

THE SECRET PATH OF THE INTERVALS



The Secret Path of the Intervals Meditations II

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Introduction

In this series of exercises the intervals will guide you through specific breathing techniques which aim to strengthen and move the Energy in your body. There are also three exercises to help manifest and temper the Etheric Body. They are advanced practices and can be fully understood if you already have experience in energy development work.

Abdominal Breathing

Place your hands on your abdomen to help the exercise. This type of breathing is very useful to find your inner calm and generate a vital energy which you have immediate access to...

Connect to your Essence through the chimes of the Inner Perfect Unison. Your breath naturally deepens...

The intervals of the perfect 4th will help you pace your breathing and find the correct perceptual space...

When you hear the second note of the ascending interval strike, start to breathe in. This inhalation phase should last nine seconds. As you inhale, gently fill your abdomen with air...

Then, when you hear the descending interval, start to breathe slowly on the stroke of the second note. The exhalation should also last nine seconds...

If you finish the inhalation or exhalation early, hold your breath for those two or three seconds, without doing anything, it will be a glance towards the future or the past...

Continue like that to the end of the exercise, finishing up with the grounding of the Inner Perfect Unison. Listen to your body and the sensations it produces. If it helps you to relax, close your eyes, but be careful not to get lost in the daydreams of the mind. Keeping them half closed could be a good compromise if you tend to get caught up in your imagination.

Horizontal Reverse Breathing

This type of breathing is extremely powerful and attracts a lot of energy...

At first, the reverse breathing exercise is still horizontal but later moves into vertical position with the abdomen still...

Relax, close your eyes if you want and become aware of your whole being through the chimes of the Inner Perfect Unison...

After the preparatory phase, you're ready to begin this special breathing technique. The intervals of the Minor Third will accompany the performance...

As the second note of the Ascending Minor Third strikes, start to inhale. Do this by drawing your abdomen inwards and moving it onto a horizontal plane. It's as if you're sucking

energy inside the lower Dantian. By forming a funnel where this cosmic energy is sent, you're creating a vortex towards yourself...

During the exhalation, which begins when the second note of the descending Minor Third strikes, bring the abdomen back to its initial position...

The exercise finishes when you hear the intervals of the Inner Perfect Unison again. Let your breathing return to normal and listen to your body. Feel the sensations that it has produced and enjoy the results of your work...

The final bell closes the energetic session.

The Heavenly Circuit

The Heavenly Circuit is an ancient Taoist practice that strengthens the flow of vital energy in Extraordinary energetic Vessels called *Du Mai* and *Ren Mai*. It promotes the health of the body, the mind and the emotions by activating eventual blocks of energy.

The Du Mai starts from a point in the perineum, rises up the spine and finishes at the gums, under the upper lip. The Ren Mai, starting from the perineum, flows up the front of the body and arrives under the lower lip. By keeping your tongue on your palate with the tip pointing towards the throat, you activate the circuit by connecting the two Extraordinary Meridians.

Before starting the exercise, use the Inner Perfect Unison to get into a deep state of Presence. Let your mind calm down and your breath deepen naturally. Your emotional world opens up and your body gradually relaxes...

The mystical intervals of the Major Seventh help you to activate an Intention to move the vital energy in the Heavenly Circuit. The ascending interval creates the necessary tension to push the energy upwards, while the descending one favours a gentle descent...

The breath comes after the Intention and accompanies the Force into the subtle channels. This is very important: the Intention comes before the breathing...

Keep your mind relaxed so it doesn't interfere with your practice. If you do the exercise with your eyes open, it might help if you fix your gaze on a precise point, to keep the superficial mind still...

Initially concentrate your energy in the lower Dantian, the chimes of Perfect Unison will help you in this preliminary phase...

When you hear the second note of the Ascendant Major Seventh strike, the practice of the

Heavenly Circuit will begin...

Bring the energy up from your coccyx along the entire spine to the top of your head, to the Place of the Hundred Meetings. In this phase, inhale slowly, thus helping the intention to channel energy into the Du Mai...

When the second note of the Descending Major Seventh strikes, the ascent is over and, with a slow exhalation, the energy descends down through the Ren Mai...

It goes down from your upper lip, right through the central line at the front of your body. It then crosses the throat, the sternum and the solar plexus, passing four centimetres below the navel, at the point known as the *Ocean of Qi*, and enters the lower Dantian, where it sinks like an underground river...

