

# THE SECRET PATH OF THE INTERVALS



## The Secret Path of the Intervals Meditations I

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## Practical advice:

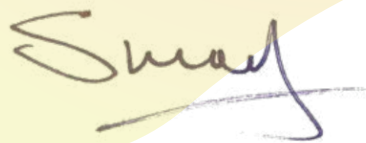
This series of meditations are very deep and powerful, so don't try to overdo it. They are energy paths marked out through the intervals that will guide you wisely, step by step, into the subtlest dimensions of creation. They will help you activate the specific perceptions which are necessary to engage with different planes of existence. Other practices on the other hand are very effective tools for your inner work, to thwart your illusory mind, transmuting your pain and transforming it into Consciousness.

When you read the explanation of the individual meditations you will see the term Dantian. In the human body there are three main energy centres which, in the Taoist tradition are called Dantian. The lower one is located three centimetres below your navel inside the abdomen. The one in the middle is located in the centre of your chest and the top one is inside your skull.

I'm only writing this basic information to help you access a concrete, not imaginary, practice, and so that you don't fall into the labyrinth of intellectual knowledge. Obviously you're free to follow up whatever spark of knowledge you find here, and search for more information if you feel you need it, but it should be clear from the start that Knowledge is something to be lived, experienced and practiced, not simply thought of.

I realise that, although I'm trying to offer this knowledge to everyone, transmitting it from heart-to-heart is undoubtedly more effective and less misleading, especially for beginners. Learning directly from someone who already has some degree of knowledge is like drinking directly from the purest source. This vibratory transmission is the most authentic way to show the Wonderful. So be careful not to get caught up in your mental process, keep alert and listen to what's happening in your body.

Good luck!

A handwritten signature in blue ink, appearing to read 'Suan', with a long horizontal stroke underneath.

## Grounding

The purpose of this practice is to connect you with the Earth's renovating forces. Its fiery magnetic core purifies any negative force inside you, bringing stability, balance, protection. Healing starts from the Earth...

Relax, close your eyes if you want, but without getting lost in your imagination. Use the

initial intervals of the Perfect Inner Unison to help your breath deepen naturally and focus your energy in the lower Dantian...

The Sacred Descending Octaves which follow will connect you to the magnetic heart of the Earth...

Once a mystical communion with the Earth's Telluric Forces has been ignited, the succession of Sacred Ascending Octaves will convey the vital energy from Her Beating Heart to your lower Dantian...

The final harmonic strokes of the Sacred Telluric Octave seal the sacred union between You and the Earth, everything is One...

To conclude the experience, bring your attention back to your lower Dantian and, accompanied by the tolls of the Perfect Inner Unison, stabilise your strength.

## **Cosmic Balance**

Establish a contact with your Essence through the first tolls of the Inner Perfect Unison...

Now, the succession of perfect fifths will help you to steady and balance the planes of your Inner Home: the body, the heart and the mind...

With the perfect fifths that follow up to the upper octaves you will balance your system inside the Multiverse in which you live and subsequently with the subtle worlds of the Spirit...

Just like in the layers of an onion, you can find balance and order within the immense living organism which is Great Nature...

Once you have reached this balance, you are ready to enter into communion with the Divine at the stroke of the last Eternal Upper Octave and let the Wonderful manifest itself...

The sound of a wooden bell tells you that it's time to return, so you can get ready for the descent back to Earth. The Descending Upper Octave, like a golden slide, channels the Divine energy into the lower Dantian...

The strokes of Inner Perfect Unison stabilise the Sacred Force within your body...  
To achieve an even stronger grounding thanks to the Lower Descending Octave, go down inside the Earth, into its magnetic core and stay there for some time...

Finally, the Lower Ascending Octave directs the Earth's protective energy into the lower

Dantian and this Earthly Force expands throughout your body bringing health, vitality and protection...

Finish the practice by listening to your body as it is accompanied by the Inner Perfect Unison...

Give Thanks to the Universe and to all existing things.

## **Cosmic Cleansing**

This practice serves to purify your energy field of any disturbing forces which may be present in your perceptual field...

Let the Intention of the interval, like an energetic shower, wash away any negativity from you, transporting it to the centre of the Earth, after which it can be transmuted by its Purifying Fire...

The practice begins and ends with the Inner Perfect Unison intervals that help you connect with your Higher self.

