

THE SECRET PATH OF THE INTERVALS



The Secret Path of the Intervals Octave I

Introduction

Musical intervals represent specific states of perception... They are the gateway to defined states of consciousness and keys to transformation, through the inner work they indicate...

They are magic switches able to activate steps in the alchemical process, from unconsciousness through development of the ego up to communion with the Self and the subtle worlds of the Spirit...

If you know their meaning, they become sound symbols that allow an immediate understanding of the deep meaning conveyed by every single interval...

After much practice you'll know the direction indicated by the intervals, so that even if you hear them, just once, you'll instantly be able to switch to the corresponding state of consciousness which it symbolizes and evokes...

From then on you won't even need to hear the intervals, as your being will embody their Wisdom...

These are inner actions, whose real and concrete power is manifest in the material form... It's not a question of intellectual knowledge; this specific sense cannot be conveyed through the filter of the rational mind, because it's something intuitive. It bursts into our consciousness from the Silent Knowledge that weaves the golden thread of all existing things...

Musical intervals are the bearers of an authentic, deep and transcendent truth, and only the soul can fully understand their meaning...

They offer mystic nourishment for your inner growth...

May the Lord of the Worlds bless everyone walking on the Magic Path leading to the Spirit with Supreme Light!

A Single Note, the Slumber of Unconsciousness

If you don't work on yourself, you will be like the sound of a single note...

Hidden behind a curtain of illusions, confident of your self-awareness and self-mastery, you actually sound like a record, stuck in the same groove, fast asleep, merely dreaming of living...

You are not dwelling in your presence... Not breathing your own existence... You do the same things over and over again, in an eternal death, until you melt away in the total chaos of your system that's out-of-control...

Nature created half of you... Inner evolution is not an automatic process, like digestion...

If by some miracle you should one day discover what is now hidden from your sight, you may begin to take the path leading to the Origin of all things...

You'll need Perseverance and Resistance, Faith and Abandonment to venture along this difficult path where only a few brave souls venture... But this is the only Authentic Path, the only truly existing way... Everything else is an illusion, a deception by which people are devoured, becoming food for the jackals of the cosmos...

This is the dream of a single note that believes it's listening to its own voice, but Unison, Self-Consciousness, comes only through "Hard Work" on yourself: work that will one day bring you great rewards...

Perfect Unison

The Awakening

Dwelling in your Kingdom, being your Inner Master, being endowed with your energy, being truly conscious, is not your birthright...

It requires Intentional Action, delicate yet powerful...

It's a paradox, it's a Miracle that a single note can – in a specific moment – double up and create a Mirror consisting of itself, through which we can actually perceive our own existence, achieve Awareness of Being, and look within ourselves...

And yet this can happen, due to the mystic shudder of the Perfect Unison, and you can create this inner shock, this awakening, Here and Now...

Let the exploration begin!

Wake up! Be present... Here and Now, or never...

Come out of your mind... Tear off the veil of Maya... Jump beyond time... Your soul is clad in Eternity...

Listen and observe yourself with the utmost possible Attention... Don't miss anything, consider this like the most important thing you can ever do... As if it were your last act on earth... Keep yourself alive with every breath...

Be careful, like a thief who acts secretly in order not to be discovered... Like a snake silently slipping towards its prey...

Awake the sleeper...

Your Spirit – with its Immovable, Granitic Presence – bursts into reality... There is nothing more precious, nothing more real and authentic than this specific moment when you rise to Life...

I Am the Gate to Infinity... I Am the Fire of Knowledge... I Am the Vibration of the Origin... The root of your very being...

I live eternally in the timeless spaces interposed between the flow of every single moment...

I Am the Mystic Mirror that brings life to your Spirit... The Seat of Wisdom... The Unconquerable Fortress... The Sanctuary of the Divine Presence...

I checkmate the deceiving mind... I Am the Spark of Awareness... I live in the senses that you steal from Infinity...

I Am...

Listen to me, so that every stroke of the Perfect Unison will shake you gently, awakening your sleeping conscience and keeping you in this State of Presence with delicate firmness...

Anchor yourself in your body, make yourself present through all of your physical

sensation... Feel your being... Greet and bring awareness to every part of your solar system...

Observe your thoughts, perceive your emotions and the impulses prowling about inside you, like wild animals... Your body is the canvas on which all levels of your being are painted, where even the Spirit will lay its Golden Touch...

And Now let the Unison of Consciousness resonate in you...

(Listen to the interval...)

Now extend this Battle to every single action in your life. Make sure that this "meditation" doesn't awaken your Presence and disclose your Authentic Nature merely to fall back into a one-note sleep...

Fight against everything mechanical... Experience this Knowledge, and make yourself present in everyday life, where true training and real magic lie...

Minor Second

The Shift

When the image of your reflection rises to the surface before the Presence, regard it gently, with firm determination, and then gradually move away...

When you become aware, you move away from the inert unconsciousness of a single note, from identification with the automatic manifestation of your psychophysical system, devoid of conscious meaning...

