

THE SECRET PATH OF THE INTERVALS



The Secret Path of the Intervals Octave I

You may not be a musician, and you may not know much about music theory; but all you need to know is that in music, an interval is defined as the distance between two notes, which may be separated by different distances. Every one of these spaces is a portal to a different state of consciousness, allowing you to work in a specific way on your self-knowledge and development. Even if you are a musician, you will most likely never have listened to a single intervals for a long time, in a meditative state, for this ancient doctrine was known to very few in the past. This work will be very helpful for you and your music, in which you will be able to express your newly acquired inner knowledge.

Every interval is a primary element of the music you listen to. Intervals are not “new age tunes” for relaxing. Exclusive, conscious listening to single intervals, one by one, opens the gates of infinity to your being. The music we normally listen to, whatever kind of music it may be, is a subjective experience that varies from person to person, triggering different memories, emotions and sensations on the basis of every listener’s life experience.

Repeated, conscious listening to single intervals, on the other hand, is a transpersonal meditative experience that goes beyond the subjective emotions. As your consciousness expands, you experience your multidimensionality, and your infinite potential.

This process embraces all levels of being. It is a physical, emotional and psychic sensation. Your psycho-physical system, the living machine that is you, is made up of these three dense substances, as well as other, subtler substances. What counts is what you really perceive within yourself, so as to acquire an authentic consciousness which you experience with your whole being, and not merely as an intellectual notion. Knowledge of the mind alone leads to illusion and to fragmentation of the unity of mind, heart and body. This is why I decided to create this live listening practice, to lead you directly to the real experience that cannot be found in the words of a book.

Wait for insight, which will come naturally, spontaneously, without being filtered by the rational mind. Do not attempt to understand. Insight is truth, intuition, sensation, meaning, not reflection and deduction. Your body, the magic canvas of the soul, will manifest this knowledge physically, giving it real, sensory form. Do not try, do, act. Checkmate the false mind that has been cheating you all your life. Sound the interval in the empty room of the mind, and you will find fullness of the heart, in every corner of your body.

Words can barely manage to communicate distant echoes. The wisdom of life, from practice and experience, risks becoming mere philosophy without action, if it is examined too closely with the rational mind. It seems we are now unable to use anything but this one little function, out of all our infinite potential and resources. Watch out for terms such as meditation, spirituality, and so on; they can be misleading, enchanting you and distracting you from the possibility of living for yourself an experience that may appear to be "mystical" only because you do not master and control it. Abandon the sterile, ordinary, well-trodden paths, and open yourself up to new possibilities. Offer yourself an opportunity. The time has come!

That which we can learn through the intervals can only appear through a slow process of transformation of ourselves and constant practice, training ourselves in the art of living, changing and evolving. These are powerful allies and excellent tools, but they are not a magic wand! You will have to work hard on yourself. A tree grows taller day after day, so slowly you don't even notice it. Its roots slowly penetrate the Earth, while its leaves rise to the Sky. Its growth is invisible, but powerful and inexorable. This is the power of life, the power of Nature. I hope that direct experience will allow you to absorb the mastery of cultivating and developing your soul, to reach the spirit.

This practice with musical intervals is intended to be a process of growth for you. Don't be in a hurry, and allow yourself enough time to thoroughly explore, grasp and internalise the profound knowledge enclosed in these celestial gates. This is why I suggest you work on each interval for at least 7 days, to give yourself the opportunity to listen to it over and over, bring its teachings into your everyday life, and work on chewing and digesting the knowledge.

Keep in mind that 7 days really are the minimum indispensable to make sure you are not too distracted, or in too much of a hurry; if you work on each interval for even longer, so much the better. You may have to dig a well dozens of metres deep, maybe even a hundred metres deep, before you find water. But digging a hundred wells one metre deep will not lead you to water. I realise it may even take several incarnations to truly internalise and understand even the first interval, so take it slowly and work on each interval in depth.

When you reach the end of the octave you will have truly opened 12 doors, which you can then go back through whenever you want, to resume, continue and augment that specific form of knowledge contained behind each door. Every interval has a profound impact on certain psychological, emotional, bodily and energetic aspects. New understanding and wisdom will appear in your life.

Once you have finished the first octave and explored it in depth, you may start on the path of the second octave, which will take you, if you wish, all the way to the interval of the perfect twenty-second: that's a long way! So cast solid foundations, on which to rise to the Heavens!

Once you have found the right direction by following the guiding voice, you have tracks containing the intervals alone, which you can use to develop the power of this knowledge more independently, freely and creatively. It is very important to work with the guide voice so you come to a complete understanding of each interval, after which you may come up with your own inevitably personal shades of meaning, unique to you and your work on yourself. But this knowledge is still not subjective; it is objective. The individual doors the intervals open cannot contain different interpretations. The major sixth, for example, opens our being to the perception of beauty, and never of another quality. You may uncover different types of beauty, and become very good that this, and it's definitely necessary to internalise your work. But you will never be able to use this interval to evoke - to take a particularly strong example - the dark wood of the soul, which are its exact opposite! This is because, as I have explained, pure listening to intervals is not like listening to music in what we have come to consider the ordinary way, which offers a subjective experience. The dimension of the intervals is archetypal and objective. Listening to these essential sounds in a meditative state can reveal to you your understanding of your soul, your spirit, and the nature of every existing thing.