Arriving at the perineum, it meets up with the Du Mai where the Heavenly Circuit ends and starts again. Close your anus slightly to help the energy rise gently back up to the *Place of the One Hundred Meetings*...

To finish the practice, supported by the Inner Perfect Unison, stabilise the energy of the lower Dantian again...

Give Thanks to the miracle of Life.

Uniting the Dantian

This exercise directs energy from the lower Dantian to the upper one, through the median. Breathing 'in waves' move the energy deeply to unite the three internal energy centres and perceive them as a single Dantian.

In this initial phase, relax your whole body and connect to your higher self. Awaken the energy in the lower Dantian with the chimes of the Inner Perfect Unison...

The actual exercise begins, accompanied by the intervals of the Perfect Fifth- which have already helped the alignment of your inner centres in another exercise in the first octave, on the secret path of the intervals...

When you hear the second note of the Rising Perfect Fifth, with your Intention, carry energy like a wave from the lower Dantian along the meridian to the upper one. Breathe in gently while you do so...

When you hear the second note of the Descending Perfect Fifth, exhale and let the energy flow back down into the lower Dantian...

As you continue the practice you will feel the energy as a flow of Strength, running deeply inside your body, from bottom to top and top to bottom like a big single energy basin...

If your intention is correct, your breathing will be naturally reversed with a vertical direction. Your abdomen will remain still...

At the end of the exercise, the intervals of the Inner Perfect Unison accompany your attention back to your whole body...

To finish off, rub your palms together, place them on your eyes for a while, then massage your face, head, arms, trunk and legs...

Feel the vital effect that has taken place within you, in your body and all levels of your Being.

THREE EXERCISES TO BECOME AWARE OF AND TRAIN THE ETHERIC BODY

Drawing in the Aura

Concentrate your energy inside the body, in the lower Dantian, aided by the chimes of the Inner Perfect Unison...

After this first phase, when you hear the octave intervals, bring your attention to the etheric body that surrounds your entire physical body...

You can easily feel the subtle energy body envelop your skin like a film of heat. The mirror of the Octave will help you in this process. The higher note, vibrating at twice the frequency, activates and turns on your energetic body...

When you hear the new interval of the Minor Tenth resound, the drawing in of the Aura begins...

When the second note of the ascending interval sounds, breathe in and draw your Aura inside you. Do it, don't just imagine it. Keep your mind still and focused, avoid daydreaming. You can feel the whole veil of warmth enveloping your body and entering you, gathering inside you in the lower Dantian...

When the second note of the descending interval sounds, it brings the energy out into contact with the skin. The energy activates your Aura which becomes more alive, invigorated and powerful...

At the end of the practice, concentrate the energy in the lower Dantian once more and feel

your body full of health and vigour.

Aura Expansion

Concentrate your energy inside your body, in the lower Dantian, aided by the note of the Inner Perfect Unison. After this preliminary phase, when you hear the sound of the octave intervals, turn your attention to the etheric body that surrounds your entire physical body and breathe naturally...

You can easily feel the subtle energy body envelop your skin like a film of heat. The mirror of the Octave will help you in this process. The higher note, vibrating at twice the frequency, activates and turns on your energetic body...

When you hear the new interval of the Major Tenth, the Aura expansion begins...

When you hear the second note of the ascending interval, breathe in and expand your Aura as much as possible. Do it, don't imagine it. Keep your mind still and focused, avoid daydreaming. It is a subtle sensation of energetic expansion of the etheric body...

When the second note of the descending interval sounds, exhale and bring your energetic body back into contact with the skin...

At the end of the practice, collect your energy again in the lower Dan Tian helped by the Inner Substance of the Perfect Unison and feel your body full of health and vigour.

Auric Breathing

Concentrate your energy inside your body, in the lower Dantian, aided by the tolls of the Inner Perfect Unison...

After this first phase, when you hear the octave intervals, bring your attention to the etheric body that surrounds your entire physical body...

You can easily feel the subtle energy body envelop your skin like a film of heat. The mirror of the Octave will help you in this process. The higher note, vibrating at twice the frequency, activates and turns on your energetic body...

Once your energy has been awakened and your etheric body activated, you can begin the practice of Auric breathing...

When the second note of the ascending interval of the minor tenth sounds, inhale and draw your Aura inside you...

When the second note of the ascending interval of the major tenth sounds, exhale and expand your Aura as much as possible...

Your Aura contracts and expands like a subtle lung, like a bellows of energy that opens and closes...

At the end of the practice, concentrate the energy again in the lower Dantian and feel your body full of health and vigour.

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