It will be a long, hard and sometimes unpleasant task - not a holiday - in which something authentic, with an as yet undefined form, fights to come to light...

Life and death intertwine... The seed rotting in the earth will sprout someday and generate an Authentic New Existence...

In the State of Presence, observe your reactions, your impulses, your emotions, your every single act; what you think, your convictions, your bonds... Take a step away from everything you investigate, as if it did not belong entirely to you...

Look carefully at everything from the next level, created by the beats of the Minor Second... Begin to explore your depths beyond the veil of illusion: there is a submerged iceberg where your True Essence is hidden...

Don't attempt to change anything, just unveil and make visible... The weeds you don't water anymore will shrivel up by themselves, with no need to eradicate them, now that you don't have the resources...

Know your habits, watch your vices, make your behaviour conscious... Walk along every forsaken path in your Kingdom with gentle firmness... Breach your total identification with your personality, listen to yourself and learn to know yourself...

It's as if you were lying in ambush for yourself...
Create a new point of view, shift and give life to the Observer...

Do not be afraid, the door is left ajar, and beyond this dimension you know there is a World of Magic waiting to be discovered...

Let the beats of the Minor Second dissolve the strong glue that keeps you captive, chaining you to the masks of personality...

Now let the illusion be unsettled and reveal the Ancestral Silence of your impersonal and magical Essence...

(Listen to the interval...)

And now, extend this battle to every single action in your life. Make sure that you do not reveal your mechanical nature merely for the space of this "meditation" and then fall back in a one-note sleep...

Don't identify yourself with the automatic collapse of an inert and lifeless system...

When you are angry or sad, afraid or disappointed, if you are clinging on to your conviction, caught up in obsessive thoughts, when you move without grace, absorbed by every impulse that grabs you... At that very moment, observe what happens, without judgment, and then move on from identification, letting the latency of the automatisms dissolve...

Open New Paths in the nervous tissue that out of nowhere - like a dark energy - reprograms your living organism between new magical connections of the cells... Leave behind the paths that lead you around and around in unconscious circles...

Experience this Knowledge in your everyday life, where true training and real magic dwell...
You are a Warrior in the service of the Spirit...

Major Second

Loving and Loving Oneself

You've given origin to the embryo of the soul on an island of authenticity...
You have created a small opening through which Divine Light can filter into matter...

Thrown out of time, suspended in a dimension beyond space, you begin a new life, free of the chains of human conventions...

Take good care of this new existence, of this Presence coming up from the depths... Embrace it, keep it warm, nourish it with affection and caress it gently...

You generate your Inner Mother by acting with love towards yourself, laying the basis of your being...

And now, slowly close your eyes, until your lashes almost touch... Your eyelids are heavy... Feel your body... Relax the facial muscles...

Let the brain's electrical activity naturally wind down...

Your visual centres calm down, and your mind rests...

Release the tension and relax your shoulders, the nape of the neck...

A warm wave travels down your arms to your hands... All the muscles of your back soften...

Relax the muscles of your chest and between your ribs... Release your diaphragm and abdomen... Free your hips, knees, ankles and let relaxation flow down to your feet, to your toes...

Let your breath flow calm and deep... Your nervous system is restored in this state of stillness and surrender... Let all your skin relax... Let yourself go...

Your mind is immersed in calmness and the emotional world unfolds on the surface... The unconscious is painted on your body...

I'll count down from 7 and when I reach 1 you'll relax even more deeply... 7... 6... 5... Surrender more deeply... 4... 3... Even more... 2... 1... 0... You are now intensely in touch with your most intimate self...

And now, following the vibration of the Major Second, let a deep feeling of love towards yourself arise... Welcome it into your whole Body, into your Heart and into your Mind...

(Listen to the interval...)

Well done... And now, with all the love flowing in you, gently move your body and caress

yourself with gentle, slight, graceful movements...

Feel the energy spreading from the centre of your palms and bringing heat to the deepest tissues...

Linger where you feel the most need... Take sustenance with this warm authentic contact...

Permeate your body with the deep nourishment that lies at the base of life...

(Listen to the interval...)

Very good... You are now full of well-being and gratitude... It's like being regenerated by a deep, healing sleep... Feel the energy flowing in your body with a delicate sense of warmth and pleasure... Your heart is quiet and shining with Emerald Green Light...

It's now time to come back to ordinary reality... Your mind is peaceful and reconnects to the surrounding world, as light as a butterfly... Be grateful for the love you have given yourself...

I'll now count up to 7 and when I say 7 you'll open your eyes, coming back to ordinary reality like a New Dawn... 1... 2... 3... All your centres are awakened... 4... 5... You are ready to arise... 6... 7... Open your eyes, you are awakened, conscious, you feel wonderful, positive, full of energy...

Don't allow this revelation of your ability to love be limited to the space of this "meditation" and fall back into the sleep of indifference...

Experience this Knowledge in your everyday life, where true training and real magic dwell...