You may find that you need further guidance in the profound experiences every interval will bring to you. For example, if you find the minor sixth too tough a test, and bear in mind that is so for everybody, you may decide to seek out a special person, such as a therapist, who can accompany you through this specific step on your path, which may be too difficult for you at this particular time. Don't exclude such a possibility, but be aware that your strength lies within you, and nobody can do the work for you. Everything comes to the surface to be illuminated by the bright, compassionate light of the soul, to change and heal. But we often need help, and that's what humanity is all about. We're all on the path toward the Light, all drops in the same ocean.

Through the intervals, we unlock our understanding of the profound dimensions that dwell within us and accompany us throughout our lives. Beauty and the dark forest, to continue with the previous example, will always be a part of us, but we will be more aware of them, and have greater control over them. You never stop learning. We are pupils forever!

Never give up! Life is not a stroll, a hobby, a game. It is a profound process of growth! Fight, thirst for infinity, with humility and perseverance! Nothing comes for free, even though all of creation works in your favour, even if it is all One! Desire the Spirit with all the strength of your soul, and do your utmost. At the same time, give in; trust life, and abandon yourself to it.

Allow time for your own personal evolution, and love yourself, especially the weak points you wish to overcome, the pain, difficulty, adversity and failure. Everything is ready for you to grow and evolve, and obstacles are necessary to make you work. Life knows this!

It is the superficial mind that refuses to stop, that wants everything, right now, obsessed as it is with its ideals of perfection. But it's not real! The superficial mind, this incessant whirlwind of thoughts and beliefs that never stop, is an illusion! It is ephemeral, and it is afraid: it will die! Even your identity is an illusion, in which you believe so strongly that you make it as real as a rock. But everything is of use, even the exterior mind, even the personality, with all its craziness, faults, dreams, illusions, pains and illnesses. Everything we are is necessary for our earthly education. We are timeless spirits, sparks of eternity; but how could we experience matter without an individual ego, or a personality? Making your identity conscious in the service of your soul is a long and necessary process of "hard work" to set off on the path of eternal light. This may take geological eras, if not supported by a voluntary, conscious effort of the will!

Everything is of use to make you a better spirit; you would not be here if this were not the case. You don't need to go off somewhere to find magic and enchantment. Beauty surrounds you all the time, but do you notice it? Your own psycho-physical system is itself a miracle, a living machine you have been given to allow you to experience matter! You have been given a Ferrari; but can you drive it? Start with what you have securely at your disposal, become a master of your own soul, and then you will be able to venture into the unknown to find more and more subtle manifestations of divinity. The dwelling-places of the Grandeur of Nature are infinite.

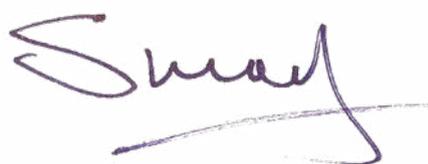
In this first octave, I will guide you step by step as you shatter the illusion of personality, dissolve the mirage of the world, work on your inner self to evolve your consciousness and grow as an authentic human being with infinite potential.

Interval after interval, you will learn to awaken your power and your presence. You will know how to break the enchantment of identification with the personality in which you are caged. You will learn to love yourself. You will discover the immense depths of your being. You will understand the true power you have been given to win over the world. You will rest, you will stop. You will shake yourself awake and act, with great energy. You will bring balance to your psycho-physical system. You will cross the dark forest of the soul and face your dark side. You will open your eyes to the eternal beauty that always surrounds us. You will learn how to turn to the Heavens, to ask and wait for the will of the Eternal Becoming. You will experience the unknown, and silent knowledge will caress your body with shivers of eternity.

When your mind is silent, your heart will be full, overflowing with spirit.

I hope you will truly benefit from these experiences, and that the Supreme Light will bless the knowledge waiting to be revealed to you.

Thank you, and enjoy the journey!

A handwritten signature in purple ink, appearing to read 'Suzanne', with a long horizontal flourish extending to the right.

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Octave I



Tracklist:

1. Introduction
2. A Single Note, the Slumber of Unconsciousness
3. 1G
The Awakening
4. 2m
The Shift
5. 2M
Loving and Loving Oneself
6. 3m
The Inner Moon
7. 3M
Triumph
8. 4G
Rest
9. 4A
Eternal Becoming
10. 5G
Alignment
11. 6m
The Dark Wood of the Soul
12. 6M
Beauty
13. 7m
The Wait
14. 7M
Silent Knowledge

Credits:

Words and Intervals by Simone Terigi

Guitar: Simone Terigi

Voice Artist: Victoria Heward

Sound Engineers: Emanuele Morena & Nicola Sannino, Tabasco Studio, Italy

Graphic: Nicoletta Mignone

English Translation: Elena Berlese & Joanne Roan, revised by Joanne Roan

Tuned at 432Hz

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