- ***After going through the stack of cards, the receiver compares their notes to the card stack order.***
- ***Do this; and then, transmitter and receiver reverse roles (transmitter → receiver and receiver → transmitter) and do the exercise again.***
- ***Discuss perceptions afterward and perhaps make some entries in a journal.***
- ***Do this on three separate occasions, preferably on different days and at different time of day.***



Application #13 – Sound of Music

Music is the most powerful spiritual/metaphysical tool that Man has. This entry in the series combines previous applications to show how listening to music affects your mind, along with, providing you with numerous application directions.

Exercise 13 – Music exercise variations, “riding the music”

The true power of music lies in the mind of the listener or the musician – your mind.¹²³ And, who you really are is way beyond the music. The music itself is only a tool.

Listening to music can involve a number of mental applications already introduced in previous series entries. These applications are:

¹²³ This application will not concern itself with the “Music of the Spheres” concept – the Universal music.

1) Application 5: Eye Exercise or ‘Surfing’ the Mechanism

- a) In this application, as the eye and the mind coordinate, the information of the event goes through the mind’s cognition mechanism and it takes a specific moment of time as it does so. Your mortal mind/matrix is refocusing. Constantly moving the eyes before the cognition mechanism is completed, creates a condition of non-choice and no ‘subjective event’ in the mind/matrix.¹²⁴ Your mind/matrix is constantly refocusing before it finishes a recognition cycle. When listening to music, you are doing the eye-exercise with your ears. Your mind is constantly refocusing on each note. You are ‘seeing’ with the ears while you are resetting your mind.
- b) The result of doing this for just a short period of time is your mind/matrix starts over after you are done – resets.¹²⁵ Herein is a major effect of listening to music; it is a release or stepping out of the mental processes. Music helps you take your mind off of your woes. This is how music can be cathartic
- c) Due to the above, listening to music for an extended period of time can initiate trance states, like long distance driving.

2) Meditation Applications 8-10

- a) Meditation is a one-point focus on an event. Listening to music is a one point focus on an event.
- b) Previous applications – *Application 10* -- stated that it is hard to keep an empty mind or a blank mind indefinitely. However, it is much easier to do the blankness in short ‘bursts’. Rather than to keep an empty mind and do it for 5 or 10 minutes, it is easier to do ‘bursts’ of blank, blank, empty, empty, empty.
 - i) When first emptying the mind, there is a focus on an initial effort to have an empty mind; and then, a focus on maintaining the emptiness. These repetitive ‘bursts’ can be seen as a repetitive initial effort (as opposed to making the effort to be empty and holding it).
 - ii) In *Application 10* the idea was introduced that with chanting and some meditations, you can use the words as the vehicles for this emptiness or blankness. With instrumental music, you can introduce the emptiness or blankness with each note, sets of notes – chords, or beat.
- c) With the case of music involving a singular instrument, the emptiness can also be initiated between the notes. This can also be done with multiple instruments and following a melody. Your mind introduces ‘bursts’ of emptiness between the notes of the

¹²⁴ The Cognition path is a high priority survival loop. It takes precedence over many other mental processes. When it is in operation, other mental operations cease.

¹²⁵ *Application 5*

melody. You can use the notes and words. Either way, listening to the music serves as a vector to a one point focus -- meditation.

- d) Be advised, that repetitive use of the mind's focus on emptiness is a similar use of the mind as the eye exercise already mentioned (a repetitive cognitive operation). It is also similar to the quick repetitive use of a word as was introduced with meditation entries to the series – Transcendental Meditation. And still...a one-point focus of performing this act/event makes this a meditation. All of the above is combined in one operation – listening to music.

3) Applications 1A and 4, the effect truth has within the mind

- a) Previous applications in this series have mentioned that truth has an effect on the mind. From *Application 1A* -- a passive activity -- to 'pumping' truth through the mind or weaving thought forms like Lexio Divino¹²⁶ – an active application, Truth can alter consciousness. Taking the two previous examples of how music can alter consciousness through a constant reset and having a one-point focus for a window of time (a delta t -- Δt), 'pumping' truths – concepts -- through that same altered mind will augment the effect of the previous two conditions.
- b) This is the power of musical verse. The one-point focus on the words of the music serve the same purpose as the one-point focus on the words of a chant. In addition, it introduces to the mind a sequence of concepts that will alter consciousness depending on how much Truth (and individual associations to the Truth) is in these concepts. This is called weaving thought forms.