Bring love into the world, in your actions, in your work, in your every single act... Love yourself... Love your shadow, your fears and your conflicts... Love your enemies... Love is freedom and a conscious choice...

Thank, greet and respect the Universe and everything in existence...

Reveal the Power of the Soul with all the strength of your Heart...

Minor Third

The Inner Moon

Contact your Essence and enter in a State of Inner Awareness...

Let your eyes move through the air and lose themselves in its transparency... Brush the dust

of human habits off the world...

When you feel ready, gently close your eyes...

Everything is now just a sensation, and the magic of the Divine Presence is revealed behind a film of illusion...

You are embraced by the immensity of the Spirit... Ethereal Substance in which life dwells...

This interval is the subtle listening space of the Essence of every existing thing... Let the full Silence of the Void touch you...

We are still in daylight, but you can already glimpse the night... Let the Silence of Light arise... Gaze at the world in its still reflections, in puddles, in glass... Every reverberation reveals a distinct reality...

Let this one become the real world and the other merely its reflections... Who can say what is real?

And now, focus only on the shadows... What is light the shadow of? Your perception is broadened, increased, expanded... Time is dilated... Gravity reveals a different weight... The known world stops...

Now you feel your body relaxing deeply... Feel pleasure as every muscle in your body relaxes... Your heartbeat slows down... Your blood flows harmoniously... Your breath is calm and deep... Your nerves are relaxed... You perceive energy gently vibrating in your body...

You plunge yourself in your submerged vastness... There is no longer a known description: just sensations, perceptions, intentions...

Now you can also feel the Presence of the Earth, and you immerse yourself in its Living Silence... You feel you are a part of it, like the trees, plants, animals, and rocks... You root yourself in its existence, in its Ancestral Mystery... Mother Earth gently welcomes your body with her gravity... Now you're at home...

Be renewed in its freshness... Take nourishment from its fertility...

Be enchanted by its power...

Perceive and become its infinite patience... Feel confident in it...

It supports and sustains you... It's your dwelling... It bears life...

Enter into communion with its Body, with its Emotions, its Mind... Metal... Water... Wood... Fire... Earth... Home...

I Perceive the sensation of your inner self growing, transported on the Waves of Deepening by the Minor Third... Stay here for some time...

(Listen to the interval...)

Now you may further explore the unlimited depths of your Realm...

I'll count down from 7 and when I say 1 you will cross the threshold, taking you deeper into the submerged world of your deep unconsciousness... 7... 6... 5... Surrender and immerse... 4... 3... Deep and deeper... 2... 1... You are now in the Magic World of the Depths...

Evening is coming: twilight takes off the world's usual clothes... Daylight relaxes into purple and violet whispers... Here you see the first stars shining like diamonds, revealing all the sensitive magic that was hidden in the splendour of the day...

Even the Sun itself meditates, revealing its introspection in Silver Light releasing subtle impression of Consciousness in the air... Everything is within... The Essence is reflected on the outside, creating and exalting itself in that echo...

Night has come... Let its deep sense embrace you... Everything reveals its soul... It sinks into itself – like you – in order to show its treasures...

Silent Awareness soars with beauty and poetry on the dust of the wings of nocturnal moths... A rare flower blooms on a summer night, in the silver moonlight painting the air with enchantment...

You are wrapped in the delicate Essence of night colours... Surrounded by the black contours of the mountains standing out against an immense sky... Nourished by the silence of absolute darkness...

Touched by the sidereal light of distant stars, immersed in the infinite firmament... On the event horizon, where the colours of the sky and sea at night blend into one another...

Here the Inner Moon rises and nourishes your being with subtle vibrations... The Black Waves of the Soul's Dark Sea pour superior senses on the shore of Consciousness... The Water of the Unconscious flows on black reflections like transparent oil...

Let these vibrations reach the deepest, most Feminine part of your Soul... Now...

(Listen to the interval...)

Now it is time to come back up, but don't worry, the Deepening will always be there, waiting to reveal itself, like your most faithful ally...

Your senses gradually resurface to ordinary reality... Move slowly, take a few deep breaths

and feel the energy pervade you... All the body's systems return to normality... Your forces shine like stars in the darkness...

I will now count up to 7 and when I say 7, open your eyes and coming back to life as usual, as if you were blooming with new life... 1... 2... 3... Get ready to come back... 4... 5... Get ready to re-emerge... 6... 7... You are awake, conscious, you feel full health and well-being... You are grateful for the miracle of life that shines in you and out of you...

Do not limit this revelation of the Deep Feminine Essence of your Soul to the space of this meditation... Experience this knowledge in your daily life, where true training and real magic dwell...

Improve your perception, find these impressions in the world you live in...

Beyond the foggy glass of a narrow perception of reality dwell the marvels and subtle food to nourish your Spirit...

Its highest thoughts and feelings shine among galaxies, stars, comets, planets...

Major Third

Triumph

The Inner Sun rises!

The Spirit flows profusely in your veins!