## **Heavenly Ascent**

The Intention imprinted in this sequence helps to bring perceptions, thoughts and emotions that need to be raised, into Higher frequencies. It's a powerful practice that can also help a soul to rise after passing away, especially if it has been chained in the lower material planes due to a lack of energy or other problems. Make sure you stay grounded throughout the session...

It can also be used to raise into Consciousness specific parts of your shadow side that you are reintegrating...

The practice begins and ends with the Inner Perfect Unison intervals which help you connect with your Higher self, stay grounded and empower your energy.

## **Stop**

Stop the world, destroy the illusion. This practice will help you to interrupt the uncontrolled flow of the superficial mind and to weaken all the automatic habits of your psychophysical system...

Once the illusion signal has been interrupted, through the Inner Perfect Unison that captures and blocks it, stay in the perceptive space, empty and silent, from which Fullness and Authenticity can manifest themselves. Observe yourself in a new way like you've never done before...

In this virgin world look at the world with new eyes, use your liberated Attention to perceive the beauty and sacredness of everything around you. You have about three minutes to experience this genuine miracle...

To conclude the practice, ground this new perception of the world in the Earth through the Sacred Descending Octave...

End the session by listening to your body and enhancing its energy through the sacred chimes of Inner Perfect Unison.

Note:

This Stop exercise, by interrupting the carrier signal of the illusory mind, suspends the physical, emotional and mental manifestations of your system. That's why it's also an excellent tool for observing what is hidden in the depths of your unconscious. In this way you can establish a relationship with these hidden parts, get to know them, love them and transform them.

It could also be a valuable tool for interrupting the inertia of harmful habits and vices. Energy produced in this way, if used to support the Essence, creates an inner friction, capable of generating an Inner Alchemical Fire to transform "lead into gold", in other words to bring the denser psychic substances to higher frequencies and build your Heavenly Home.

If the signal comes unexpectedly, from outside, the practice is obviously more authentic and powerful. That's why there is also a version of the Stop without a start and end bell. The end of the exercise is given by the final descending Octave. For example, if you can programme your mobile phone to play the track when you're not expecting it, it will be of great advantage to you. In fact, at the beginning automatic gestures are stronger than the will. To use the Stop exercise on your own initiative, you already need to be in an Awakened state and direct your Attention to something specific that you have already identified and on which you want to act.

### **Stop (7 sec)**

This is an "easy version" of the Inner Stop which restarts every seven seconds. If your mind holds fast and doesn't want to let go, even seven seconds of Truth can be a lot. Like an ant, you can accumulate moments of Consciousness that over time, when added together, can

generate a certain magnetic influence in your Inner Realm.

## **Interrupting a Signal**

This practice teaches you to stop an emotional, mental, physical or any other specific external perception...

Identify an impulse and interrupt it through the Perfect Inner Unison interval that captures and blocks it...

Now move your Attention to the Golden Silence of Consciousness for a few moments, then go to the centre of the Earth through the Sacred Descending Octave. Place the frequency here, where any negative energy can be purified and where you can recharge yourself with revitalizing force again...

Conclude the practice with the Inner Perfect Unison to ground and stabilise your energy.

## **The Heavenly Staircase**

This practice teaches you how to trace the Ethereal Road to the Seventh Heaven using the power of Intention...

Awaken the energy in your lower Dantian through the initial chimes of Inner Perfect Unison.

Subsequently, the Major Seventh pushes your energy upwards, to the top of your head, to the place of the Hundred Meetings...

Now, open the Door of Heaven using all your perceptions and begin to climb the Celestial Staircase. You're pushed upwards by the Major Sevenths which, extending, thirsting for Infinity, rise to the Higher Octaves.... Higher and higher...

The Eternal Upper Octave strikes, you have reached the Seventh Heaven... Stay open to the Subtle Sense of the Eternal and relax your whole body, perfectly extended between Heaven and Earth...

Repeat this a few times in order to trace the Subtle Heavenly Path better and better, finding a greater balance between perceptual openness and feeling grounded in your body, which will allow you to relax even more...

After the seventh repetition you will experience a longer and deeper meditation...

Now the sound of a small wooden bell tells you that it is time to go back ...

Get ready to return...

The Descending Upper Octave brings you back to the base of your Inner Temple, channelling the energy into your lower Dantian...