4) Application 4 and Chapter 2 *I AM A I*, introduced how a logic system can create something 'alien' to that logic system...

- a) Previous series entries introduced the idea that the concepts of infinite--finite or eternal--temporal are mutually exclusive. Anything created which is not of a finite temporal mind – mortal mind, must be automatically infinite and eternal related.
- b) As with *Application 5*, the mortal mind can be used to step out of mortal mind activity; it can do this by using eternal concepts.

5) What ever you give to Love, Love will use.

- a) There are many ways to build a house. Yet, every house must obey the laws of physics – of matter or **Actual** reality.
- b) This God's Love arrangement allows us to custom design our own spiritual trip. Religious contemplatives agree; all spiritual journeys work with the same internal mechanics. Many contemplative orders – monastic orders -- basically say you have to do the same things, perform similar internal operations. The individual involved is just changing the mental constructs – paradigm or philosophies -

¹²⁶ *Application 10C*, Option 2

- they are using and the applications' forms. The end is the same; the basic mental internal operations are similar. Love dictates that we will be aware of our union with God. It is a closed system.¹²⁷ It is only a question of time (which, does not exist from an Eternal Love's reference).¹²⁸

An example of the effects of combinations of all the above is gospel music. The mind is primed by listening to the instrumental and rhythm; then, spiritual concepts are pumped through the mind.

In the instance of gospel music, prayers or heart-songs -- bursts of heart or emotional energy united with a perception/idea/concept (as opposed to a burst of an empty mind) -- are put to music.

Please note; that the song length can act as your timing device. In this way, the song acts like the kitchen timer used in the meditation exercises. The music itself – song length – automatically becomes your objective time keeping mechanism mentioned in previous applications.

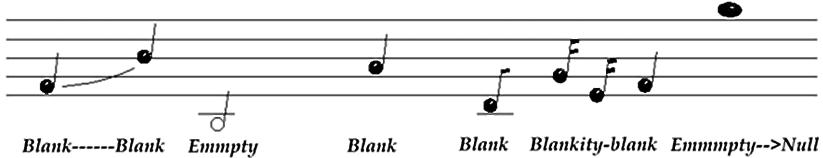
As with the meditation exercises, setting aside this specific time window for an application can help bring your focus back. “I am going to do this exercise or operation until the song (or album) is over.”

In summary, because multiple internal events can be involved with the music tool, there can be numerous music application directions – modalities -- that can be taken.

Internal Applications (Non-physical)

With this exercise and its passive use of music, each note is accompanied with focus and blankness.

For the beginner, this application may be easier to learn if you do an empty focus with only instrumentals. That way there are no words to distract or to initiate any mentation.



With instrumental music, as introduced previously, you can introduce the emptiness or blankness with each note or sets of notes -- chords.

¹²⁷ Due to God's All Encompassing Love.

¹²⁸ From the Eternal reference, the ‘awakening’ has already happened.

The idea that it is hard to keep an empty mind or a blank mind indefinitely has been introduced. However, it is much easier to do the blankness in short ‘bursts’. Rather than to keep an empty mind and do it for 5 or 10 minutes, it is easier to do ‘bursts’ of: blank, blank, empty, empty,¹²⁹ empty.

As stated in 2b previously, when first emptying the mind, there is an initial effort to have an empty mind. Then there is an effort to hold the mind empty. These repetitive ‘bursts’ can be seen as the recurring effort to initially empty the mind.

In addition, the previous meditation exercises – *Applications 8-10* -- introduced the idea that with chanting, you can use the words as the vehicles for this emptiness or blankness – 2a above.

Variations of this application are:

- ⇒ Emptying the mind between notes
- ⇒ Slowly breathe and you ride the music out. All you are doing, is riding out each note, existing quietly, waiting and being patient, and being empty until the song is done.
- ⇒ You can use the words as the vehicles for this emptiness or blankness as was introduced with the idea of chanting,

In all of the above applications and if you are working with instrumentals, no thought is appropriate in your mind until your music operation is done.