Oh, regenerating Force of Nature! It spreads through your body with lush green, it's the sap that gives life to this world!

There! You are filled with the irradiating Power of a thousand Suns!

Like the penetrating energy of a seed breaking out of the earth, out of the deepest darkness, and germinating towards the light...

Yes and there it is! Vril dwells within you, rise to the sky and drink from the Cup of Life!

The impetuous river of Sacred Force flows, every single cell in your body vibrates and radiates power Oh, Sacred Major Third that echoes among the Prime Harmonics of every existing vibration!

Oh, Invigorating Strength! It lives and shines in you like the Sun, enlightening and

dissolving every shadow from the sky...

Shine, Life-Creating Power!

Your continuous burning gives warmth and life to everything around you...

The Strength of Existence expands in and out of you... Nothing is separate, everything is One! I am the Inner Father who guides your steps and sustains your path!

Let the penetrating and glowing energy light and dry the musty age-old catacombs...

Raise your torch to the sky, you have the Power to rule your Kingdom and bring greatness to the world!

Listen to my Voice and restore yourself in my Shining Essence!

(Listen to the interval...)

Very good... Feel the energy flowing, lively and vivacious, through your body... The Sun's Rays fill your veins... You are full of life, strengthened by the Power that lives in you... The breath of the Vital Spirit shines on your golden skin...

And now - with this new strength - bring success to the mission that your soul has chosen to accomplish on this earth! Believe! Experience the Force that pervades you and triumph in the world!

Perfect Fourth

Rest

Welcome to the warrior's rest, the authentic rest of those who build their House on the Rock...

Let these vibrations bring peace, stability, calmness, foresight and wisdom to your Kingdom

... Close your eyes... Slowly relax and surrender...

You are in your own Realm... Let your forces stabilize... Your breath naturally deepens and permeates your whole body with the lightness of a cloud... Your whole system slows down... Your mind is calm, your heart is at peace, and your body is immersed in vibrant

pleasure...

Enjoy simply existing... You do not need anything else... You are satisfied as you feel the Joy of Existence... The fountains of your resources flow abundantly... Being aware of walking toward the extraordinary allows you to enjoy this well-deserved rest...

I'll now count down from 7 and when I say 1 you'll let yourself fall into ever-deeper relaxation... 7... 6... 5... Deep and deeper... 4... 3... More and more... 2... 1...

Let yourself fall, trusting life with confidence... Appreciate every external noise, every distraction, everything is perfect and in Harmony... Everything is One...

The earth sustains you... The air embraces you... The sun gives you warmth... Water nourishes you... Nothingness contains you...

Your Spirit is liberated, all tension is released and gives up its charge to the Void... In this middle world, the lapping of the Spirit touches upon the Sea of the Soul, and everything is quiet and calm...

Peace...

This is a Mystical Stop to recharge your energy... A moment of stasis that restores your strength for the action to come...

Now rest peacefully, surrounded by Blue...

(Listen to the interval...)

Now it is time to wake up again... Your strength is regenerated, and you are ready to undertake new enterprises with great energy and vitality...

Slowly restore contact with ordinary reality... Your entire solar system awakens and is once again ready for action... The body is fresh and rested as after a deep restorative sleep, your mind is clear, your heart is joyful...

I'll now count up to 7 and when I say 7 you'll open your eyes, coming back to ordinary reality as a Warrior full of Light at the service of the Spirit... 1... 2... 3... Your whole being re-emerges from its rest... 4... 5... More and more awake... 6... 7... You are awake, conscious, peaceful and vital, ready to accept the new challenges that the Divine has chosen for you...

Augmented Fourth

Eternal Becoming

A short rest consumes, but a rest that is too long becomes stagnation...

The Augmented Fourth is the dynamic balance to walk between Heaven and Earth...

It's the Fuel to proceed on the Path of Knowledge in the upper part of the Octave on which you are walking...

Eternal becoming... A constant flow of infinite change...

It's Divine Electricity generating a dynamic force through your body... It's the spark igniting the Higher Fires... A Mystical Fissure, a bridge to the subtle centres of being... A rainbow connecting two parallel dimensions... A vertical push towards the sky...

Now close your eyes very slowly... Let your lashes gently touch, like a curtain that - while closing - opens up to the vastness of your Inner Realm...

Let all your muscles relax... Release your facial muscles... Then your neck and shoulders... Relax all the way down your arms to your hands, releasing all your nerves... Then let relaxation flow through your chest to your pelvis and hips... Let it flow along your legs, knees, calves, ankles... Down to your feet, to your toes...

Your nervous system releases all tension... Your breathing becomes calm, deep, intimate...

Listen to your Heart Beating, the Primordial Drum...

Let everything be as it appears, without changing anything... Appreciate all external noises, and let them take you farther and farther into a state of relaxation and surrender...

The rhythm of your being blends with the world's movement... Feel the blood flowing in your veins...

The mind calms down, becomes corporeal, as still and calm as the water of a lake, with the sky, clouds and mountains painted on its surface...