The Inner Perfect Unison Intervals strengthen and stabilise the energy inside you...

Open your eyes if they were closed and make contact with the surrounding reality again, Life is waiting to be lived with love, joy and vitality! Wait for the Eternal Subtle Sense to reveal its Presence through the beauty and synchronicities that will cross your path.

## **Heaven - Man - Earth**

Awaken your awareness with the first tolls of Inner Perfect Unison...

Now the Sacred Sequence, that places Man in balance between the frequencies of Heaven and Earth, is about to begin...

Eternal Superior Octave, Heaven manifests itself...

Eternal Lower Octave, the Earth awakens...

Sacred Perfect Unison, Man manifests himself...

The Upper Octave reaches the Lower Octave, Man is exactly in the middle and they cut through him...

Conclude the practice as always by strengthening the energy in your lower Dantian which has been nourished by the subtle alchemical substance produced by the Inner Perfect Unison.

## **The Seventh Heaven**

During the initial intervals of Inner Perfect Unison, focus your energy in the lower Dantian, three centimetres below your navel, inside your abdomen...

The following Sacred Descending Octaves lead you to the centre of the Earth where you can forge your Essence with its magnetic core. Ground your whole Being on the planet...

The Ascending Sacred Octaves carry the magnetic energy of the core into your body. From your feet it rises up your legs and fills the lower Dantian...

The Earth's energy protects, loves, heals and regenerates every cell. Your body is filled with health and vitality. Your emotions become calmer and your mind relaxes...

During the next intervals of the Perfect Fifth, bring the energy up to your Heart...

The successive intervals of the Major Seventh direct the energy to where the Thousand Heavenly Fountains gush, through the upper Dantian. This place is located right on the crown of your head, it's a Magical place, the Gateway to the subtle planes of the Cosmos...

Now the ascent to the Heavenly Realms begins...

The first Ascending Sacred Octave begins to rise....

Keep climbing, the second Ascending Sacred Octave...

The third Ascending Sacred Octave strikes; you have reached the Seventh Heaven...

Let the Supreme Divine Light take care of you and make any requests you have as clear and simple as possible. Then wait and let the Higher Powers work through you. Don't resist, let it be, All is One...

The sound of a wooden bell tells you that it's time to go back, so get ready...

The Descending Upper Octave brings the energy into the lower Dantian...

The Perfect Inner Unison Intervals strengthen and stabilise the energy within you...

Now the Sacred Descending Octaves bring you back to the centre of the Earth and, as you sink your roots in the vibrations of the wonderful planet you inhabit, you are nourished by its Regenerating Fire...

The Sacred Ascending Octaves infuse your body with the Earth's magnetic energy...

Other intervals of the Inner Perfect Unison consolidate the Force within you... The journey is over, you can open your eyes if you still have them closed...

Move your body gently, expand your energy, you are ready to live in fullness, joy and synchronicity.



## Ho'Oponopono

Mornna Nalamaku Simeona has renewed an ancient Hawaiian healing method and brought it to the world in a powerful healing mantra: I'm Sorry, Forgive Me, I Love You, Thank You. I have transposed this alchemical transformation process into musical intervals...

I'm Sorry is represented by the Minor Sixth, the dark forest of the soul. The first step towards healing is to recognise your pain, accept it and don't try to run away from the conflict...

The second step is to look up towards the stars, even if we still have our feet in the mud. Asking for forgiveness is an act of purification, redemption, elevation and detachment from the pain itself that is diluted in the Spirit one octave above through the power of the Thirteenth Minor. You are still in pain, but you have opened a window to the Divine, through which it can Now reach you...

One step further and the Precious Gem of the Heart opens up. Energy is definitively transformed. The Major Thirteenth represents this watershed and definitively transmutes pain into Consciousness forever. The Perfect Twenty-second... Thank you, the Divine manifests itself, the energy of the Seventh Heaven pervades the densest matter with Subtle Transparent Light. All is One...

You can repeat the Mantra silently as you listen to the intervals. Don't do it mechanically, really live what you say. Each interval is marked in such a way as to give you the chance to experience every phase of the energetic transformation of pain. You have the time to repeat the same phrase over several times, live it internally and listen to what happens at each energetic movement...

Love is the Essence of the Universe, it is the movement of all the greatness of Nature.

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