

Learning to Attune to the Natural Rhythm of Life

The entire system of the universe is attuned to music and rhythm. Different notes, chords, vibrations, rhythms can cause development in the opening of the chakras and can heal imbalances in the body. Beyond the concept of music, this seeker is instructed in how to attune to the natural rhythms of life by creating a daily schedule of activity. The Source suggests that this seeker use machines available to test the responses of the human body to music. Messages from higher planes can come through music. There is in music all that is needed to heal any human body, to cause these bodies to heal themselves, the Source says.

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Then consider within self that produced through music or the manners in which the levels of the system, the emotions and that of the body, or the physical changes within the body, are conducted by music. For it will be found that particular glands respond to particular chords. Or that is could be described as pituitary attuned to the Key of C; and that of the thymus attuned to E Natural; that of the reproductive to the Key of A.

And those (affinities) should be discovered, or added, or developed through the study of one given to such. Or that is, that you would research within the body and striking those chords, measure the responses of the glands.

“Particular glands respond to particular chords.... (The) pituitary attuned to the Key of C; and that of the thymus attuned to E Natural; that of the reproductive to the Key of A. ... That you would research (those responses) within the body, and striking those chords, measure the responses of the glands.”

Then (study) those (chords) relating to the chakras, and see that that would cause the development or the opening of the chakras in relation to a particular key, or chord, or note, or vibration, or rhythm, for it would be found that all in this universe are attuned to particular rhythms. And expanding beyond that concept of music, find that study as has been referred (to) as biorhythm or those natural rhythms of the human body.

All these as studied and correlated one to the other would ... (demonstrate) that the entire system or universe is attuned to music. Or that is, music in its broadest sense as rhythm. So understanding these, you would begin to have greater respect for that of rhythm in the life. Or that is, rising daily at the same time, retiring nightly at a particular time. Setting the period for the meals at a particular time, and worshipping, meditating, at the same given time daily.

So you would find that you would set in motion the body attuned to itself, the soul then attuned to the body, and the mind there, working in harmony or striking a chord that would be in harmony, one with the other.

“(By developing a rhythm in life) – rising daily, retiring nightly, having meals, worshipping and meditating at the same time daily – we set in motion the body attuned to itself, the soul attuned to the body, and the mind working in harmony one with the other... So would such a man, even never studying those concepts of God, simply becoming in harmony with himself... would become attuned to the ... nature of God.”

So would such a man, even never studying those concepts of God or that that you have thought of as spiritual growth, such a man simply becoming in harmony with himself, would discover that God concept within himself, and would become attuned to the procession of this universe, and attuned to the spirit, the activity, the nature of God. So then would he become God in the activity, ascending, then, to the Father or becoming one with that that is the operation of the universe.

Now in this manner did Pythagoras set in motion those descriptions of the spiritual laws according to the attunement of music or mathematics or that beginning of that now known as physics. There is not a study that you might give upon this plane of any form of natural science that would not eventually lead man in its highest development to the nature of God.... So it would be with the music.

Now we would suggest that this one would make available to self those testing machines or apparatus that would show the difference in the responses of this human body, or...(use) the polygraph, the galvanic skin response tester, the brainwave machine, in some manner as would test the level of brain-wave activity. Through the studying upon one's self and others of the effects of music, so will these be understood. There are those who will assist in such research if these are sought out in this particular field.

Give assistance with this one where there is opportunity and continue such research. Learn the laws of healing through music, for so will you discover so many things that will be invaluable...

Know that (there is) spiritual music or that music can be a spiritual tool, a tool for spiritual therapy as well as physical therapy. Know that messages from the planes of...those higher levels, from those higher spheres, can be translated, can be revealed, can be brought through music. Understand that spirits can be lifted and caused to soar.

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We will see that there are physiological changes that take place in the body, as the mind, the emotions are stirred through the application of music, (through both its rhythms and tones. Understand that the body vibrates according to rhythm. There is in music all that is needed to heal any human body, to cause these bodies to heal themselves by the correct application of those chemical contents of the atmosphere, by the changing of electrical vibration. Know that even adjustments...(may) be made in the spine, in the vertebrae, by the application of the

vibration of music—that such healing applied in such manners as can be discovered and applied by this one. So those muscles which tense, which pull one vertebrae from the other, and cause those subluxations in the spine, and the uneven flow, the lack of a healing flow, from the lines from the intelligence of the brain to those portions of the body as are needed. These could be corrected by the relaxing and the stimulating influences of music, bringing balance in the human body.

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