You are now ready to feed on this subtle substance, to feel the energy pushing upwards in your body, raising you toward the sky...

(Listen to the interval...)

Now slowly re-emerge into ordinary reality... Gently and gradually reactivate the functions of your internal systems with small movements...

Your mind is awake, present to ordinary reality...

Your body is harmonious and vital...

You experience a state of calm and well-being...

You are conscious and full of life... Now slowly open your eyes, like a curtain opening to

renew the Mystery of Life...

Your Inner World is once again reflected in the reality around you, where Knowledge can take shape and manifest its Power...

Thank the Higher Forces, the Universe and every existing thing... Express your joy, for you are on the Path of Eternal Light, on the way to the Abstract Worlds of the Absolute...

Perfect Fifth

Alignment

Half-close your eyes, listen to yourself living, and let your awareness expand...

Relax your whole body and awaken your physical presence Here and Now... Keep a watchful eye on your body's perception... Let the conscious attention of the Perfect Unison resonate in the physical dimension...

Your soft, extended skin contains your inwardness and is embraced by the outside world... Let your breath flow... Accept tension if it appears... Don't try to change anything... Everything is fine as it is...

Now, as you continue to keep this attention alive, you simultaneously become aware of your mental activity... Keep it present, but do not judge it...

Observe your thoughts, the mechanical latency... Listen to the intensity of the brain's electrical activity as you continue to be present in your physical body... Let residual mental tension disintegrate, like crumbs carried away by the wind...

The mind becomes soft, corporeal...

(Listen to the interval...)

Now try to saturate what remains of your thought activity by counting down from 30 to 1, while continuing to feel awake and present in your physical body, guiding these two attentions as they combine like two flavours in a single dish..

Do not give voice to distraction, and accept that everything may not be perfect, concentrating on what really matters, which is your practice, not your expectations... Every time you find yourself unfocused, return gently but firmly to what you were doing...

Let's start:

30... 29... 28... 27... 26... 25... 24... 23... 22... 21... 20... Feel your body and follow the
countdown... 19... 18... 17... 16... 15... 14... 13... 12... 11... 10... Body and Mind in communion...
9... 8... 7... 6... 5... 4 ...3 ...2... 1...

Now your mind is calmer and your body more present...

Even the noises coming from outside and the other senses contribute to their surrender...

You are conscious in the body, and the mind is still, motionless, like a mirror that reflects
and holds nothing...

Let the two rooms fill up completely as you listen to the interval... Body and Mind in
Harmony... Stay in this Inner State for a while...

(Listen to the interval...)

Now, keeping these two functions synchronized, use another kind of Attention and
perceive your emotions... No matter what you feel, bring consciousness to the emotions
that lay within you and let them emerge...

A third flavour has been added to your dish... It's a third form of Attention that reflects its
manifestation on the body and in the mind, but it is not the one you use to perceive the
physical, nor the one you use to feel the mind... It is a different Substance... Take a moment
to become aware of it...

(Listen to the interval...)

Every level - occupying its proper space - contributes to the Harmonious Manifestation of
your system... Body, Emotions and Mind are emptied, aligned, find balance...

By saturating your known world with attention to them, you stabilize your Kingdom...
Entropy decreases, and physical tensions, contracted impulses, residual emotions,
redundant thoughts melt away, like snow in the Sun of the Conscience...

You are Master of the realm that infinity has given to you...

Try to remain for some time in this state of alignment, inside the abdomen, in the middle
of the chest, inside the head, accompanied by the vibration of the Perfect Fifth, which help
you in this self- centring...

Let the energy flow in the levels of your system so that - as a Fluid of Light - it's balanced,
distributed in every Divine Tank...

In this way the Soul can manifest itself in its Unity...

Body, Heart, Mind...

Experience it for a while...

(Listen to the interval...)

The time has come to leave behind this meditative space... Your senses return gradually to the perception of ordinary reality... Move your body slowly and take a few deep breaths...

Massage your abdomen with circular movements... Rub your hands together and place your warm palms over your eyes... Bring energy and heat to the Inner Eye...

Gently, softly massage your face and head... Gently touch your arms, chest and legs... All the systems of the body return to normal...

You are now Awake and Conscious, and feel balanced, full of strength and health...

Bring this new knowledge into the world, observe in your actions how Three people act as One...

Body, Heart, Mind...

Rhythm, Melody, Harmony...

Sensing, Feeling, Thinking...

I Am, I Want, I Can...

Synchronize these Three parts of You with the Soul's Will, and then manifest the Spirit in matter...

Make sure your psychophysical system moves graciously in the Dance of Being, in the cosmic net in which you are entwined...

Experience this Knowledge in your everyday life, where true training and real magic dwell...

Minor Sixth

The Dark Wood of the Soul

Abandon all hope, ye who enter...

For this is the place of sorrows, of afflictions, of emotional turmoil, of broken hearts, of the

dense and burning passions that capture the senses, of the pain that lurks buried beneath organic heaps of emotional ruins...