External Applications (Physical) Listener

Any physical application – external -- will be an extension of an internal operation.

❑ Dance is an excellent tool of extending the internal state into an external state. As the mind is stilled, the music is allowed to move through the mind into the body with out thought -- mentation.

Musician

❑ As with any element of the internal applications mentioned previously, the musician is like their instrument before it is picked up to be played – still and empty. When the instrument is picked up to be played, just as they are playing the instrument, the ‘music’ is playing them.

“They’re a band beyond description,

¹²⁹ You are using *Application 5*’s continual cognition refocusing; you are refocusing to emptiness.

*Like Jehovah's favorite choir.
People join hand in hand.
While the music plays the band,
Lord they're setting us on fire.*"¹³⁰

As mentioned, for the beginning listener, it may be easier to learn to do an empty focus with only instrumentals. That way there are no words to distract or to initiate any mentation. The author first learned this exercise with jazz and long rock and roll instrumentals.

As it has been introduced, there are numerous modalities of using music as a meditation aid. Many of them are variations of some of the previous applications already presented in this series. The intention of this series entry is to introduce the concept – music tool -- to you and have you do (or devise) your own exercises. .

This application consists of:

- *This application is for you to pick four pieces of instrumental music (one preferably involving drums). The pieces should be ten to twenty minutes long.*
- *Find a place where you will not be disturbed and get in a comfortable (but not too comfortable) position.*
- *Do a short period of slow deep breathing, set your intention for this exercise – Application 7B, turn the music on, and enter.*
- *Focus on emptiness, or if you use effort, a re-occurring 'blankness' of mind with each instrumental note.*
- *Do this once for each piece of music*
- *After each exercise, sit and be still for several minutes, and notice any thoughts or sensations and perhaps record them in a notebook or journal – Application 7B again.*

- *Optional Application 1, Do the above application; then, physically dance to the music to a second piece of music. As the mind empties to the music, your body is moving to it (or in it) – extend the stillness within you into movement.*
- *Optional Application 2, If you are a musician, pick a song you know well and do not allow any mentation – no thought – as you are playing for the entire length of the piece. Be as empty on the inside as your instrument is empty of sound before you pick it up.*

Starting with drums can be helpful as a beginning choice. Sit or lie in a relaxed position and, first, do the passive application of focus to music. This should be done for at least fifteen minutes

¹³⁰ Lyrics by John Barlowe, *The Music Never Stopped, Blues For Allah*, The Grateful Dead, Copyright 1975 by Ice Nine Publishing, Inc.

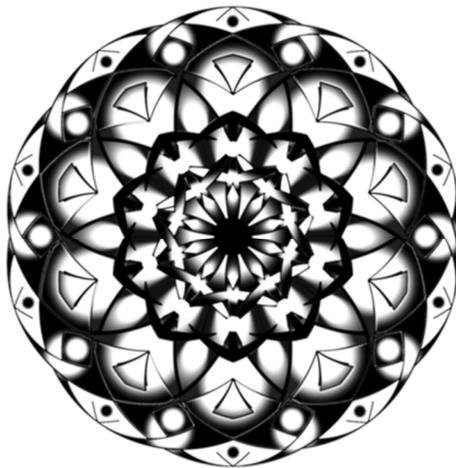
It should be mentioned that music's effect can work on an individual level or a group level. All of the above affects can become augmented when done on an assembled group level; specifically, with live music. The idea of using music to produce group mind focus and emptiness is at the core of all religious use of music, from shamanic use of drums, to musical religious chants (e.g. Gregorian), to church choirs, or to a 'Dead' concert.

Eliminate ~~truth~~ and there is only Truth. If a group of people is doing the same things in their mind (music effects stated previous) and no ~~truth~~ is enforced or re-enforced within that window of time on a group level, Truth is what remains. Because of this, a secular music event can turn spiritual without warning.

"Once and a while you can get shown the light, in the strangest of places if you look at it right."

Scarlet Begonias, Grateful Dead.

This cannot be stressed enough: Until you take your daily internal disciplines into everyday life -- whatever disciplines you have -- it will not mean a thing. You need to learn to 'take it to the street'.



Application #14 – Through You

This is a tool that allows you to perceive how energy flows. Using previous applications, this is an introduction to energy flow through your body using your hands.