The nameless abyss has swallowed your centre... The dark forest, the dark wood of the soul, the longest, endless night where you will be chained forever...

Agonies, remorse, regret, sobs, fear, anguish... Cold darkness erases the destiny that could have been yours as a captain... Slavery, delirium, madness!

Your body is chilled, without its vital energy... Your emotions are kidnapped, your thoughts are perched and obsessive, your strength is disconnected... Your kingdom is fragmented and robbed...

The tower has collapsed and broken...

You're lost, lost in the desolate labyrinths of your fragmented psyche...

Despair obscures your heart... Love that enchains, passion that devours, need that kills... A serpent of fire burns your heart to ashes... Desire enchants you and drives you mad... This is the forgotten place where you scream in pain for losing yourself...

I have caught my prey in a sticky trap... Sediments of anger are compressed, buried in freezing winters of rigid flesh...

In a mask of anger, of petrified hate, frozen in black tears of suffocated breath... In the devastating, relentless fury of scratching inner hurricanes and murderous rampages...

In the veiled and toxic resentment of useless dispute and cynical sarcasm, in the most invasive pride, in the most incandescent jealousy that curses love, in the indifference of icy stone buried under the depths of water, in dense and creeping lust, in dry trees dying of avarice, in the cracked and yellowed whiteness of sloth...

Poisonous words injure the soul and cut the flesh like sharp blades...

The illusion that keeps your senses alive is unmasked, the matrix of your dark personality, the restrained tension that lacerates your body from the inside, your teeth screeching, the root of your addictions, your bones creaking, the dark monster that silently devours your soul, the vehicle of suffering that contorts your joints and muscles...

I dwell in all your fears, that immobilize you in muffled cries like a deadly poison, in the abyss of the nothingness that destroys your value, in the inner emptiness that nails down your bleeding spirit, in the denial of the life that you have erected as an idol...

I feed your shortcomings with pain and distress... I watch over your deepest sleep...

My name is legion, and I have the thousand faces that inhabit you... I fill your wounds and fractures with poison... Black tears paint your eyes with dry fields and deserts...

I creep into all your longings and desires, in every single act of revenge, in every finger you have pointed against someone...

They call me the lord of judgment... I break your bones and triumph over your corpse, I devour carcasses...

Stuff me with all your suffering, every weakness to which you have always yielded, every action you have postponed, every failure to forgive, every hope you have broken, every dream in which you have not believed...

You feed me every time you give up, with every defeat, every attachment, pain of every mourning...

Your pain is a sumptuous banquet for me... In broken glasses of bitterness I gulp down your tears, and they inebriate me like a delightful wine...

I am not...

I hold up the pillar on which you have erected your triumphant ego... The exotic dwelling where your passions lie, the palace in which you have drowned the subtle voice of the soul is mine...

The wild beasts that wander in the depths of your most impenetrable shadow have my eyes... I make the flowers that life has given you wither, and I scatter your talents...

Dishevelled invisible words roam naked in the grey tunnels of sickly air... Cold fragments of loose eyes scratch your substance, yellowing it with bitter premonitions...

You are dead flesh! Your thoughts have become anthropomorphic, bestial vapours... Incandescent blades, velvet nails, the carousel of the abyss...

Black fragments of a crushed rainbow painfully pierce your throat... Your kingdom is a pile of rubble and wounds... Deformed visions freeze the senses, paralyze the limbs, petrify the heart...

I cradle you in a sinful black oblivion and hide your tears by scratching your mangled eyes... Meanwhile, the torrent of time silently slips into the icy valleys of oblivion, dissolving tears and smiles, shattering vital vibration... Defenceless, you watch and weep...

You caress red roses spotted with crimson blood in your deepest memories... You wander paths among marble tombstones...

The fog of solitude and the ironic waters of bitter delirium conceal your flesh in a grey room...

I take you apart and dissolve you into nothingness...

Listen to me, and if something has resounded in you, explore your darkest abyss...

(Listen to the interval...)

Now, bring light to your darkest shadows, awaken your inner guide, your awareness, the Virgil who accompanies you through these desolate wastelands of the Spirit...

Do not lose yourself in this dark desert! Light your Inner Torch... Make darkness conscious, accept your shadows and visit it in all its density...

Stay within the conflict, learn to know it, love it, forgive it, even thank it... This is the only way you can save yourself...

Concentrate: direct your gaze inwards, and recognize all your weakness, all your fears and suffering, every blocked emotion, every fragility, every division in your realm... Observe your inner dramas, without excuses, without veils, without deceiving yourself...

Do not be afraid of pain... Do not attempt to avoid it, but live it, Here and Now, in the Present... In this way, suffering can manifest itself and heal without falling on the mental level, or even worse, being removed into the shadows...

Getting lost in the labyrinths of the mind to investigate the causes of your inner demons will lead you to nothing. It is only an eternal postponement of the inevitable encounter with the pain that is still there, awaiting you, dating back to a forgotten and suppressed time...

Only Conscious Attention, the Soul's Solar Light, can reach the darkest and most remote depths with its aware and compassionate gaze and bring healing, Now and forever...

Now, direct the Soul's Noble Eye toward these dark shadows....

(Listen to the interval...)

It is time to move on now... Leave this place of pain behind and continue your journey towards the Spirit's Eternal Light...

Allow all the conflicts you have brought to the Light to dissolve like sand in the wind, like snow in the Sun...

Once you have dwelled in a conflict and observed it with the Eyes of the Soul, everything will be transformed...

Inhale deeply, gather the poison and exhale it all... Allow heavy energies to return to the earth... Repeat until you feel you have released every atom of toxicity from your body... It's time to pull yourself out of the painful mud of suffering...

To help this process, try to do this: feel the conflict, and having observed it and accepted it without judgment, completely shift your attention away from it...

Bring your physical perception to your hands, while counting from thirteen down to one... Repeat until this neurophysiological shift in your system completely defuses the emotional poison and releases it from the obstacle of interrupted neuronal pathways which refuse to let it out...

(Listen to the interval...)

Now slowly return to ordinary reality... Be grateful for having been lucky enough to meet your inner monsters... They are shadowy creatures and don't like to be seen... If you can, make them your allies, be invincible...

You'll now feel that your body is lighter, after having cleansed the toxins of the heavy emotions that lay within you... The darkness is less terrible now that you know your abyss... You have lit a gleam of light to brighten the darkness, to be with your pain and transmute it...

Don't let the revelation of your personal hell be limited to the space of this meditation, falling asleep again as if you had been awakened from a nightmare, once again wearing the usual masks of the multitudes...

Bring this fight into every one of your actions: experience this knowledge in everyday life, where true training and real magic dwell...

Pay attention to how everything always acts on your body, the Magic Canvas on which everything is revealed...

Feel how all unprocessed emotions can become harmful and aggressive, invading your mind and manifesting their negative influence on your physical body, activating a whole series of neurovegetative responses...

Bring your awareness to the darkness...

Accept your pain, have the strength to observe your demons, and transform the vile metal into Diamond Water...

This Poison is your Medicine, your Alchemic Drug...

You will soon be able to see the stars again...

Major Sixth

Beauty

How clear the air is after the storm, and how your eyes shine after tears have washed the mirror of the soul!

As you sift through your being as if hunting for gold, dispersing the heavy elements, the Major Sixth reveals its lightness to the Soul's Unfathomable Greatness, like Specks of Gold...

The gracefulness of the Spirit, that – forging itself in the shady dwellings of darkness - now fully reveals its Light and Heavenly Magnificence...

Every atom in the universe abounds with such grace and splendour! Touching the Heart, filling it with beauty, flowing in the Living Springs of Hope that flood the cosmos with love!

The Soul's Sun rises and pushes away darkness like a burst of morning light! "Oh deep, bright essence, you live in everything but dwell in yourself alone!"

The colours of the world are brightened by the energy of the Supreme Essence... Divine Harmony is the thread that weaves creation...

Even the beast killing its prey is a dance of love...

The invisible triumph of an infinite mystery astonishes the senses with its immensity... The heart gives off light, illuminating all around it...

The Signature of the Great Architect is all around us, exalting the work dwelling within itself through your eyes!

In every touch is an infinite embrace... Every sound is melded into the Eternal Symphony of becoming... Every taste elevates and enchants... In the air you smell the scent of wonder... The Enigma of the Thousand Colours of Light... Silence that imbues every form of existence with Eternity...

The Golden Section of the Spirit!

Beauty is everywhere, Grace is everywhere, Magnificence is everywhere!

Now relax, close your eyes and listen to the subtle splendour of Eternity!

(Listen to the interval...)

Now, calmly and harmoniously, slowly open your eyes...

Your body is pervaded with Majestic Heavenly Vibrations... You feel lightness within you expanding with serenity, light-heartedness, softness...

Do not open your Kingdom to Magnificence merely for the space of this meditation... Improve your perceptions and train yourself to see beauty every day...

Track down Divine Delicacy in every corner of the wonderful world you live in, even in the smallest manifestation of the Sacred Nature that surrounds you... In a ray of sunshine, in a motionless reflection, in the veins of a leaf, in the blue sky that wraps itself around the whole earth...

Raise up the people around you by perceiving the Immortal Soul dwelling in them, even if they are hypnotized and lost in life's spheres...

We are here to evolve, to increase our ability to love ourselves and others... The Perception of Beauty is a conscious choice, and goes hand in hand with love...

Let your heart overflow with joy and always embody the Divine Splendour...

Even in hard times, Grace will always be by your side...

Beyond the haze of a superficial understanding of reality lie wonder, and refined food for the nourishment of the soul...

Don't waste a single moment, start Now...

Minor Seventh

The Wait

Close your eyes and find that intimate connection with your soul...

Continue to focus your Attention on the aligned and empty levels of your Kingdom, for as long as you can...

No matter how much power you have obtained in your Kingdom, no matter how much

work you have done, all you can do now is ring the celestial bell. The final decision is always made in Heaven...

Accept your human condition, however imperfect and temporary it may be, and allow yourself to enter the Celestial Kingdom, even if you have to limp your way in...

Allow what remains of every thought, every emotion, every physical sensation to simply run its course...

Relaxation - like a delicate Wave of Light - flows into every level of your Inner Solar System...

Leave behind all well-known descriptions and let the power of silence emerge from the depths of your being...

Now concentrate on that single point in your Heart, that Eternal Moment of Light, where your Soul lives: the only place from which you can truly be raised up...

From this dimension, let your calling flow with love like a fountain, whose jets will reach the Crystalline Expanses of the Water of the Spirit...

“ Ask and it shall be given you, knock and the door shall be opened... ”

Don't call with your mind, with your emotions or physical strength... Let your plea come from the Centre of your Essence, and radiate through all the planets in your Solar System...

Raise your invocation to Heaven and let this seed sprout in the Fertile Celestial Soil, without any rational interference...

The magical act of having asked is potentially the Flowering of your Hopes... Believe with the powerful, constant faith of your Heart... Know for certain that everything will come true, just the way you feel it in your soul...

Now you are ready... Let the Minor Seventh raise your prayer up high in a vertical spiral of Light, and wait in watchful expectation for the Will of the Higher Powers to be manifest...

(Listen to the interval...)

Very good... And now, when you are ready, calmly open your eyes and come back to ordinary reality... Your senses find the known dimension in which you live...

Feel your body, vital and vibrant with high frequency energy...

Act within matter, trusting the Higher Forces to Bless, Protect and Assist you on their way...

Return to your work, to your occupations, with greater Harmony, Serenity and Hope...

You are on the true Path of Light that your Spirit has decided to take on this earth, and everything will come your way at the right time...

Thank the Great Spirit sincerely, from the depths of your heart...

Let yourself be surrounded by life and rely on it... You are a part of this Mysterious Cosmic Texture that extends boundlessly into a continuous becoming of Shining Awareness...

May your soul climb a new step on the ladder of Knowledge...

You are the Universe, and the Universe is You...

Major Seventh

Silent Knowledge

Oh, Source of Infinite Wisdom and Eternal Glory... Cradle of all Knowledge...

Silent Substance distilled in the Cosmos by the King of the worlds in Subtle Senses of Transparent Light ...

The Heart flares, burning with Passion for the Eternal...

The Fire of Becoming rises to its zenith, and every atom of your body stretches out in this crazy love...

Like a tiny magnet, you are attracted by an immense lodestone of inexhaustible power...

Senses of infinity come to you, inebriating you with lucid madness...

The Substance of Love that elevates and abducts...

Your heart leaps immensely in the Eternal Presence...

You feel yourself rising towards the Golden Dimension of the Spirit, and the Mystery that surrounds everything fills you with Emptiness and Meaninglessness...

Your soul yearns to return to its Father's Home, nostalgia for its distant, long-awaited dwelling- place...

Your eyes contemplate unknown dimensions, heightened by the Unknowable, and between gasps and enchantment, the energy illuminates and overflows from a hundred jets, accelerating beyond all known events...

For long ages you've searched, yearning like a ghost in search of itself... As untamed and hungry as a lion, as helpless and exposed as a gazelle... Constantly pushed towards the unknown by Divine Eros...

Oh Awareness coming quickly like a bird of prey, you rise up and break into crystal clear afternoons, among the colours of the night, where you look for rest, in the empty and Motionless Presence of random steps...

In the continuous spaces of eternal time, interposed between the flowing moments... Hidden in the diamond solitude where the Spirit lives, concealing its footprints in matter...

Stretched out, thirsty, you could only wait, and never demand...

The world stops and undresses itself, while every atom of Invisible Mystery seeps Consciousness... Awareness - naked and transparent - envelops you with inexplicable truth...

The Hour of Infinity strikes, like sudden Death leading to Life...

(Listen to the interval...)

Very good... Now pay attention to your body... The Sacred Shivers of an invisible sense flow over your skin... Truth flows in your blood and, vibrating, brings knowledge to every cell...

Your body - feeling the Infinite - is light, and if tears fall they wash away the debris of karma... The Invisible Spirit renews its Sacred Covenant in the Eternal Dance of Becoming...

Once the Fire has emerged from the Depths, once you have raised your power to the sky, your Path will continue in the eternal dwelling of the Spirit...

Offer the Awakening of your Soul to Eternity...

Let your Flame be a spark of Absolute Light from which everything in existence can take shape...

The paths of distant Eternal Worlds await you, The Traveller, between the limpid and refined Octaves of the Great Spirit...

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

© 2023 All right reserved (SIAE) Unauthorised copyng, reproduction, hiring, lending, public performance and broadcasting prohibited.

www.secretintervals.com

